

# 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 the link below.

Click [HERE!](#)

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

## Mid Shropshire Wheelers

Established in 1925, the [cycling group](#) is determined to make a positive impact in Shrewsbury! Having experience in time trials, mountain biking and social rides, there's a wide range of cycling activities to get involved in!

The club has a great mix of members of all ages, why not visit the website and find out more!

Click [HERE!](#) to view the group webpage!

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## Frankwell Cycling Club

For the more experience cyclist, the [Frankwell Cycling Club](#) do long distance cycling, with the average cycle lasting 3 - 4 hours at 15 - 18 miles per hour! The club is active every week and welcomes all!

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

## 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

For information on the local cycling routes in and around Shrewsbury, the link below highlights local and [National Cycle Network](#) routes to try out!

Click [HERE!](#) to find out more!



## 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 Shrewsbury

Click [HERE!](#)