

The Practical Caravan and Practical Motorhome Guide to

SUMMER CYCLING

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See p28



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No matter where you're planning to tour in your caravan or motorhome, take your bike and you'll enjoy it all the more...

Many of us love taking our bike away with us when we go away in our caravan or motorhome. After all, it's a brilliant way to get out and about when you're on site, saving you fuel and getting in some great exercise too!

It's with that in mind that the teams at *Practical Caravan* and *Practical Motorhome* have compiled this handy ebook, which we're proudly bringing to you in association with Raleigh. Raleigh is one of the best-known names in the cycle industry, so you can be sure that, with a Raleigh bike, you'll get even more from your tour.



- 4 UK cycle routes**
From Cornwall to Scotland, there are brilliant trails to explore on two wheels
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RALEIGH

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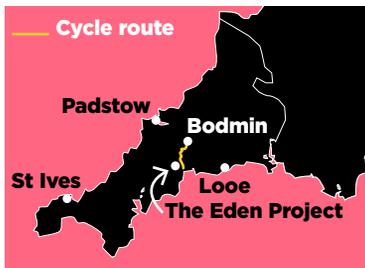
CORNWALL

*Glorious coast, rugged coves, sweeping beaches and moors
in a region that is perfect for exploring on two wheels*

**WITH THANKS
TO SUSTRANS**

Sustrans is the charity making it easier for people to walk, wheel, and cycle, and our vision is a society where the way we travel creates healthier places and happier lives for everyone.

See sustrans.org.uk



Easy

BODMIN TO THE EDEN PROJECT

Distance 10.3 miles/16.6km

Enjoy an entry discount when you arrive at the Eden Project by bike. National Cycle Network Route 3 guides you from historic Bodmin on asphalt roads and traffic-free paths via the cycle hub at National Trust Lanhydrock.

Its mountain bike trails and facilities offer keen riders a useful pitstop or a whole day out, and the refurbished Victorian property boasts lovely gardens. With its fascinatingly lush Biodomes and surrounding gardens, the Eden Project is one of the most important ecological tourist destinations in the country.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/bodmin-to-the-eden-project



Family-friendly

**CAMEL TRAIL,
PADSTOW TO BODMIN**

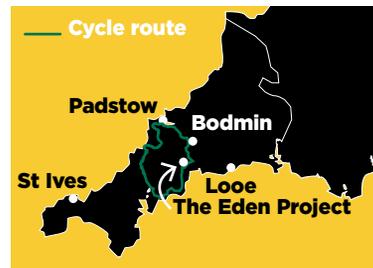
Distance 12 miles/19.5km

Following the route of an old railway line close to the River Camel, the gentle gradients of the popular Camel Trail are ideal for family cycling.

Passing through moors and woods, alongside the Camel Estuary, where sightings of otters, kingfishers and marsh orchids are possible, this mostly traffic-free trail is shared by horse riders, walkers and joggers.

More adventurous families can continue along the trail for a further 5.3 miles/8.3km to the former railway line's terminus at Wenfordbridge, where bike hire is available.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/camel-trail-padstow-to-bodmin



Challenging

BODMIN LOOP, VIA ST AUSTELL

Distance 53.7 miles/86.5km

This undulating loop combines National Cycle Network Routes 32 and 3, part of the Cornish Way Cycle Route, and contains 1132m of ascent.

Heading clockwise from Bodmin, the route rises past National Trust Lanhydrock, then bears south and mostly descends towards the Eden Project. After Roche, its highest point at 183m, the route descends across Goss Moor before a kick up to Higher Denzell. After skirting the coast at Treyarnon and traversing Padstow, it follows the beautiful Camel Estuary back to the starting point.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-32



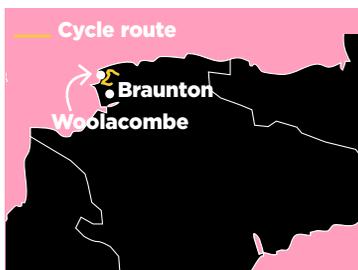
Stay at...

