



CHESTER CYCLING CAMPAIGN

Working to Create a Cycle Friendly City.....

CYCLING MATTERS!

FREE

THE QUARTERLY NEWSLETTER OF CHESTER CYCLING CAMPAIGN

SUMMER 2021

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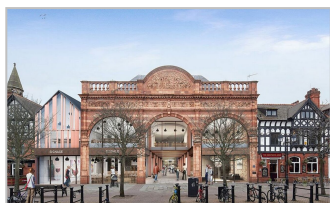
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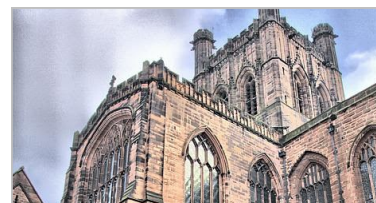
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Glamorous Women's Bike Ride

The Campaign's first event for Bike week 2021 was the Glamorous Women's Bike Ride - an encouragement to Chester women to take to the streets on their cycles.

This was a free event, organised by, and for, women and was designed to encourage

women to get on their cycles and claim their rightful space on the roads, whilst not feeling they have to wear sporty clothes for cycling. Ordinary clothes - and glamorous clothes - are fine for cycling around Chester!

Bike Week is an nationwide annual celebration of cycling promoted by Cycling UK

and is an opportunity to encourage people who would not normally cycle, or to try new aspects of cycling. This year it ran from May 30th (the date of the ride) to June 5th.

Starting at the Town Hall Square, the ride was about 6 miles, taken at a leisurely pace, around several areas of Chester including the Greenway, Hoole, the town centre and finishing up at the Groves.

Covid regulations limited us to 30 people. Lots of smiles and waves were received from people we passed and a good time was had by all in the beautiful sunshine.



Glamorous Women's Bike Ride participants make their way along Eastgate Street



...then into Gorse Stacks...



...later into Faulkner Street, Hoole...



...and across the Old Dee Bridge, finishing at the Groves.



Chester Cycling Campaign is grateful to
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Cycling Matters!



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Women's Introductory Cycle Maintenance Class

Another event for Bike Week 2021 was an introductory cycle maintenance class specifically for women. This is the first time the Campaign has run such an event - it was decided to try a women-only class simply because we are aware that there are many women riders who want to learn about maintaining their bikes.

The 2-hour class was free of charge and open to non-members as well as members of the Campaign. It was run by [Bren Bikes](#), a cycle workshop set up by the Bren Project, a local charity which supports people with learning disabilities to reach their full potential. Bren Bikes provides work placements and experience in all aspects of work involved in a cycle workshop.

Steve Fidler, Bren Bikes' workshop supervisor and a Cytech qualified mechanic, demonstrated techniques and Bren Bikes' volunteers were on hand to assist.

Participants brought and worked on their own cycles.



Participants at the Women's Introductory Cycle Maintenance Class, held at Bren Bikes on 2nd June.



Workshop materials laid out ready for the class.

The class proved popular - it was fully booked (20 participants) and was a resounding success, with many participants saying they had learned a lot and wanted to learn more. The Campaign is now considering similar sessions in future. They will be posted on the Campaign website: www.chestercyclecity.org

Many thanks to Bren Bikes, and especially to Steve Fidler, for all their help.

Bren Bikes offer refurbished bicycles for sale at very affordable prices, as well as a professional maintenance and repair service. All work is signed off by a Cytech qualified mechanic.

Workshop Phone – 07975 607688

Email – brenbikes@brenproject.org.uk

Lime Wood Close, Chester,
CH2 2HD



CHESTER CYCLING CAMPAIGN



Cycling is healthy, cheap, fast, and clean. It could be a key part of solving our transport problems and ensuring the prosperity of Chester. Chester Cycling Campaign is working towards a better, greener city by making cycling a safe and attractive transport option.

The Campaign supports the work of 20's Plenty, a national organisation formed to campaign for the implementation of 20 mph as the default speed limit on residential roads in the UK.



We are also campaigning for:

- ➔ 100 kms of cycle routes around the city
- ➔ safe routes to schools
- ➔ better city centre access
- ➔ two-way cycle flows on one-way streets
- ➔ free carriage of bikes on trains
- ➔ better bike parking facilities

Chester Cycling Campaign Website: www.chestercyclecity.org

Chester Cycling Campaign Email: enquiries@chestercyclecity.org

How you can help:

- Join the Campaign using the form overleaf
- Take part in our campaign initiatives
- Send us ideas for improving cycling facilities
- Make a donation
- Spread the word!



Electric Cycles - the Future!

