

Member benefit

JOIN THE CLUB

If you're wondering what to do with your kids this summer, get them out on bikes! Bike Club is the kids' bike subscription service that lets you exchange cycles as your child grows. The club always has the right size, and you'll never have to pay any big upfront costs again. Choose from all the best brands from as little as £6.99 per month. As a member, you can get your first month free using the code FREEMONTH-CYCLINGUK. cyclinguk.org/bike-club



Member benefit

MAP IT OUT

Are you eager to explore a new area with your family this summer? Our partner Komoot has enhanced its member offering, providing a free regional map bundle for all Cycling UK members. Previously, this benefit was exclusive to new Komoot users, but now it is available to all. Make sure you're following Cycling UK on Komoot at www.komoot.com/user/cyclinguk – and don't forget to share your adventures with us! cyclinguk.org/komoot

CICERONE

Cycling UK members enjoy 20% off guidebooks and e-books at Cicerone



Family cycling

SUMMER HOLIDAYS SORTED

It's peak holiday time and the kids are probably hot, bothered and bored by now – and so might you be! If you're looking for something to fill the days until it's back to school or work, we have the answers.

Cycling is a great way for families to spend time together, whether that's a train-assisted holiday with kids in tow or days out with the grandchildren to give tired parents a break. Warm, lazy days in the saddle improve wellbeing, provide quality time to talk and bond and are a wonderful way to get to know the UK's glorious landscapes better.

Cycling UK has all kinds of advice on how to cycle as a family (cyclinguk.org/family), as well as seasonal advice for summer cycling (cyclinguk.org/summer-cycling). We also have a whole host of member benefits (cyclinguk.org/member-benefits) to get you and your family cycling this summer.

If you're looking for some inspiration for where to cycle, check out our 50 family-friendly rides (cyclinguk.org/50-family-friendly-cycle-routes) all over the UK or our top 10 summer routes for families (cyclinguk.org/10-family-friendly-summer-routes). If you want to plan your own route, try our journey planner (cyclinguk.org/journey-planner).

Our long-distance routes would make an

excellent challenge for grown-up families to tackle together. However, all the routes can be broken down into shorter, easier sections that even younger children could manage. Kent's Cantii Way (cyclinguk.org/cantii-way) and Norfolk's Rebellion Way (cyclinguk.org/rebellion-way) are particularly suited to this, and three intrepid mums even cycled a section of the latter with youngsters in bike trailers – see page 40.

If you're looking to try out a bike trailer but don't want to commit to buying one – you might only use it for a season after all – hiring one could be the answer. As a member, you can claim 10% off hiring a trailer from Bike Trailer Hire (cyclinguk.org/bike-trailer-hire), the UK's first dedicated online website for kids' bike seats, tag-alongs and trailers.

If it's kids' bikes you're after, members benefit from a 10% discount with Frog Bikes (cyclinguk.org/frogbikes), the specialists in premium, lightweight bikes, designed and engineered specifically for children.

We've also got your peace of mind covered. Our incident line (cyclinguk.org/incident-line) offers free cycling-related legal advice to members, while you can claim £50 off insurance with Yellow Jersey (cyclinguk.org/yellow-jersey).

You're now all set for a great summer holiday of cycling – enjoy!