



**Try this**  
**King Alfred's Way – fully supported**

Escape the city with our partner Glorious Gravel. Join them on Cycling UK's King Alfred's Way, a two-night, three-day ride over the entire 350km route. It takes in parts of the South Downs Way, the Ridgeway and historic sites from Wessex, offering incredible riding and views.

The route is fully signed for the Glorious Gravel event, and there are regular checkpoints, luggage transfer and a warm, social atmosphere both on the ride and in the evening. It's the perfect way to ride the most famous off-road route in the south of England. Cycling UK members get a 15% discount, using code GloriousUK15. Book now at: [gloriousgravel.com/king-alfreds-way](http://gloriousgravel.com/king-alfreds-way)

Right: Glorious Gravel

**Watch this**



Watch our new five-year strategy brought to life in our inspiring video, shown exclusively to members at your online event before taking centre stage at our external launch event. It's now available on our website, [cyclinguk.org/strategy](http://cyclinguk.org/strategy), and on YouTube ([bit.ly/cyclinguk-five-year-strategy](https://bit.ly/cyclinguk-five-year-strategy)). Please like,

comment and share with your own social networks – and help engage more people in making happier, healthier and greener lives through cycling.

**Events**

**Try a tandem**

The Tandem Club welcomes all families to a try-a-tandem day on Wednesday 14 August at its National Rally at Alnwick Rugby Club, Willowburn Avenue, Alnwick NE66 1BE. Anyone who wants to have a go on a tandem – adults, children or other family – is welcome. Tandems are a great way to introduce children to cycling and get the whole family out on the road together. Help and training available from experienced members of the Tandem Club. Short guided rides arranged. It's free, with no booking needed – just turn up from 10am onwards. [tandem-club.org.uk/events/tcn2024](http://tandem-club.org.uk/events/tcn2024)



**On my bike**

**Simon O'Brien**

*Actor, presenter and active travel commissioner*

**Why do you cycle?**

I love it. I sold my car 40 years ago as an environmental statement, then realised that getting around by bike was brilliant.

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

Between 50 and 100 miles a week.

**Which of your bikes is your favourite?**

My Tierney Tourer, handbuilt for me by the late, great Liverpool frame builder Norman Tierney. It's 531, Campagnolo throughout. Does the job commuting into town or fully loaded on tour.



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

Puncture repair kit, tyre lever.

**Who mends your punctures?**

Moi.

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

Bike. If it's proper nasty, bike and train. Merseyrail are brilliant with carrying bikes.

**Lycra or normal clothes?**

Normal clothes always.

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

The few Landranger OS maps I am missing. To be able to see the whole picture in detail is still better than any app.



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

Getting off the ferry at Portugalete, then meandering through the Basque Country and Cantabria with my killer-climber wife, Elizabeth, and long-suffering daughter, Rosa, to catch a ferry back from Santander.

**What single thing would most improve matters for UK cyclists?**

Better, safer infrastructure where needed – which is just about everywhere!

Below: Portugalete, by Getty Images; Left: The Tandem Club

