



Up for GRAB

Where: British coast
Who: Guy Roebuck
When: May to August 2025

The start of my journey from home in Hove on what I'd named GRAB – Guy Rides Around Britain – was a rare chilly day. I was riding for the charity National Axial Spodylioarthritis Society, mostly camping. I kept the sea on my left for easier-to-navigate left turns.

May felt more like August in the south-easterly tailwind I had. I discovered a beautiful place in Cornwall called Fowey after catching one of the many ferries. Later the whole of the wonderful Welsh coast was a joy, which I shared with my friend Pat, who joined me.

After the mixed weather of Wales, I was impressed with the west coast and its surprisingly huge sea defences. The first biting midges arrived near Stranraer; I gave wild camping a break for a couple of weeks and stayed at the amazing Scottish Youth Hostels. After the sudden scenery change from the north coast of Scotland to the gentle east coast, I visited an old friend I'd not seen in 25 years.

The Moray coast was another revelation to me.

Mental exhaustion had caught up with me by Hull. No fault of Hull: I love the place. So I had three days off at my best friend's house in Nottinghamshire, taking a return train back to the coast. From there I had the remaining 12 nights of accommodation booked. What a weight off!

A friend of a friend put me up near Skegness. He even cleaned my bike! I met my cousins and family at Southwold, home to some very humorous pier attractions, and had my only swim in the sea of the three-month trip. The Isle of Grain was properly, restfully, off the tourist route.

In Hastings, my final night saw me in a hot tub. "Oh, my leg muscles are more sore than I thought!", I realised. I was met by the Brighton and Hove Cycling UK group at Berling Gap. I had raised over £3,900 for NASS. The whole experience had been definitely the best journey of my lifetime: 5,091 miles, 84 cycling days, and about 270 pieces of cake scoffed. Burp.

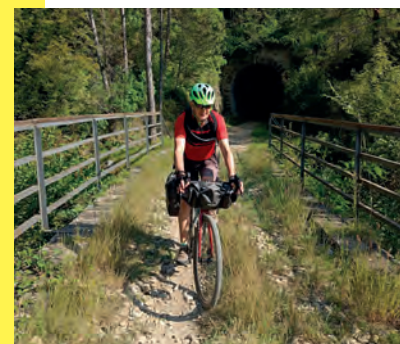
The gist of Istria

Who: Andy McRae
Where: Italy, Slovenia & Croatia
When: September 2025

Two friends and I cycled in Istria in early September. We flew into Trieste in Italy, where Moovtrieste rented us gravel bikes. We rode from Trieste along EuroVelo 8 to Portoroz in Slovenia, and then Umag and Piraz in Croatia. Most of the route was on cycle lanes.

From Piraz we cycled along the Parenzana Trail back to Trieste, staying in Livade and Portoroz on the way back. The Parenzana Trail is off road along an old railway line. It's easy to follow and has a decent surface, mainly gravel. Ascents and descents were gradual, but you need either a mountain bike or a gravel bike. It winds its way through rural Croatia and Slovenia, through forested hills, vineyards, olive groves and amazing hilltop villages. There were lots of cyclists on the route, mainly on e-MTBs.

The weather was sunny and warm (25°C). There weren't many tourists and traffic was light. We stayed in hotels but there were plenty of places to camp. We thoroughly enjoyed the trip and would recommend it. May or September would be a good time to go to avoid the summer heat. The sea is still warm in September.



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