ORCHARD SPRINGS CAMPSITE

Web orchardspringscampsite.co.uk

DEVON

Double your cycling enjoyment in a county that boasts two splendid coastlines and two spectacular national parks



Easy

WOOLACOMBE, ROUTE 278

Distance 7.4 miles/11.9km

This short loop heads along one of Britain's most beautiful beaches at Woolacombe, combining a stretch of the Devon Coast to Coast Route 27 with Coastal Route 278.

Highlights include the charming village of Georgeham, before you cycle north alongside more than 3km of sandy beaches in Morte Bay, and through Woolacombe itself.

The route then heads inland at Morteheo, passing numerous rural campsites and farms, any of which would make the perfect base for exploring this popular holiday area.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-278



Family-friendly

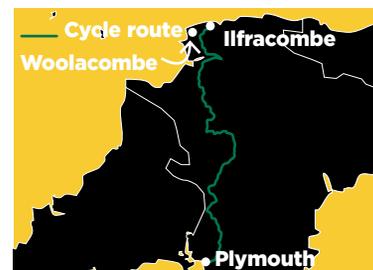
TARKA TRAIL

Distance 19.1 miles/30.7km to Great Torrington, or 30 miles/48.7km to Meeth

One of the longest traffic-free cycling trails in the country, this part-disused railway line route is ideal for mixed-ability groups and families.

Beginning in Branton, near Croyde Bay, it skirts the changing landscapes of the Taw and Torridge Estuary before heading inland. The trail then crosses the river several times before reaching Puffing Billy Café, in the old Torrington station. The route's flat portion ends in Great Torrington, but to complete it, you can tackle the hillier section to Meeth.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/tarka-trail



Challenging

DEVON COAST TO COAST

Distance 98.8 miles/159km

As challenging rides go, this route from north to south Devon isn't for the faint-hearted, but could be ridden in shorter sections, or in reverse.

Much of the trail follows disused railway lines, their tunnels, viaducts and bridges, and 59% of the route is traffic-free, including the Drake's Trail portion from Tavistock to Plymouth. As well as the beautiful northern beaches and estuaries, the route crosses western Dartmoor at its 291m highest point, showcasing much of Devon's rich scenery.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/devon-coast-to-coast



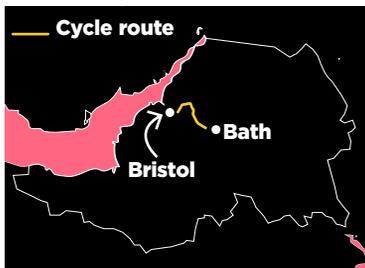
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SOMERSET, AVON & WILTS

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Easy

BRISTOL AND BATH RAILWAY PATH

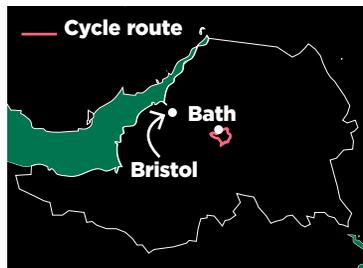
Distance 13.9 miles/23.3km

This popular, almost completely traffic-free route between Bath and Bristol is very flat, because it follows a disused railway line. It's almost all asphalt, too, making it ideal for cycling.

As well as the chance to see steam engines at the old Bitton station, there's a pleasant refreshments stop, and another at Warmley station.

If you don't want to ride both ways, it's possible to catch a train, although they can be very busy at peak times.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/bristol-and-bath-railway-path



Family-friendly

BATH TWO TUNNELS CIRCUIT

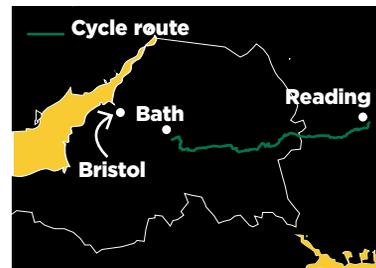
Distance 12.3 miles/19.7km

You can experience the UK's longest cycling and walking tunnel on this family-friendly loop.

