

# 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 scanning the following QR code!

SCAN ME!



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

## Lutterworth Cycle Centre

A local cycling shop to your neighbourhood that supplies all that you could need!

Lutterworth Cycle Centre is a provider of Government backed Cycle to Work schemes, meaning you can get great savings on your cycling goods!

## IN THIS ISSUE

Local cycling groups and routes

Best ebikes of 2023

Warmer weather cycling tips

## Strava Page

Lutterworth Cycle Centre also has a Strava page showing their weekly cycling distance and routes. To find out more, visit the QR code below!

SCAN ME!



SCAN ME!



# 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 the Harborough District, including info on the National Cycle Routes 50 & 6, as well as recommended on and off-road cycling routes can be found on the [Harborough District cycling map](#) through Choose How You Move using the following QR Code!

SCAN ME!



SCAN ME!



## 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.

For more information, please scan the QR code below for more options and links to retailers for these bikes.

## HELPFUL LINKS

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



[Bikemap](#) - Dozens of suggested cycle routes in and around Lutterworth

