



Shining examples

On the evening of 22 October, towns and cities across the UK will come alight. From Cornwall to Edinburgh, communities will come together for vibrant mass glow rides in support of Cycling UK's 'My ride. Our right' campaign. Together, we'll light up the night and call for safer streets and better cycle routes, especially for women riding after dark.

Glow rides: light-bulb moments

We believe women should have the right to move around the streets with confidence. Sadly, when the evenings get darker, many women put their bikes away. Others feel forced to choose between cycling on a busy main road or a dark, isolated cycle path. A friend told me that when she started commuting in winter, she would wear baggy

clothes and tuck her long hair into her jacket to look less obviously female. And she's not alone.

Having the option to cycle can be liberating: only half as many women feel nervous about cycling at night compared to walking. But that still leaves one in five women who feel constrained by concerns about cycling in the dark. We need routes that feel safe, visible and welcoming.

Mass glow rides are a powerful way to demonstrate that there are lots of us who want to cycle all year round. We come in all different shapes, sizes and ages, but we're united by our desire to be able to travel freely.

Guiding lights

Cycling UK Stevenage was one of the first groups to jump at the chance to organise a



Top and above: Happy glow riders in Norwich making a serious point
Above right: Glow rides in Southampton