Recommended starting points are at Bath Spa or Oldfield Park stations in Bath, and the route soon enters the unforgettable, mile-long Combe Down Tunnel (if travelling clockwise, you'll use Devonshire Tunnel), which curves gently and is dimly lit, but features a bespoke audiovisual installation.

The route then crosses the dramatic Tucking Mill Viaduct, passes Dundas Aqueduct, and follows the course of the River Avon back into Bath.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/bath-two-tunnels-circuit



Challenging

KENNET AND AVON CYCLE ROUTE

Distance 82.4 miles/132.6km

For a complete change of pace, this route from Bath to Reading is hard to beat. Largely following the canal towpath, it crosses restored limestone aqueducts at Dundas and Avoncliff, and passes Caen Hill's flight of 29 locks. With plenty of picture postcard views of rolling countryside, and the busy lives of the people and creatures who live on and around the canal, it's a rewarding route, with numerous options for breaking your journey or catching a train back to Bath.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/kennet-and-avon-cycle-route



Stay at...

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Web theblackberriescampingpark.co.uk

DORSET

There's no better way to discover the spectacular scenery of the world-famous Jurassic Coast than on your bike



Easy

MAIDEN NEWTON TO DORCHESTER

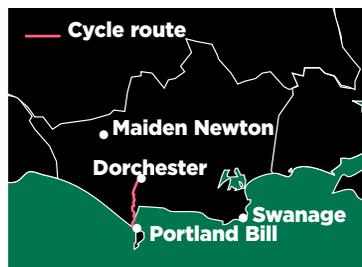
Distance 8.8 miles/14.1km

Tracing a route alongside the River Frome, the country roads and paths that make up this route transport you through idyllic Dorset villages, set within its beautiful landscape.

It can be ridden in either direction, and as each end of the ride is linked by the railway, there are plenty of return or onward options.

Maiden Newton is surrounded by Dorset Area of Outstanding Natural Beauty, and boasts a pub, a shop, a café, a restaurant and a church that has a fascinating history.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/maiden-newton-to-dorchester



Family-friendly

DORCHESTER TO PORTLAND

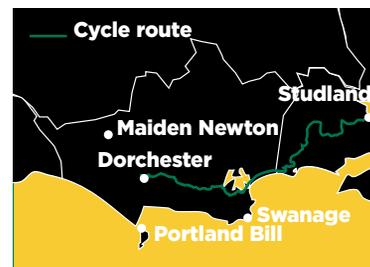
Distance 11.5 miles/18.5km

This flat route uses the last section of National Cycle Network Route 26, and begins in Dorchester.

Signs start on the Sawmills Lane junction next to the cricket ground, which is a short ride from the town centre's two railway stations.

As a former railway line, the route is almost completely traffic-free, and passes the RSPB reserve at Radipole Lake in Weymouth, before reaching Chesil Beach. On reaching Portland, the route divides, finishing further along the beach or at Portland Castle.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-26



Challenging

DORCHESTER TO STUDLAND

Distance 27.7 miles/44.6km

From Dorchester's Sawmills Lane junction, this section of Route 2 heads east, crossing the Purbeck heathland on a mixture of lanes and off-road paths.

Traversing just south of the River Frome, and skirting military ranges around the abandoned village of Tyneham, the route bisects most settlements and offers fine views of Poole Harbour and the Isle of Wight.

It ends at the Sandbanks chain ferry terminal, or you can take the ferry and continue your ride to Bournemouth or beyond.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/south-coast-west



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SOUTH-EAST ENGLAND

It's home to the nation's capital, but this picturesque region also has plenty of gorgeous scenery and intriguing history



Easy

DOWN'S LINK

Distance 33 miles/53.1km

Running between Guildford on the North Downs to Shoreham-by-Sea on the South Downs, this largely flat route is almost totally traffic-free.

The former railway line passes pleasant woods, rivers and streams in Surrey, which attract a variety of birds and wildlife, then open meadows further south, with some great views of the Downs.

There are plenty of refreshment choices in villages and towns along the way, the promise of delicious seaside fare at Shoreham, and useful train or alternative National Cycle Network links.

