

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!

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



Tour de Queniborough Cycling Group

A friendly and social riding group with the aim of getting people of all abilities out on their bike! You can get out on your bike and make new friends with likeminded people, as well as improve your fitness!

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RLRE
Consulting Engineers

Strava Page

To get a sneak peek at some of the cyclists and routes that they take, browse over the [Strava](#) page to feel inspired to join and get out!

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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 National Cycle Routes 6 & 48, as well as recommended on and off-road cycling routes can be found on [Charnwood Borough's cycling map](#) through Choose How You Move using the following QR Code!

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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 Queniborough

