

# SUSTAINABLE TRAVEL

SPRING 23 – CYCLING REVOLUTION



Welcome to your Spring 23 sustainable travel newsletter. You'll find useful information on all things cycling in your area! To view further sustainable travel info, visit your dedicated sustainable travel webpage by clicking below.

Click [HERE!](#)

<https://www.tpc-rodgersleask.co.uk/tudorgardens>

## Velo Moira Cycling Club

A friendly and social road cycling club based in [Moira](#), who enjoy riding as a group! The club ethos is "nobody is left behind" so no matter your experience, you will have support.

Click [HERE!](#) to view their webpage!



## Coalville Wheelers Cycling Club

If you are a more experienced cyclist, the [Coalville Wheelers](#) allow you to access their time trial and road racing events. They also offer friendly gatherings and more social cycling sessions on Sundays.

Click [HERE!](#) to view their webpage!



### IN THIS ISSUE

Local cycling groups and routes

Best ebikes of 2023

Warmer weather cycling tips

# Warmer Weather Cycling Tips

## Hydration

Make sure that you keep a water bottle on you whilst you're out on the move. Remember to keep yourself hydrated, but to not overdo it. By having a drink with strong electrolytes before you start your cycle, it will help optimise your hydration status and helps to improve your cycling performance!

## Heat Management

Make sure that in the warmer weather that you wear cool clothing in order to promote and aid your ventilation, as well as wear a sunhat and sunglasses to be able to block out the sunrays! When cycling outside in the heat, always ensure that you have applied any sun cream to prevent burns, and try to take frequent breaks in the shade where possible.

## Local Cycling Routes

Information on [cycling in North West Leicestershire](#), including info on the Ashby Woulds Heritage Trail, route 63, the National Forest Cycling Centre, and Conkers, can be found on North West Leicestershire council's website using the following link.

Click [HERE!](#)



## Best eBikes of 2023

### Why Own One?

Owning an eBike can allow you to get out and cycle whilst putting in a bit less effort!

Depending on what you are looking for, there are a few options for the "best" eBike.

### Best For Commuting

#### *Gocycle G4*

Hill climbing on this eBike appear to be effortless, with the bike itself being rather stable. The bike can be folded down and easily wheeled around train stations for those who have different commutes.

### Best for City Riding

#### *Raleigh Motus Crossbar*

The bikes upright riding position allows you to have a clear view of the road and ensures that navigating traffic is an easy experience.

Want to know more about the EBikes? Click [HERE!](#)

## HELPFUL LINKS

Hot weather cycling – [6 tips](#) to help you keep your cool

Click [HERE!](#)

[Bikemap](#) – Dozens of suggested cycle routes in and around Ashby

Click [HERE!](#)