Web [sustrans.org.uk/find-a-route-on-the-national-cycle-network/downs-link](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/downs-link)



Family-friendly

SOUTH COAST PROMENADES - WORTHING TO BRIGHTON

Distance 12.9 miles/20.7km

This short stretch of National Cycle Network Route 2 makes a perfect family ride, as there's a train station at each end and it's very flat.

The trail starts on Marine Parade, Worthing, and hugs the coastline, passing Lancing, then uses five miles of minor roads through Shoreham to reach its harbour.

Back on to the promenade at Hove, and as well as the many cafés and amusements dotted along the route, Brighton brings the Palace Pier, the Sealife Centre and Marina Village.

Web [sustrans.org.uk/find-a-route-on-the-national-cycle-network/south-coast-promenades-worthing-to-brighton](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/south-coast-promenades-worthing-to-brighton)



Challenging

SHOREHAM-BY-SEA TO HASTINGS ON ROUTE 2

Distance 48.6 miles/78.3km

Route 2 connects St Austell to Dover, but this section makes a fine coastal cruise through some famous Sussex seaside towns. It's fairly flat, and mixes quiet roads with traffic-free stretches as it leaves Brighton behind, before passing through Newhaven and Seaford, then looping inland around Birling Gap and Eastbourne.

Returning to the coast, the route follows the beach until you reach Hastings, where you can catch a train back, or continue through Hastings Country Park to Camber Sands.

Web [sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-2](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-2)



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Web [barncaravanpark.co.uk](https://www.barncaravanpark.co.uk)

HEART OF ENGLAND

This unmissable region brings together lush green countryside and significant cities of major historical importance



Easy

LIAS LINE

Distance 23.5 miles/37.8km

Starting close to Rugby station, this largely traffic-free route follows a disused railway line to two Wildlife Trust sites before taking to roads and bridleways for Draycote Water.

An additional cycle trail makes a five-mile lap of the reservoir, which is a great spot to relax.

After Draycote Meadows Nature Reserve, the route takes the Grand Union Canal towpath to Leamington Spa, and then Warwick, famed for its magnificent castle. You can retrace the route by train if preferred.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/lias-line



Family-friendly

BIRMINGHAM CITY TO SUTTON PARK ON ROUTE 535

Distance 8.2 miles/13.2km

Route 535 begins where Constitution Hill crosses the canal, just north of Birmingham Snow Hill station.

It is almost totally traffic-free, following another canal beneath the infamous Spaghetti Junction to pass Witton Lakes in a green corridor, bisecting the urban sprawl all the way to the 970-hectare Sutton Park.

This is a National Nature Reserve and Site of Special Scientific Interest, and it's possible to continue through it on Route 534 to reach Sutton town centre and train station.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-535



Challenging

STOURPORT TO PARSLEY HAY ON ROUTE 54

Distance 55.2 miles/88.8km

Running from Stourport, south-west Birmingham, to Parsley Hay in the Peak District, Route 54 makes a really grand day out.

The route is about three-quarters traffic-free, and still partly under construction, but passes through Burton and Derby, and includes the High Peak Trail, plus connections to other Peak District routes.

It turns right onto Route 81 in Dudley, then left onto Route 5 at Sandwell until Lichfield, rejoining Route 54 to Little Eaton. There, you navigate to Bolehill for the last leg.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-54



Stay at...

CLENT HILLS CAMPING AND CARAVANNING CLUB SITE

Web campingandcaravanningclub.co.uk

EAST OF ENGLAND

Vast landscapes of Fen and Wold make this region the ideal setting for some glorious cycling adventures



Easy

PETERBOROUGH GREEN WHEEL

Distance 20.2 miles/32.5km

This Millennium project combines a number of urban asphalt routes, using traffic-free paths, quiet roads and cycle lanes to create an easy, almost flat loop.

Starting by the lovely River Nene in central Peterborough, the first part of the route is a traffic-free section from its beginning until the end of Ferry Meadows Country Park, with its lakes and golf courses.

