



Welcome

Sometimes it's the little things that make cycling journeys difficult, not the obvious ones. Years ago, after breaking my back, I made a trip across country that involved a 15-mile bike ride, two trains, and a couple of miles at the other end.

Recent surgery and a hip-to-arnpmit body cast were complicating factors solved by riding an upright Dutch roadster. The cycling was fine. The real problem was a lack of ramps. I couldn't lift the bike at all. Not over the footbridge. Not on and off trains. Station staff and fellow passengers thankfully stepped in. Without their help, I'd have been stranded – like wheelchair users too often are on planes etc.

Inadequate provision for cyclists is, as Kate Ball explains in the feature on page 47, the main reason we don't see disabled cyclists out and about more. If we build it, they will come. Or to put it another way: if we don't, they won't.

A change of perception is needed too. Cycling is often portrayed as sporty, sweaty, and physically challenging, despite being easier than walking. Compared to Shanks's pony, a bike will take you four or five times as far for the same time and effort. Everyone's bicycle or tricycle is a mobility aid.

The less fit and less able-bodied you are, the more of a game changer a bicycle or tricycle becomes. Whether your cycle is pedal-powered, hand-cranked, or electric-assist, it doesn't just gift you convenience but freedom... assuming those thoughtless barriers are (sometimes literally) removed.

DAN JOYCE
Cycle Editor

Summer Raffle
Win big in our Summer Raffle. Find out how to enter on pages 14-15 or visit cyclinguk.org/raffle

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Founded in 1878

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