



## “At different times in my life, I’ve had to really think about the route I’ve taken to cycle, especially during the winter months when it’s dark”

dark. (Cycling UK staff joined one of LCC’s protest rides – see [cyclinguk.org/Freedom-to-Ride-After-Dark](https://www.cyclinguk.org/Freedom-to-Ride-After-Dark).)

Women often aren’t just thinking of their own safety. As one parent said: “More women are in charge of transporting kids as well as themselves. And fragmented, narrow and non-protected bike lanes are not safe enough to ride with children.”

Cycling UK’s ‘My ride. Our right’ campaign aims to change that.

- We’re pressing for long-term

investment in cycle routes from governments across the UK.

- We’re pushing for better promotion of the updated Highway Code, to foster more respect on the roads.
- We’re asking councils to listen to women’s voices when planning and designing routes, to make sure the infrastructure works for them.
- We’re highlighting low-cost changes that can make big differences to perceptions of safety, like improving lighting, reducing speed limits and making sure bike parking is in public view.

We need to ensure councils and politicians understand that by making places more appealing for women to cycle, they will make them better for everyone. I remember one comment that summed this up nicely: “I cycled through Newcastle last summer and they are getting it right. It was a delight, with lots of women cyclists!” →



## My ride. Our right

Thanks to you, more and more politicians are supporting our ‘My ride. Our right’ campaign. If you haven’t already, please use our online tool to write to your parliamentary representatives and ask what they will do to give more women the freedom to cycle.

We have lots more exciting plans for this campaign. To hear the latest developments, you can subscribe to campaign updates on the Cycling UK website. Read more about the campaign and stories of women’s cycling experiences: [cyclinguk.org/my-ride-our-right](https://www.cyclinguk.org/my-ride-our-right)

**Above:** LCC Freedom to Ride After Dark ride. **Top right:** The need for suitable cycling infrastructure is something a majority of women cited in Cycling UK’s YouGov survey

Right: courtesy of London Cycling Campaign. Above: Andy Catlin