



## Watch this

As part of its YouTube channel, Going Long Adventures, Cycling Weekly has ridden and filmed some of Cycling UK's long-distance routes. Traws Eryri ([bit.ly/cyclingweekly-eryri](http://bit.ly/cyclingweekly-eryri)) and Royal Chilterns Way ([bit.ly/cyclingweekly-chilterns](http://bit.ly/cyclingweekly-chilterns)) have already been uploaded. Both feel rather 'head down on a gravel bike' but it's interesting to see a different perspective on these classic routes, and there are some nice scenic shots.



### VELO DE VILLE FOLDY

This German folder won a Design and Innovation Award 2025. It's available unpowered (from £1,569 and 13kg) and electric-assist (from £2,619 and 17kg). Both fold to 110x61.5x39.9cm. With a 1,055mm wheelbase, 55-305 tyres and a trail figure of 61mm, it should be a stable-handling small wheeler. [velo-de-ville.com/en](http://velo-de-ville.com/en)



Find a local group near you and enjoy a ride this weekend: [cyclinguk.org/group-listing](http://cyclinguk.org/group-listing)

# Freewheel

A short tour around the wonderful world of cycling



On my bike

For more on Jenny's record ride in 2018, see: [cyclinguk.org/tags/jenny-graham](http://cyclinguk.org/tags/jenny-graham)



## Jenny Graham

Women's round-the-world cycling record holder (unsupported). Adventure cyclist and 100 Women in Cycling 2018 award winner

**Why do you cycle?** A variety of reasons: fun, adventure, transport, convenience, fitness, social.

**How far do you ride each week?** No idea! I probably go for about five rides a week.

Jenny's book, *Coffee First, Then the World* (ISBN 9781399401043) is £10.99

**Which of your bikes is your favourite?** Has to be Little Pig, my round-the-world-adventure buddy.

**What do you always take with you when cycling?** Snacks!  
**Who mends your punctures?** Me. But there is a position opening if anyone else would like to?

**It's raining: bike, public transport or car?** Oooh, I mean I live in the Highlands of Scotland, so if we didn't ride in the rain we'd never ride. So I'll say bike.

**Lycra or normal clothes?** Both. I wear Lycra shorts mountain biking and woolly jumpers on the road. Just do your thing; don't worry about looking like a biker.

**If you had £100 to spend on cycling, what would you buy?**