



Try this

Be a #BikeHero this Bike Week



Bike Week, which marked its centenary last year, is the UK's biggest awareness-raising event for cycling, and in 2024 Cycling UK wants to celebrate cycling as a force for good. We all know the many benefits riding a bike can bring – from improving health and wellbeing to helping protect the environment, and most importantly just being a lot of fun. This year, you can be a #BikeHero by organising a cycling-related event during Bike Week (10-16 June). It could be a cycling breakfast at work for those who commute by bike, a led ride, teaching a child to ride or anything else – be creative! [cyclinguk.org/bikeweek](http://cyclinguk.org/bikeweek)

## Watch this



E-bikes can replace cars for many urban journeys but they can also take you much further afield. Electric assistance puts multi-day rides like Cycling UK's Rebellion Way, West Kernow Way and Traws Eryri within reach of a greater range of cyclists but creates additional considerations, such as battery range and recharging.

For an overview of these, plus a look at the benefits that an e-bike brings to longer journeys, watch our YouTube video 'E-cycling on a long-distance tour'. You can find this and other Cycling UK videos at [youtube.com/@CyclingUK](https://youtube.com/@CyclingUK).

## Events

### York Cycle Festival

The inaugural York Cycle Festival from 21-23 June brings together the long-running York Cycle Rally, the Summer Meet of the National Clarion Cycling Club and the Retrobike Show for fans of classic, vintage and retro bikes. It takes place on the Knavesmire in York. There will be club displays and a trade show, cycle jumble and auction. There'll also be great food, craft beer, live music, spectacular grasstrack racing and a full programme of led rides. Parking, entry, rides and activities on site are all free of charge and everyone is welcome! Camping is available on site. Details and campsite bookings are online at [yorkcyclefestival.org](http://yorkcyclefestival.org).



Below: Isle of Mull, by Getty Images

## On my bike

### Emily Knaston-Williams

Bicycle mayor of Inverness & one of our 100 Women in Cycling 2023

#### Why do you cycle?

It's really liberating – whether it's ditching the car for going to the shops or the gym or to work, or out exploring locally.

#### How far do you ride each week?

About 30 miles about town. I try to do a longer ride most weeks as well.

#### Which of your bikes is your favourite?

My everyday bike is a Tern GSD. I cannot overstate just how transformational e-cargo bikes are for everyday journeys. But I also have a Norco Search gravel bike.

#### What do you always take with you when cycling?

Snacks and a full water bottle.

#### Who mends your punctures?

I do. But I've put Tannus inserts in my tyres so I'm hoping to avoid them.

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

Bike. Good waterproofs are everything.

#### Lycra or normal clothes?

Normal clothes for round town, Lycra for longer rides.

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

Winter tyres for my Tern.

#### What's your favourite cycle journey?

I did a tour with a group of friends from Corran Ferry – down to Oban, around Mull and then Ardnamurchan, before heading back via Glenfinnan. Nothing beats sunny days on the bike with all your mates.

#### What would most improve matters for UK cyclists?

The end of car dominance! Reclaim the streets now.

