

this is cycling UK



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Cycling unlocked

With real-world events and group rides back on the agenda, Chief Executive **Sarah Mitchell** is looking forward to a summer of cycling

By the time you read this, I hope that many of us will be back on the road again, able to cycle in groups and meet up with friends, including stopping off en route for that all-important inspection of a local cycling-friendly café...

After 12 months of seemingly ever-changing restrictions on groups rides, I wanted to take this opportunity to say a huge and sincere thank you to all our group officers, organisers and ride leaders. As I've heard when attending group AGMs, you have done a fantastic job over the last year, managing all the changing restrictions and virtual meetings, and keeping in touch with our many members, whom I know are keen to get back to group riding.

It feels as though everyone at Cycling UK is just itching for the summer of cycling to get started. Last year we had to put a huge number of activities on hold, so we're really excited to see projects across all four nations getting back underway as restrictions ease and the sun (fingers crossed) emerges. We are looking forward to cycling adventures from the Shetland Isles to Land's End, from Belfast to Norfolk via the Welsh valleys.

Our Big Bike Revival project is already back in action in communities across England, and our new Shift programme started in Scotland in May, both encouraging thousands of people to start and keep cycling. Our Cycling for Health programme is set to continue in West Yorkshire. It will focus on the opportunity that cycling provides to support the health and resilience of local communities, running a 'cycling on prescription' service.

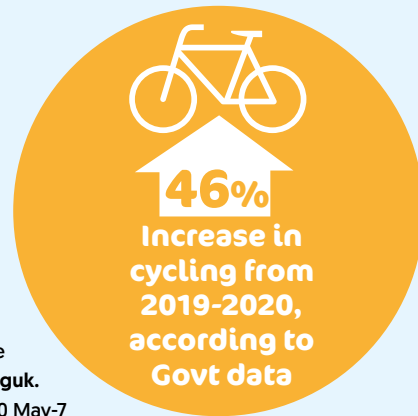


As you receive this magazine, Bike Week will be underway (cyclinguk.org/bikeweek, 30 May-7 June) with a wide range of activities, including both outdoor and virtual events. It kicks off with the World's Biggest Bike Ride (worldsbiggestbikeride.uk), a great opportunity to sign up and go out for a ride, knowing that you are part of a growing cycling community. Government

data has shown an enormous 46% increase in cycling in 2020 compared with 2019. More and more people across the UK are discovering that cycling is for them, and we are keen to help them continue to enjoy cycling with us in 2021.

For those yearning to get away from it all and explore a new cycling route, we're finalising two fantastic ones: the Maritime Heritage Trail in Northern Ireland and Tales of the Trails in Wales, both of which we're hoping to launch in June. Then in September we're planning to share with you a longer route in Cornwall, the West Kernow Way (cyclinguk.org/tags/west-kernow-way). In the meantime for many people, including at least one of our trustees, this summer will be the ideal opportunity to discover the incredibly popular King Alfred's Way, launched last year.

On a personal note, I am really looking forward to our Women's Festival of Cycling activities (cyclinguk.org/womensfestival) from 17 July-1 August. We have some incredibly inspirational women amongst our 100 Women in Cycling this year, and I hope many of you will get involved and help to encourage more women to believe that cycling is something for all of us and that we can all benefit from.



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Main photo: Ioolize Dymond