

My Cycling Solution

Last year, I got a new job which meant visiting homes over in South Fife. I've always worked in Edinburgh before, and had gradually found that cycling was the best way to get around. All my colleagues drove hundreds of miles a month without thinking, but I wasn't looking forward to driving again, especially in queue traffic over the Forth Bridge. My office was near Haymarket, so I thought I'd try going by train to the bigger towns. I soon discovered, the train service to Fife is amazing, frequent and reliable. And plenty space for bikes!

At first, I just took my bike for trips to the bigger towns (Kirkcaldy is quite long, and Dunfermline quite hilly!). But after a while I became more adventurous, and started combining train and bike to get to other places like Leven, Saline and Kinglassie, which don't have their own stations but are still easy enough to get to. If it was a nice afternoon, I'd sometimes cycle back all the way, not bothering with the return train.

I found myself using the time travelling productively, preparing for visits more thoroughly and reflecting on them on the way back. On the odd occasion when I had no choice but to drive, I'd get back stressed and irritated, whereas cycling had me relaxed and happy. I tried not to bore or be smug with my work colleagues, and a few started taking bikes to work on days when they didn't need to travel during the day.

The lesson for me has been in not dismissing the idea of cycling just because you think no one else does it, or its too far to go by bike alone.

Ken Morrison