

SHOPPING by BIKE!

Our 2022 competition asked people for their experiences and handy hints for shopping by bike. The entries showed just how versatile and successful it can be – and how it can work well for a wide range of households and lifestyles

Several themes emerged from the entries:

- Shopping by bike with kids
- Shopping with an ordinary bike
- Shopping with a cargobike or trailer
- Shopping for big or heavy items
- Combining shopping and fun
- Shopping poetry (!)

From the basic ...



... to the weekly shop



... with kids

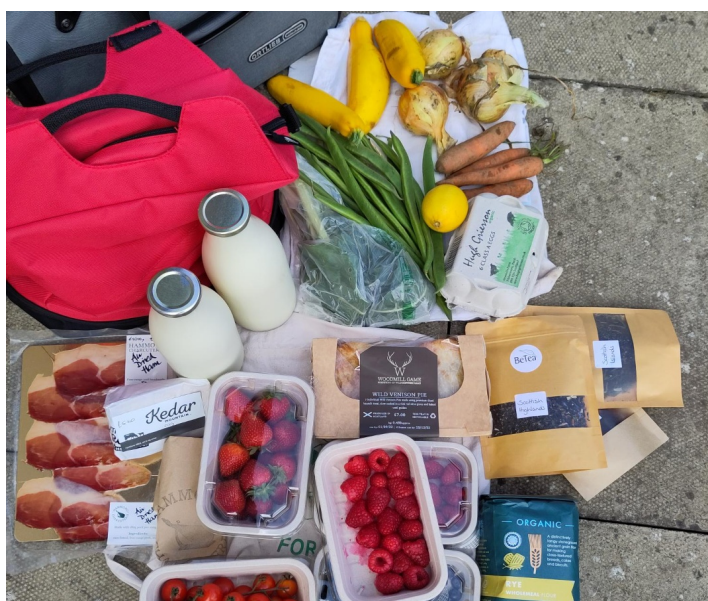


... and the garden centre



TRADITIONAL BIKE

"Shopping by bike doesn't have to be dramatic or heroic .. sometimes it's the easiest option!" **Jenny Purcell**



Tips for the weekly shop

Elaine Appleby

1. Assemble shopping lists (mine and mum's) and both bank cards (in cycling jacket handy zip pocket)
2. Gather cotton shopping bags, bungees and rucksack
3. Don't forget keys and £1 for trolley (they don't let you push the bike round and use your panniers... yet)
4. Cycle the back-street route then through the park and past the allotments (what's in bloom this week?)
5. Gather groceries (mum always writes her list in the order the items are encountered in each aisle)
6. Have a chat with familiar shop staff about their gammy leg/their grandchildren/ their day off yesterday
7. Pay and load panniers - the delicate part! Don't put milk and oats in the same pannier. Squishable items (strawberries don't like being shoogled) in the rucksack
8. Use the bungee to attach toilet rolls or bags of pasta and rice (tied in a cotton bag) on top of the pannier
9. Pedal home carefully. Find grooves in cucumber where in contact with the can of tomatoes - still edible!

Job done till next week!

CARGOBIKE

"I just need to pop to the shop" **Hazel Darwin-Clements**



"Shopping for a family of four is a breeze, this bike swallows any load; and it's a ton of fun!" **David Wilson**



"Even as a non-driver I can take Coco, my fitness studio assistant, when we go shopping for plants" **Tracy Griffen**



..WITH KIDS

"Cycle to shops with the two kids, unhook trailer, push it round the shop as a pram, load the shopping as we go, amuse cashiers as we balance eggs and yoghurt among babies, reattach bike and cycle home" **Robyn Campbell**



"We picked up the front pannier-rack second-hand from the Bike Station, so we can carry a good amount of shopping as well as the kids" **Hannah Wheeldon**



Positives and Pitfalls

I do all my shopping by bike
And have found nice wee shops that I like
It's convenient and quick
Eco-friendly and slick
And proof against fuel costs spike.

..WITH EXTRA FUN!

Last year we went fruit picking in our cargo bike. It was lots of fun! On the way home we had to try and not eat all the fruit! The only bad thing was that there were loads of cars and not many bike lanes .. WE NEED MORE BIKE LANES AND LESS CARS! **Sam Taylor (age 9)**



A real advantage of going by bike is the ability to stop on the way - parking the car adds too much bother. We are free to stop wherever we like, or take the long way. Popular options are the playground, by the Esk, and the cafe (especially if we can get pastries) **Rupert Nash**



Katharine Wake

When shopping by bike, young and green
I bought more than I had foreseen,
With pannier well stuffed
I bounced over a tuft
And the yoghurt fell out – what a scene!

BULKY LOADS

"Picking up some timber for a cat ladder: I used my trailer and borrowed another. Easy peasy!" **James Lewis**



"Cycling home with 25kilo of cat litter needs steady hands and reliable brakes, but it's exhilarating and the unusual cargo draws plenty smiles on Porty Prom!" **Kirsty Lewin**



"Collecting a vacuum cleaner from Screwfix ... strapping it to the rear rack was straightforward and avoided using our car for this heavy and bulky item" **Mike Armstrong**



"My trailer with 6 supermarket crates of seaweed, at East Beach, Dunbar" **Mark James**



RESOURCES

- ◆ The stories here have been greatly shortened to save space. The full competition report, including a pdf of all prizewinning entries, is at [spokes.org.uk, 7.10.2022 blog](https://spokes.org.uk/7.10.2022/blog)
- ◆ See lots more Spokes factsheets and info pages at [spokes.org.uk : documents : advice](https://spokes.org.uk/documents/advice), including:
 - Cycling Inspiration; Workplace Cycling; E-bikes
 - Cycling with Kids; Cargobikes
 - How to be a Cycling Flat-dweller
 - Guide for Shop Managers on bike parking [needs updated to include cargobikes!]
- ◆ TheBikeStation.org.uk for low-cost refurbished bikes, DIY repairs; learning to cycle; bike maintenance classes

◆ Many bike shops nowadays sell cargobikes, trailers, child transport equipment, etc, and of course e-bikes. We particularly like these expert local businesses who also support Spokes by advertising and in other ways:

- edinburghbicycle.com
- harts-cyclery.co.uk
- laid-back-bikes.scot
- ◆ Cargobike advice & loan CargoBikeMovement.com
- ◆ Cargobike hire edfoc.org.uk/cargo-bike-hire
- ◆ Cargobike deliveries www.farrout.delivery
- ◆ Spokes cargobike grants [spokes.org.uk : docs : advice : cargo-bikes](https://spokes.org.uk/docs/advice/cargo-bikes)
- ◆ @TradesOnBikes – twitter account for businesses across the UK who use bikes for transport



The Lothian Cycle Campaign

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