



Try this Improve your cycling neighbourhood

Scarborough
Railway Bridge,
York – fantastic

Fed up with feeling like your local authority isn't doing enough to give people alternatives to driving everywhere but don't know what to do about it? Cycling UK is a member of Low Traffic Future, an alliance of progressive organisations, which is running a series of workshops across England that can help. These workshops are drawing together like-minded people and providing the tools and guidance to make a difference in your local area so that people feel able to drive less and cycle more. Working together we can make a positive difference. Find your nearest event: lowtrafficfuture.org.uk/events

Photo: Joolze Dymond

Events

Croeso i Cymru

This late August bank holiday (not Scotland), there are Cycling UK events at either end of Wales. The Swansea and Gower Cycling Festival, organised by Swansea CTC (right), runs from Thursday 24 to



Monday 28 August, offering a range of rides to suit everyone from family and novice riders to those wanting a 65-mile challenge. At the other end of the country on Sunday 27 August, the 91-mile Wild Wales Challenge, run by Merseyside CTC, takes in steep climbs and long descents in the stunning scenery of the Eryri (Snowdonia) national park. cyclinguk.org/events



Watch this

Cycling Minds, based in Hexham, Northumberland, won Most Inspiring Group at our Volunteer Awards 2023 for its innovative approach to supporting young people struggling to engage with society and the job market. Founder Toby Price, who has experienced poor mental health himself, explains in this video how taking part in cycling helps participants find their way in life and achieve their full potential. Read more about Cycling Minds and our other award winners on p47. bit.ly/cycling-minds-youtube



On my bike

Markus Stitz

Bikepacker, author & route developer

Why do you cycle?

It's a form of travel and enjoyment that brings me closer to people. A bike doesn't put a cage around me like a car.

How far do you ride each week?

It differs widely. Sometimes 50 miles, sometimes 500 or more. My job involves cycling – I get to ride the routes I develop.

Which of your bikes is your favourite?

My 1970s Claud Butler, beautifully restored by my friend Walter from a small independent bike shop in Edinburgh, Velow Bikeworks.



What do you always take with you when cycling?

A pump, tyre lever(s), a spare tube and a sense of humour.

Who mends your punctures?

I do.

It's raining: bike, public transport, or car?

Most of the time the bike, otherwise public transport.

Lyca or normal clothes?

Both, depending on the ride.

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

A return ticket to Oban. I'd spend the rest on seafood and a pint in the Pierhouse in Port Appin.

What's your favourite cycle journey?

Probably the Tour Aotearoa (New Zealand), but we have many wonderful routes close to home.

What single thing would most improve matters for UK cyclists?

That more cyclists are in positions where crucial decisions are made – in politics, transport, planning, tourism and so on.

Markus's latest book, *Bikepacking Scotland*, is out now. Review next issue.

