



**Clockwise from left:** Weather protections means that Naakesha can ride with her children year round. She and her husband chose the Tern GSD because it's as easy to manoeuvre as a normal bike. The motor really helps on Yorkshire's hills  
**Photography:** Getty Images (opposite page), Paul Craig Photography (this page). Others by the individual writers



**E**-bikes aren't a substitute for cycling; they're an alternative to not cycling. They make possible or more practical the cycling journeys that many people couldn't or wouldn't otherwise do. That's especially true of e-cargo bikes because they will tackle the trips we're told you need a car for: the school run; the weekly supermarket shop; a visit to a DIY store.

A fit enough and keen enough cyclist can do such trips by muscle power alone, using a trailer, tandem or unpowered cargo bike. Most cyclists won't, however, let alone most people. To really move the dial in terms of shifting car journeys to cycling journeys, there has to be an easier option. E-bikes are, at the very least, part of the solution. Particularly e-cargo bikes. Here's why...

#### NAAKESHA MICHL

**Part-time barrister and full-time mum, Leeds**

As cyclists in our lives before children, finding a way to combine family life and cycling was a no-brainer for us. That said, when we got the opportunity to borrow an e-cargo bike via a local university

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*The e-cargo bike makes otherwise boring trips an experience. We see and feel things in a way you can't in a car*  
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trial, my husband was of the view that, regardless of how they performed, they looked 'too hideous' to use.

Fast forward one month and we were both in love with e-cargo bikes. We borrowed a box-style cargo bike. My husband loved the front box and the ease at which he could strap our son in, throw in his bags and go. I found it hard to manoeuvre and much preferred the longtail style of cargo bike.

By this point our son was one and we were expecting our daughter. In the interim, I used an e-bike with a rack-mounted seat. As our son grew, it got harder to get up steep Yorkshire hills, and I felt it would be impossible to continue cycling with two children. ▶

