

# cycle

This Issue CAIRO TO CAPE TOWN JOSIE DEW'S FAMILY ADVENTURE ROUGHSTUFF TOURERS RIDING THE SOUTHERN UPLAND WAY PEDALLING TOWARDS EQUALITY? BAGGY SHORTS TEST

**PLUS**

JOSIE DEW'S FAMILY ADVENTURE  
SPA & SURLY TOURERS TESTED  
TRANSPORT CYCLING FOR ALL  
RIDING THE SOUTHERN UPLAND WAY

## AFRICA SOLO CAIRO TO CAPE TOWN EPIC

