



Introducing

WOODLAND WHEELS

*cycle rides
for all*



Summary



The key aims :

- to foster engagement with Scotland's woodlands and green spaces among communities of diverse ethnic and social backgrounds
- to encourage participants to choose cycling as a sustainable mode of transport in their daily lives beyond the programme.

In order to achieve these aims, the **Woodland Wheels** programme sought to address a number of barriers previously highlighted by various communities:

Summary



Get out and about, have fun, meet new people - Woodland Wheels actively seeks to involve groups from diverse social and ethnic backgrounds that might face barriers to getting out and about, or barriers to cycling

Get to know local woodlands and cycle ways – Woodland Wheels rides are unique in combining accessible, sociable and inclusive cycle rides with learning about trees and woodlands and encouraging people to explore and enjoy our wonderful green spaces and hidden urban landscapes beyond the cycle rides

No bike? – no problem! We arrange with cycling organisations (social enterprises, sustainable living projects) to provide bikes for those who don't have their own. Cost barriers are eliminated by the fact that all the rides are fully funded by Forestry Commission Scotland and delivered free of charge to participants

Summary 2

No one to ride with? Join in and have fun! Social barriers: promoting a sense of welcome and inclusion is a key part of the programme: to enable conversation and social interaction, rides are designed to include leisurely stops, picnics and shared activities to make the experience as enjoyable as possible

Not been on a bike for ages? – We'll help you regain confidence! To promote confidence and develop skills, rides included safety briefing, bike checks and basic road awareness

Not sure if you can do it – we'll look after you! Rides are short enough not to deter new or less experienced cyclists, but long enough to provide interest and a degree of challenge to all - and a sense of achievement at the end of the ride. Distances range from around 8 - 20 miles, and rides are paced to allow for all levels of ability. Our booking form allows ride leaders to be aware in advance of participants' cycling level and confidence.

Preparations



- Woodland Wheels team: Zara Mohammed, Runima Kakati, Tara Broadfoot, Anna Canning, with occasional support (e.g. preparation of a fire site) from outdoor learning providers
- Woodland Wheels ride leaders are trained in leading groups, proficient in basic roadside repairs, are qualified outdoor First Aiders and carry an appropriate first aid kit and other welfare items
- Woodland Wheels has public liability insurance cover through CTC as an affiliate of Cycling UK
- All routes / stopping places are checked in advance for suitability by one or more of the ride leaders; restrictions or clashes with other events are noted and steps taken to circumvent these
- Flyers for the rides are produced and distributed by email and via the Woodland Wheels Facebook page

Glasgow Bike Station to Auchenshuggle Woods



Forestry Commission Scotland
Coimisean na Coilltearachd Alba

Woodland Wheels

Join us for the ride to
Auchenshuggle (8 miles there)
with a camp fire, wild plant
workshop, making natural
treats & a scenic cycle.
Un-missable ride!

Cycling. Stories. Wild
Plant Delights

"Every ride is full of adventure, beautiful scenery,
intriguing stories and delightful plants!"

Auchenshuggle
Sat 6th June
Meeting Point:
Bike Station,
65 Haugh Road, Glasgow, G3
8TX.
9.30am – 3.30pm

All rides are Free & a limited supply of Bikes available but you must book your place by emailing: zara.cycling@gmail.com

Wild woodland picnics



- Participants are introduced to wild edible and medicinal plants. Sometimes we collect fresh wild greens – such as nettles – to make a simple shared wild pesto to eat with bread and cheese. Participants take part in the preparation of the pesto, and enjoy some wild infusions and cordials to accompany it. A leaflet with additional recipes is provided with more information on nettles and their history, uses and benefits.



Anne Hunter
shares a story at
Auchenshuggle

Beautiful
wildflowers in the
woodland (what a
pity they're an
invasive species!)



Wild wheels on the
road to
Auchenshuggle
woods

Bananas roasting on
the fire





View over the Forth & Clyde Canal
from the Bridge



Making stick bread on
the open fire with Kim



Woodland Wheelers on the
Erskine Bridge



Zara gives her seal
of approval!

Beach balms

Ingredients:

- 4 parts plain or infused oil
- 1 part beeswax
- (or 70:30 beeswax and coconut oil)
- Essential oil: 2-3 drops per 15 ml pot

For 4 x 15 ml pots:

40 ml oil

10 g beeswax (approx 1 dessertspoonful)

(or 7 g beeswax + 3 g coconut oil or similar)

Using bain-marie (pyrex jug or bowl placed in pan of hot water on stove), very gently melt ingredients together at a simmer. When melted,