It continues north past woodland before turning south again after Etton village, and back to the start.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/peterborough-green-wheel



Family-friendly

CYCLE TO THE WASH

Distance 12.5 miles/20km

This all-asphalt route begins at King's Lynn railway station on traffic-free paths through parkland, before joining quiet roads.

After Ling Common's woodlands comes the village of Castle Rising, before reaching the Sandringham Estate, which is a good place to pause for refreshments.

The marked route terminates at Snettisham, where you can head west to meet the coast at Shepherd's Port, and visit a hide at RSPB Snettisham to observe some of the great birdlife commonly found around The Wash.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/cycle-to-the-wash



Challenging

KING'S LYNN TO WENDENS AMBO ON ROUTE 11

Distance 61.6 miles/99.1km

The Fens are one of the country's most distinctive wildlife habitats, thanks to the unusually high number of rivers and waterways.

The area also extremely flat, with bridges likely to be the most challenging climbs.

This journey links on-road and traffic-free routes, occasionally following rivers, and most of it is on asphalt. Take Route 1 out of King's Lynn, join Route 11, and be prepared to cross a couple of small route gaps on the way to the end point, near Saffron Walden.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-11



Stay at...

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Web www.pinecones.co.uk

WALES

*Magnificent castles, spectacular mountains and valleys...
there's so much to discover in this stunning region*



Easy

NEWPORT TO ABERGAVENNY ON ROUTE 49

Distance 20.2 miles/32.5km

Leaving the coastal city of Newport, this traffic-free route follows the wide, gravel Monmouthshire and Brecon Canal towpath north, along the River Usk.

A green corridor through urban areas, at Pontymoel's canal basin the route heads north-east, weaving its way through the hilly landscape, past farms and woods before reaching Llanfoist, from where it's just a short hop into Abergavenny.

This pretty town on the River Usk boasts plenty of shops and a well-connected railway station.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-49



Family-friendly

CARDIFF BAY TRAIL

Distance 4.5 miles/7.3km

This short, flat circuit around Cardiff Bay is ideal for children or cyclists who are less confident. It passes attractions including the Dr Who Experience and Techniquet, while numerous cafés and restaurants, heritage sites and the International Sports Village ensure there's something to please everyone.

You'll see docks, marinas and parks, and cross the Pont y Werin (aka the People's Bridge) to Penarth, before enjoying sea views across the bay from the barrage, which has a play area, by Queen Alexandra Dock.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/cardiff-bay-trail



Challenging

TAFF TRAIL - CARDIFF TO BRECON

Distance 55 miles/88.5km

This journey between Cardiff and Brecon takes in disused railways, riverside paths and forest roads, on varied surfaces most suited to hybrid or off-road bikes.

Beginning near the Cardiff Bay Wetlands Reserve on Route 8, the trail follows the River Taff inland before sharing a stretch of Route 4 to reach Tom Jones's birthplace, Pontypridd. After passing through Merthyr Tydfil, the mainly traffic-free route opens up to traverse beautiful forests, reservoirs and mountain waterfalls, ending in Brecon.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/taff-trail-cardiff-to-brecon



Stay at...

TREDEGAR HOUSE COUNTRY PARK CLUB CAMPSITE

Web caravanclub.co.uk

NORTH-EAST ENGLAND

Discover centuries of fascinating history, all set in a splendid landscape of dramatic countryside and remote shores



Easy

WHORLTON TO DURHAM ON ROUTE 715

Distance 17.6 miles/28.3km

Picturesque Whorlton is a few miles east of Barnard Castle, near the River Tees. Route 715 takes roads for the first leg, then a traffic-free stretch brings you to Bishop Auckland, a market town at the confluence of the Rivers Wear and Gaunless.

After crossing town, it heads north across the Wear. The first stretch is the traffic-free Bishop Auckland to Brandon Railway Path, which joins Route 70 before Willington and continues to the west side of the beautiful city of Durham.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-715



Family-friendly

ROKER BEACH TO BEAMISH

Distance 16.4 miles/26.4km

From the seafront at Roker in Sunderland, Route 7 heads inland from the mouth of the River Wear, loosely following its course past the National Glass Centre and the Stadium of Light.

