



Near left and right: Peter Cornish. Others: Mary Doggett



Can't ride? You can still support

Not able to join a glow ride? You can still get involved and help Cycling UK make cycling better for everyone. Your donation supports our work, now and beyond the glow rides.

This autumn, we've helped community groups across the UK light up rides with free flags, banners, insurance and advice. But there's still more to do.

By donating, you're backing our mission to make cycling safer, more accessible and inclusive – and helping us continue pushing for change long after the lights of October's glow rides have faded away.

Join in.
Switch on.
Donate today.
cyclinguk.org/donate-glow



KNOG plays a blinder

The glow rides are kindly supported by KNOG. Check out their products to help light up your ride. freewheel.co.uk/brands/knog



glow ride. Jill Borchers from the group says: "The best cycle network is only as good as its weakest links. Our Stevenage Glow Ride will highlight some examples of where things are not so great on our streets and cycleways, including dark and secluded routes with only busy road alternatives. We want cycling to be a practical choice for everyday journeys in Stevenage – as well as leisure rides – for women and everyone else."

As the glow rides are hosted by individual community groups, each event will feel unique. KRIMMZ Girls Youth Club in Bolton has put its own spin on its Noor Glow Ride, saying: "Women from across the community will come together to light up the night with decorated bikes and glowing accessories, spreading the message that cycling is for everyone. Noor means light, and this ride symbolises visibility, strength and the positive impact women bring to their communities."

Shine a light on the issue

You might be wondering if mass rides can really change anything to help create better cycle routes. It's a valid question. For these glow rides to have the maximum impact, we need to make sure our politicians understand why they are happening, so they can press for changes at a national and local level.

In Edinburgh, following several mass glow rides by InfraSisters, decision-makers are starting to see that this isn't just a 'cycling issue' – but rather it's about women feeling confident to move around the city in the evening.

You can help create the same revelations where you live. Will you take a moment and send a message to your MP, Senedd Members, MSPs or MLAs to tell them why safer cycling for women matters to people in your community? We've created a simple online tool to make it quick and easy. Visit the 'My ride. Our right' website: cyclinguk.org/my-ride-our-right.

Be a torchbearer

While these rides are led by women, they are open to anyone who wants to take part and support the cause of enabling more women to cycle. By joining in, you'll be part of a powerful nationwide movement showing that cycling should be safe, accessible and visible for everyone.

Light up your bike, and let's light up the streets. Find your nearest ride on our website: cyclinguk.org/glow-rides.