Sales of electrically-assisted cycles have soared in recent years. So why is there so much interest? John Holiday, a long-time Campaign member, Sustrans and Bren Bikes volunteer, and now electric bike owner, told us what the excitement is about.

John has cycled all his life, recalling that, as a youngster aged about 15, he cycled with his Scout group the long distance from their homes in Bedford to the Peak District, (staying in Youth Hostels en route), to look at campsites for the Scouts' summer camp!

About five years ago, John was cycling up a very steep (1 in 4!) hill in Penrith when he was passed by a lady in her late eighties, who was grinning as she cycled easily up the hill. The lady was riding an electric bike and the grin, well-known amongst electric bike riders, is known as the "electric grin" as people realise how enjoyable it is to have a bit of assist!

John decided he wanted an "electric grin" too, so he did his research and settled on an Emu Roam Free. It is a "pedelec", which means you have to pedal to make the bike move, but an electric motor provides assistance. (Pedelects make up the majority of the market in the UK. The other, far less common, type of electric bike is one which you don't need to pedal, so is effectively a moped.)

John's bike has six levels of electric assist, although he only ever needs the lower four levels, and has never yet needed the top two. The motor is in the front wheel hub, with the battery in the down tube. The bike came fitted with hub gears, integrated lighting, a luggage rack, chain guard and stand. John says that the small amount of electric assist makes the difference between "Should I take the car" and "I'll go on the bike".



John with his electric bike, an Emu Roam Free.

The electric bike is now John's main mode of transport for local trips, including shopping. The electric assist is a great asset for getting up the steep hills around his home in Mold. Using the electric bike doesn't take much longer to get anywhere, and is far easier to park, than a car. To carry shopping, he uses panniers on the luggage rack, or a trailer for bulkier loads. He now only uses his car for trips over about 15 miles. Recently he was on a Sustrans Work Day, litter picking along the river, and reported that the electric bike was ideal.

To charge the battery, which gives a range of about 40 miles, John can either plug in a cable to the bike and charge it using a normal domestic socket, or take the battery off the bike and put it into a charger. He tops up the charge a couple of times a week, just to make sure the bike is always ready to use. He bought a new battery recently and notes that batteries have improved enormously over recent years.

John's recommendations for anyone thinking of buying one are:

- Look at your needs, what you want to use the bike for and over what distances.
- Look around, talk to people who own one already. Try a few — there are various possibilities.
- Consider a kit to convert your existing cycle to electric - like batteries, these have improved greatly in recent years.

Unfortunately, cycle suppliers have low stocks at present because of demand due to Covid, but manufacturers are doing all they can to meet demand.

Cycles are a genuinely useful alternative to a car for short commutes and trips around town, and an electrically assisted one makes it even better, taking the hard work out of hills and making load carrying easier. They can help everyone, even people who are fit, cycle further and faster, and people who would struggle to ride a conventional cycle can find that an electric one opens up their world.

Compared to using a car for short trips, electric cycles are cheaper, have a fraction of the carbon footprint, don't emit pollution and help to keep riders fit as they go about their daily lives.
And are huge fun, of course!



Inclusive Cycling Experience Events

Having found an adapted cycle which enables her to get out and about, and now also a user of an all terrain mountain trike, Eileen Morgan the Campaign's Inclusive Cycling Officer, is keen to introduce other people who may find a conventional cycle difficult to use, to the freedom and enjoyment which can be gained when using a cycle as a mobility aid.

Eileen has organised several ways in which she can support people in trying or using adapted cycles. For full details see the [Inclusive Cycling Experience Events](#) page on the Chester Cycling Campaign website.

Eileen's Supported Rides at 'Give It a Spin'

"Give it a Spin" cycling sessions are run by Live! Cheshire, a charity which empowers people with disabilities. They offer adapted hand bikes, 3-wheel bikes, tandems and wheelchair accessible bikes to try on the cycle path around the field outside their centre in Newton, near to Limewood Fields. These sessions are ideal if you have never been on a cycle, don't own one, or would like to try a different kind of cycle altogether. If Eileen is available, she can accompany you around the track – just fill in the enquiry form on our website. Session times and prices are available from the Live! website - click through from the link above.

Greenway Inclusive Buddy Rides

If you have your own non-standard, power-assisted cycle/wheelchair or mobility scooter (or mobility scooters are available for hire from Dial Shop Mobility in Chester), you could arrange to join Eileen for a cycle ride along the Greenway to Meadow Lea Farm Coffee Shop, Mickle Trafford. Contact her using the enquiry form on our website—see above.



Eileen trying out an adapted trike



Eileen on her power-assisted all terrain trike

All Terrain Country Park Events

All terrain mobility equipment enables those with mobility issues to access countryside that would otherwise be inaccessible to them.