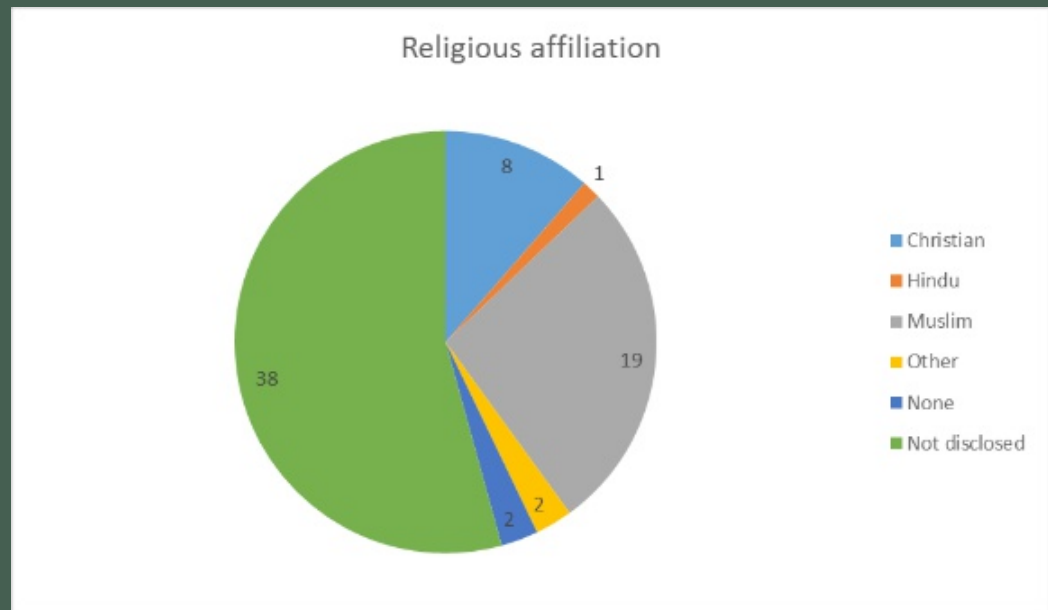
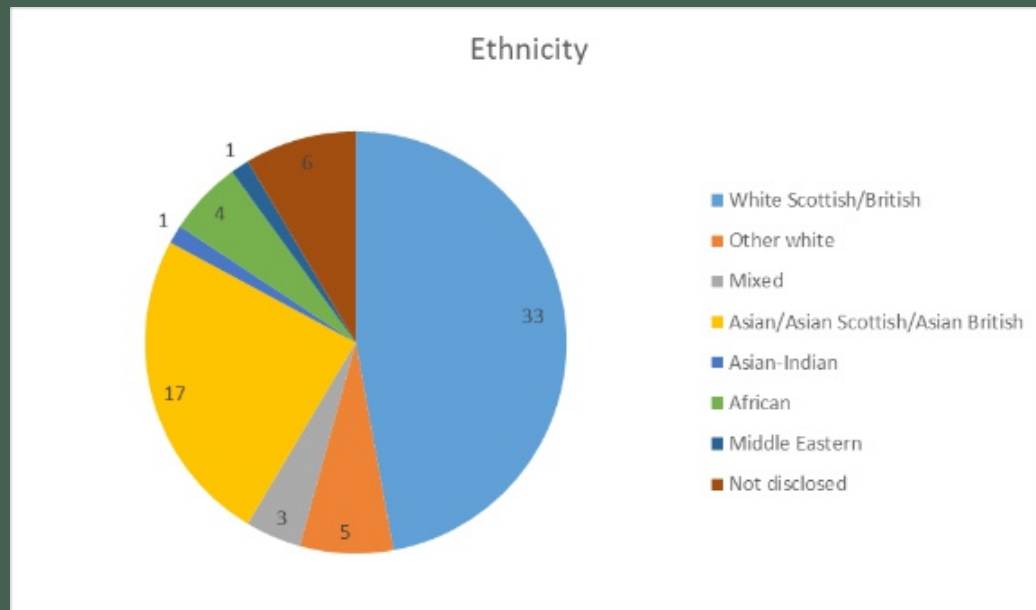
At Saltings we made little pots of peppermint balm to take home – great for cyclists to help prevent weatherbeaten faces!



Glasgow to Old
Kilpatrick & The
Saltings LNR

Stats

- **2015:** A total of 5 rides were delivered: 4 in the Glasgow area and 1 in Edinburgh. A total of 70 persons participated, representing several nationalities and ethnicities, and a good spread of ages and genders. Hire bikes were provided by Glasgow Bike Station
- **2016:** in the Glasgow area 6 rides were delivered to 34 participants including many returners. Bikes were provided by Glasgow Bike Station, and new social enterprise Soul Riders. Preparations were begun to launch regular Woodland Wheels rides in Edinburgh
- **2017:** 6 rides were run in the Glasgow area with bikes from regular partner Glasgow Bike Station and we developed a new working partnership with South-West Community Cycles. We ran 5 rides in the Edinburgh area, working in partnership with community-based cycling/sustainable living and social inclusion projects including ELREC, SCOREscotland, NKS, the Telugu Association of Scotland, and the All-Ability Bike Centre
- **2018:** We ran 5 rides in both Glasgow and Edinburgh, building on the success of previous years and on our partnership working with communities in both areas



Notes on demographics

Participant numbers: Rides typically have between 6 -19 participants (not including ride leaders)

Ethnicity/Religion: Details collected to gauge how effectively we are reaching diverse communities

Age: Rides encompass all age groups with majority in the 20-40 age range. Families are well represented

Disability: We are working on making our rides more accessible e.g. with ABC in Edinburgh

Sexuality: Not many participants disclose, but Woodland Wheels actively promotes diversity and inclusiveness



Woodland Wheels 2019

- **Watch this space!**
- <https://www.facebook.com/WoodlandWheel/>
- wildwoodlandwheels@gmail.com