

My favourite Place by Bike (after a long hard day) is my own front door.

Why it's my favourite place by bike...

Ever since I was a child, I've had a bike. However, for years I only used it for shopping, going to work and visiting friends.

Fifteen years ago I was introduced to weekend cycling trips – through Spokes Bike Bus. I was soon hooked. Now I use my bike to see more and more of Scotland, even climbing hills without getting off. I also cycle abroad. I particularly enjoy day rides. I gobble up routes voraciously and have begun to lead rides for small groups of friends.

But

Sometimes it rains all day or the hills are too steep or a head wind is too strong for me. Other times, I go on a group ride which is far too far and far too fast. I am exhausted and regret setting out in the first place. Will I never learn?

Then, my favourite place by bike is my own front door. Home at last. Tomorrow I will probably boast about the trip, not letting on how stiff I feel. Now I need a drink and a hot bath.