It is important when choosing such equipment that you ensure that the machine meets your requirements and special mobility needs. A test ride and a discussion with someone knowledgeable about the range of equipment available can be very useful to someone planning to hire or buy a machine.

To find out more about 'All Terrain' mobility equipment hire/purchase, or to arrange a Mountain Trike demonstration, contact Eileen using the enquiry form on our webpage - see the link above.



Campaign input to Northgate Development Planning

The Cycle Campaign has provided input to the design and installation of Cycling parking infrastructure within the Northgate development. The Campaign has studied design drawings and liaison has been established with the Head of Construction, Major Projects and Markets within Cheshire West and Chester Council, who has passed on our observations and comments to the various parts of the design team to incorporate wherever possible.

All too often, cycle parking is designed by people who do not use it and who only think of a cycle as a two-wheeled bike with a crossbar and which does not carry any luggage! The Campaign is aware however that cycles come in all shapes and sizes and that electric cycles are going to help a lot more people to cycle (see our feature on [page 6](#)). People with disabilities are now able to find cycles which function as mobility aids, allowing them the freedom to access Chester town centre far more easily than previously. The Campaign looked at ease of access and ease of use for all types of cycles, including trikes, cycles with trailers, cargo bikes, cycles with shopping panniers and child seats, etc. This includes, for example, spacing the outermost stands of a row slightly wider to allow for wider and larger cycles, and signage indicating cycle parking priority for disabled people.



The proposed new Northgate development.

Our comments on the proposed design are for the following areas:

- Cycle Parking (Architectural) - Market Quadrangle.
- Cycle Parking (Outdoor) - Princess Street, beside Town Hall and near Northgate St.
- Steps /Ramp - Hunter Street to lower level.
- Cycle Parking (Outdoor) - Lower level of Princess Street.
- Cycle Parking (Two tier) - Inside Car Park.
- Cycle Parking (Outdoor) Hunter Street – various locations.
- Existing Cycle Parking (Not shown on plan) - Northgate Street.

See full details of all the comments submitted by the Campaign by [following this link](#).



Cathedrals Cycle Route Launch

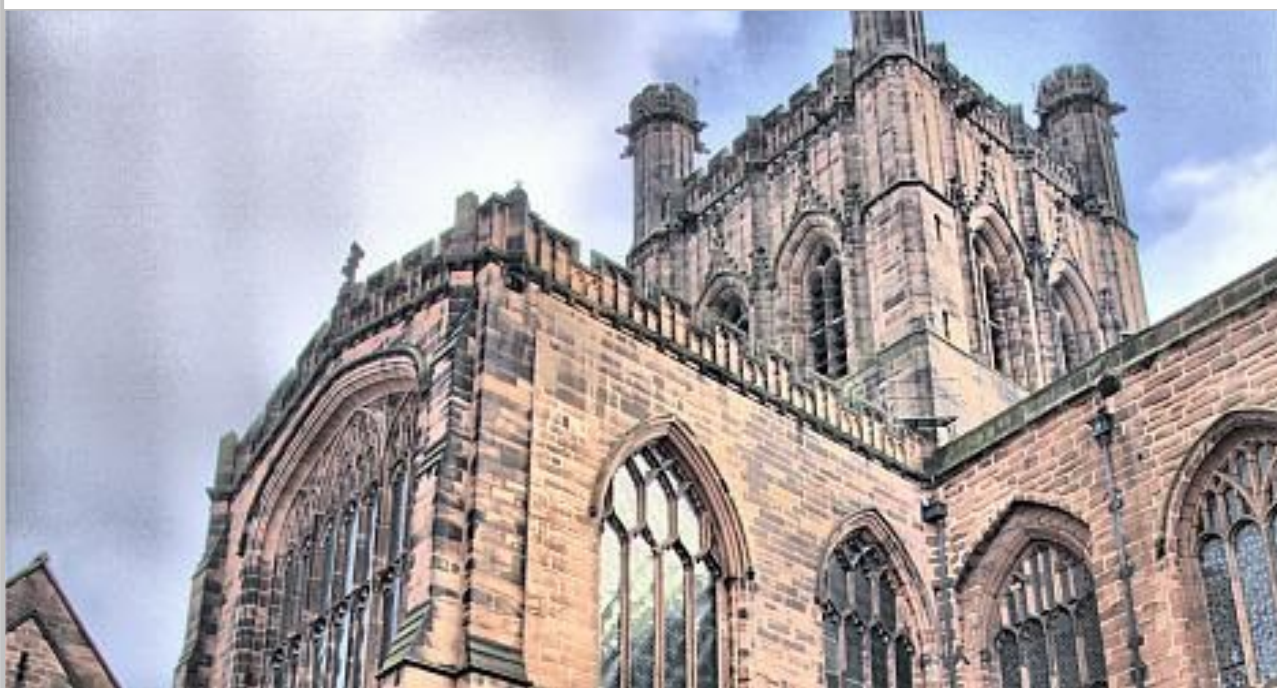
Another event in Bike Week 2021 is the launch of a nation Cathedrals Cycle Route. Chester Cathedral is one of the 42 cathedrals that feature as destinations in the new [Cathedrals Cycle Route to be launched on May 30th by the Association of English Cathedrals, the British Pilgrimage Trust, Cycling UK and Sustrans](#). The mostly paved 2,000 mile route around England makes use of many existing cycle trails and is suitable for all abilities.

