



Watch this

Cycling UK's Inclusive Cycling Experience provides try-outs and loans of cycles that are tailored to an individual's needs. Sometimes that's trikes (see p26). For Neil and Andria Wright from Wigan, who have Parkinson's and complex regional pain syndrome respectively, it was e-bikes. Find out how, in their own words, their e-bikes have changed their lives for the better. Read the article and watch the video here: cyclinguk.org/neil-andria.

BASTILLE E

The French full-size folding bike we mentioned a couple of years ago is now available as an electric version. It too has a belt drive and 650B (ISO 584) wheels and also folds to 82x80x30cm, but it's equipped with a rear hub motor and a 210Wh battery. It weighs 16.7kg and can be rolled along on its wheels when folded. It's £2,790. bastillecycles.com



Find a local group near you and enjoy a ride this weekend: cyclinguk.org/group-listing

Freewheel

A short tour around the wonderful world of cycling

On my bike



Jim at Get Cycling CIC, a not-for-profit supporting people with physical and other barriers to cycling

Jim McGurn

Jim is an activist and writer on cycling. He's also the founder and executive chair of Get Cycling CIC

Why do you cycle? Getting into town for work and shopping, trips round our village, evening rides around the local lanes, tandem outings with our disabled son. Living in a village on the edge of York with good public transport and bike paths, we have no need for a car.

Jim's most recent book, *Cycle Magic* (£26.95, ISBN 9781068233609) was reviewed in the Dec 25/ Jan 26 issue of *Cycle*



How far do you ride each week?

Around 50 miles, although I recently did that in one day with York's Wednesday Wheelers.

Which of your bikes is your favourite? I love 'em all. My Dutch bike is perfect for getting around our village and into York. My old Dawes Super Galaxy makes me feel young again. My Berndts folder covers business trips. Our tandem trike, which I steer from the rear, is for family outings with our son, who has Downs and autism.

What do you always take with you when cycling? Just the usual stuff. For the rare group rides, I take an innertube and levers.

Who mends your punctures? I do. Unless it's the Dutch bike with hub brakes. I pass that