

the end of our stint in Norway. There is a good car club here (Co-wheels) for when we do need a car. The Riese and Müller, now 13 years old, is still going strong, and does the local child transport and shopping, plus many other daily trips. It's done around 4,000km since we got back to the UK.

Good as it is, the Rise und Müller is not suitable for off-road riding. Last summer we decided to ride Cycling UK's Traws Eryri route with friends. I was able to borrow a Tern Orox cargo bike for this. This super machine allowed me to carry all our camping gear and tow the children up the many steep, long hills on the route (see bit.ly/ scrase-tern-orox). The route would have been beyond us without the Tern Orox taking the load.

If you have cycled before, changing to a two-wheeled cargo bike is pretty straightforward. I prefer a longtail with the load behind me to a bike with a box or similar in front. However, I think the social interaction with your children if they are in front of you is better.

The Storm Shield or, as our daughter calls it, 'her tent', is great for keeping her dry and protected from the wind

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We're a family of three, two adults and one five-year-old, and we're the proud owners of a first-generation Tern GSD. We bought it three-and-a-half years ago. It felt like a bit of a risk, splashing the cash on an eBay purchase of a bike we'd never even test ridden, but we have no regrets and it's totally transformed the way we get around as a family.

We use it most days and it has so many advantages: it gets you out into the fresh air rather than being stuffed in a metal box; maintains basic fitness; is cheap to run; it makes you feel part of a community... I could go on and on. Perhaps the most important advantage is that it makes travelling with kids much more fun.

When deciding on which bike to go for, the first question was: box bike or longtail? With a two-year-old (at the time), and no plans for any more kids, a longtail felt more flexible and future proof. It also rides much more like a normal bike, and I wasn't a particularly confident cyclist at the time. Because we live in Stroud, where the hills are many and steep, an option with a good mid-drive motor was essential. The Tern GSD was top of the range and got the best reviews, but was pricy. So we kept an eye out for secondhand options - and eventually got lucky.

Our GSD was nearly new and came with a bunch of accessories. As a longtail used for carrying small people, it's essential to have a seat and surrounding 'cage' on the back - the Clubhouse in Tern-speak.