Each cathedral on the route will carry a CCR stamp and cycle ribbon to collect. Medals will be available to purchase for each cathedral-to-cathedral section (with all profits going to charity). A coveted 'Cathedrals Cycle Route Finishers' Medal is available to all those who have visited all 42 cathedrals. Although the route officially starts at England's most northerly cathedral, Newcastle, and winds its way around the country from there, the sections between cathedrals can be cycled in any order.

The days range from panoramic hill views, lakes, river and canal rides to quiet country back lanes. Cyclists aren't expected to ride all 42 cathedrals in one go, although there is an annual 42 cathedrals in 42 days relay challenge.

Most cyclists will be tempted by the cathedral-to-cathedral day trips, with almost all destinations with train services allowing point to point journeys. Each cathedral is aiming to appoint a dedicated cycle champion to improve the cycle-readiness of their buildings, ensuring a warm welcome for visiting cyclists.

[Maps and routes for each of the 42 sections are available on the Cycling UK website, together with additional information about the project.](#)



Chester Cathedral



Millennium Greenway Flooding

Flooding on the Millennium Greenway between Long Lane and the A55 (between Chester and Mickle Trafford) has been a problem over the last few winters. It has been a source of serious frustration to local Greenway users, especially those for whom the Greenway is a useful - and very pleasant when not flooded! - commuter route to work.



Shallow flooding is less of a problem for cyclists who can often cycle through with little difficulty. However, with deep flooding this section of the Greenway can become impassable, as it is difficult to gauge the depth of the water and impossible to see any hidden obstacles.

The Campaign have highlighted the issue to Sustrans several times and continue to push for a resolution before the coming winter.

The issue is not straightforward because of land ownership issues but Sustrans assure us that they are fully aware of the problem and are working behind the scenes to resolve it.



Join the Campaign and Get a Free Bike Safety Check



Do you have a bike which you haven't ridden for a while? Would you like to start using it around Chester? Maybe you're not sure whether it's roadworthy and would like it checked out?

One of the benefits of joining Chester Cycling Campaign is that you can have a free bike safety check, including puncture repairs, brake adjustments, and derailleur gear adjustments. Here's more information:

<https://www.chestercyclecity.org/free-bike-safety-checks/>

Join us, get your free bike check and you'll be off! See our website:
<http://www.chestercyclecity.org/membership/>



Join the Chester Cycling Campaign!

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Email	

If you are happy to receive your Campaign bulletins by e-mail and to be notified of Campaign activities by email, please tick here: ☐

- | | | |
|--------------------------|-----------------------|----------------|
| <input type="checkbox"/> | Individual Membership | £10.00 |
| <input type="checkbox"/> | Unwaged\Student | £5.00 |
| <input type="checkbox"/> | Family Membership | £15.00 |
| <input type="checkbox"/> | Corporate Membership | £25.00 |
| <input type="checkbox"/> | Life Membership | £100.00 |

Membership is valid until end of September during year of joining. Join after April 1st and it will be valid until the end of September in the following year!

How did you hear about the Chester Cycling Campaign?

- | | | | |
|--------------------------|----------------------------------|--------------------------|----------------|
| <input type="checkbox"/> | Chester Cycling Campaign website | <input type="checkbox"/> | Local Event |
| <input type="checkbox"/> | Friend | <input type="checkbox"/> | Local Press |
| <input type="checkbox"/> | Cycling Matters Newsletter | <input type="checkbox"/> | Social Network |
| <input type="checkbox"/> | Other – state: | | |

I enclose an additional donation of £ _____

I agree to this information being placed on an electronic database for Campaign purposes only.

Signed _____ Date _____

Please send completed form & cheque (payable to Chester Cycling Campaign) to:

Chester Cycling Campaign Membership Secretary
1 King's Crescent West
Chester
CH3 5TQ