



Transport

EUROSTAR BIKE CARRIAGE

For cycle-rail travellers hoping for easy access to the Continent, there are glimmers of light at the end of the (Channel) tunnel. Since Eurostar stopped carrying bikes and oversized luggage at the start of the pandemic, Cycling UK has been chivvying it along. We're pleased to say Eurostar is now carrying fully assembled bikes to Brussels, and is looking to restart the service to Paris this summer. cyclinguk.org/eurostar

Event

SCOTTISH GATHERING

Save the date for Cycling UK's annual Scottish gathering, which this year takes place on Saturday 28 October in Dunblane. Come and hear from a range of inspiring speakers and have a blether with interesting folk from the Scottish cycling community. Entry is free and non-member guests are welcome as always. Programme and booking details will be published soon on Cycling UK's website, social media and in CycleClips.



3.2kg

Carbon saved per day by one person switching from driving to cycling: cyclinguk.org/carbon



"Joy and freedom" –
Connie on her new bike

Left: Andy Catlin. Far left: Sara Lincoln

Community cycling

RECOVERY RIDE

Connie Rotchford was riding her teenage son's ill-fitting and uncomfortable mountain bike to get around Edinburgh when staff at community project The Ripple put her forward for Cycling UK's Access Bikes project. Fast forward six months and barely a day goes by when Connie doesn't use her new hybrid bike. "I feel lost if I don't do a bicycle ride in a day," she says.

In addition to working with community organisations like The Ripple to provide people facing financial hardship with new bikes, in 2023-24 Access

Bikes is running two new funds: one will tackle barriers to getting active for disabled people by providing funding for non-standard cycles; the second will work with established cycle recyclers to provide high-quality secondhand bikes to people who are financially struggling.

Connie explains that one of the biggest impacts of having her bike has been on her mental health, and on supporting her recovery from drug and alcohol addiction. "My bike's just there, and I can get out and go on it. When I'm connected to nature, I feel so free. I definitely find it

therapeutic."

She now cycles for almost all her local journeys and is even thinking about getting rid of her car. "The cost of living is making it harder and harder to keep a car. I just want to be free from my car. Getting the new bike is teaching me that it's possible."

So how would Connie describe the feeling of riding along the cycle path on a sunny day, with the wind in her hair? "It's joy and freedom... and it makes me happy." We couldn't put it better ourselves. cyclinguk.org/accessbikes

Obituary

RUSS MANTLE 1936-2023

Cycling UK member Russ Mantle, who made history by becoming the first Briton to cycle a million miles, passed away this May. His death is a loss to the entire cycling community. His astounding achievement of cycling over a million miles, a feat unlikely to be matched again, will not be



forgotten. Russ showed us what is possible, and he will continue to be an inspiration to all who cycle. His obituary is online: cyclinguk.org/obituary/russ-mantle-1936-2023.