



£1.6bn

Projected cost to the
NHS from air pollution
(2017-25): [cyclinguk.
org/briefing/case-
cycling-air-quality](https://cyclinguk.org/briefing/case-cycling-air-quality)



Heading from
Llyn Crafnant
to Capel Curig

Left: Sam Dugon Right: Andy Catlin

Routes

RIDE THE WILDS OF WALES

Cycling UK is launching Traws Eryri, our first long-distance off-road route in Wales, at the end of July.

Sophie Gordon reports

Called Traws Eryri, which is Welsh for Trans Snowdonia, the route is funded and supported by Natural Resources Wales. It runs for 130 miles (210km) through beautiful and remote countryside, linking together bridleways, byways, forest tracks, Roman roads and winding lanes through the green valleys and rugged peaks of this truly epic landscape. It's a challenging off-road adventure which connects the Mid Wales town of Machynlleth to the north coast at Conwy.

Traws Eryri may be shorter than most of Cycling UK's other routes in terms of distance but it makes up for it with a whopping 4,595m of ascent. As Yr Wyddfa [Mt Snowdon] has an altitude of 1,065m, that's equivalent to riding up Wales's famous mountain from sea level more than four times.

The route takes you into the wilds of Wales, and shows visitors and locals alike there is more to Parc Cenedlaethol Eryri [Snowdonia National Park] than its famous mountain. It takes in the Mawddach Estuary, the spectacular Ogwen Valley, the forests of Coed y Brenin and Gwydir, and remnants of the area's slate mining heritage.

With rugged terrain and steep climbs and descents, the route is fantastic fun on a mountain bike, but could also be ridden on a gravel bike for those who embrace the Rough-Stuff Fellowship ethos of never going for a walk without their bike.

While creating Traws Eryri, as with the other trails, Cycling UK spotted gaps in the network – paths that would be great for cycling but are classified as footpaths, or surfaced tracks across open access land which lead to the most spectacular views. Over the past few years, we've engaged with local communities and local riders to get their views on the best possible route, and we've negotiated with landowners to agree new cycling access on suitable sections of the trail to fill some of those gaps. We're hoping to continue improving the route in the future, and are looking forward to showing the benefits that off-road access for cycling can bring, both for individuals and the local rural economy.

Off-road riders wanting to be the first to learn more about the Traws Eryri can sign up on the Cycling UK website, where you can also enter a prize draw to win a complete bikepacking setup from Alpkit worth more £280. Visit cyclinguk.org/traws-eryri-learn-more.



Scotland

CYCLE REPAIR SCHEME ENDS

We are hugely disappointed that Transport Scotland has decided not to provide funding for the Scotland Cycle Repair Scheme for 2023/24. The scheme has provided more than 78,000 free repairs since launching in 2020, consistently reaching people who are struggling financially and enabling them to keep cycling for everyday journeys.

Wales

ROAD SAFETY REVAMP

The Welsh Government has commissioned transport consultants Agilysis to develop a new road safety framework. Cycling UK has already been feeding into the first draft, which will go out for public consultation over summer. The current framework expired in 2020, so a new version is urgent. It must set out an ambitious and deliverable plan to make Welsh roads safer. As well as responding directly, we hope to facilitate as much input as possible from our members and supporters.