

Spokes launches new 'Favourite Cycle Rides' booklet

6 April 2016

Spokes, the Lothian cycle campaign, today announces the publication of "*Favourite Cycle Rides in Edinburgh and the Lothians*". The 12-page booklet contains details of eight prize-winning bike rides, aimed at cyclists of various ages and levels of experience. The booklet is published in conjunction with the City of Edinburgh's Smarter Choices Smarter Places programme.

The rides were selected from 38 routes submitted by Spokes members as part of a competition held in 2015. Many of the routes, which range in length from six to 27 miles, were chosen with families and less-experienced riders in mind, while others will appeal to cyclists with more experience. Most of the routes start or end in Edinburgh. They take in such attractions as the Cramond foreshore, Blackness Castle, Almondell Country Park, Vogrie Country Park and Traprain Law.

Spokes lead organiser Dave du Feu commented, "*We know that many people would like to extend their leisure cycling, but are not always sure how to find a route they would be comfortable with. This booklet, which is designed to be used in conjunction with our widely praised cycling maps, should give plenty of ideas for exploring, almost entirely on paths and quiet roads.*"

"A special feature of the booklet is the picture and brief bike-related biography of each prize-winner, and the reason that this is their favourite ride. We hope readers will identify with these contributors and want to share their cycling experiences."

"We don't intend the routes to be followed slavishly. We hope instead that they will generate ideas, and inspire people to discover their own routes in the city and countryside. As one contributor said, 'Navigation is never a problem: if you take a wrong turn, you'll just find something else of interest.'"

The booklet will go to all Spokes members, and will be offered free to anyone buying a reconditioned bike from Edinburgh Bike Station or a map from Spokes, and to those joining an EasyCycle ride (aimed at novice cyclists). It will also be available from Spokes and some bike shops at just £2.

Smarter Choices Smarter Places is a government grant scheme, administered by Paths for All, aimed at encouraging people to switch to healthier and more sustainable ways of travelling. In Edinburgh, the programme is being used to provide signposting, information boards, journey-planning tools, cycle parking and adult cycle training.

Edinburgh council leader Andrew Burns commented, "*I am pleased that the council has been able to help support this excellent Spokes publication, which should play a useful role in encouraging people to explore Edinburgh and beyond by bike. It is particularly interesting that the booklet profiles the prize-winners and explains why this is a favourite ride of theirs. I'm looking forward to experiencing the same pleasure by trying some of the rides myself.*"

Spokes is a campaigning organisation which aims to persuade local and national government to provide better facilities for cycling. It also encourages individuals to use their bikes more often, both for everyday work and shopping trips, and for leisure rides. With over a thousand members, it is known for its high-quality cycling maps of Edinburgh and the Lothians.

Press contacts - NOT FOR PUBLICATION:

Mike Lewis, mike@cycling-edinburgh.org.uk, 0131 623 4198
Judy Cantley, judy.cantley@btopenworld.com, 0131 447 7108

Note to editors: Please contact us if you would like to arrange interviews and/or photography with some of the contributors whose rides appear in the booklet.