After some woodlands, the almost completely traffic-free route passes Washington Wetlands Centre and its huge population of waterbirds, before rejoining the river at Cox Green.

Continue through James Steel Country Park and on to the disused railway path for the gradual climb to the open-air Beamish Museum.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/roker-beach-to-beamish



Challenging

C2C, OR SEA TO SEA

Distance 137.5 miles/221.3km

The most popular challenge route in the UK crosses the country in either direction from Whitehaven, on Cumbria's Irish Sea coast, to Roker, Tyneside, on the North Sea.

With the Lake District and the Pennine hills, which reach 609m on Black Hill, to take into account, many riders spread the journey over two or three days.

It's also recommended to take advantage of the prevailing wind direction by riding from west to east – the gradients are more favourable in this direction, too.

Web sustrans.org.uk/find-other-routes/c2c-or-sea-to-sea



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SHARPLEY CAMPING

Web sharpleycamping.co.uk

NORTH-WEST ENGLAND

The inspiring beauty of the Lake District's panoramic views contrasts with magnificent fells and an iconic coastline



Easy

RIDING NORTH TO THE LAKE DISTRICT

Distance 12.9 miles/20.7km

Take National Cycle Network Route 6 from Lancaster's Millennium Bridge, just north of Lancaster Castle, follow a bend in the River Lune, then turn north across Ryelands Park.

A short road section brings you to the Lancaster Canal towpath, with its villages and views across Morecambe Bay. Leave the canal at Carnforth to ride through Arnside & Silverdale Area of Outstanding Natural Beauty, before climbing to Beetham and descending to Milnthorpe. Quiet lanes and a traffic-free path deliver you to journey's end in Kendal.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/riding-north-to-the-lake-district



Family-friendly

KENDAL TO GRANGE-OVER-SANDS

Distance 16.3 miles/26.2km

From Kendal to Grange-over-Sands, this combination of Routes 6 and 70 passes the Southern Fells and Arnside & Silverdale Area of Outstanding Natural Beauty.

The route is mostly on roads, starting from the cycle path on the filled-in canal below Kendal Castle, then joining Route 6 to Sedgwick. From here, take Route 70 past the National Trust's Sizergh Castle and Gardens, avoiding busy roads with parallel routes and tunnels, before reaching your destination.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/kendal-to-grange-over-sands



Challenging

BARROW-IN-FURNESS TO WINDERMERE VIA KENDAL

Distance 45 miles/72km

As ever, this route can be ridden in either direction, or you could even start from Kendal and ride it as two out-and-back trips.

Walney Island is the shoreline start of Route 70, leading to Route 700, the Bay Cycle Way, offering epic views across Morecambe Bay.

At Ulverston, rejoin Route 70, then turn north on Route 6 to Kendal.

Continue on the River Kent valley to Staveley, then take the final leg on the A591 to Bowness-on-Windermere, or keep going around the lake.

Web sustrans.org.uk/find-a-route-on-the-national-cycle-network/barrow-in-furness-to-windermere-via-kendal



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SCOTLAND

Take your pick from majestic mountains, legendary lochs and elegant cities in a country that has a great story to tell



Easy

STIRLING TO DOUNE, ROUTE 765

Distance 11.6 miles/18.74km

This scenic route begins outside Stirling station, with a brief stretch on Route 76 before joining Route 765.

Crossing the mighty Forth on the Old Bridge, it turns northwards at Bridge of Allan on traffic-free paths and quiet roads that pass through sleepy glens and rolling hills.

Dunblane has an 11th-century cathedral and – a little less historic – the route's end point of Doune has a castle which has featured in *Monty Python and the Holy Grail*, *Game of Thrones* and *Outlander*.

Web [sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-the-inner-forth-area](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-the-inner-forth-area)



Family-friendly

THE DEVON WAY

Distance 6.3 miles/10.2km

This family-friendly ride is completely traffic-free, and follows the course of the old railway line between Alloa, Tillicoultry and Dollar.

Route 767 begins in central Alloa, although its connection with Route 76 means you can arrive from elsewhere.

On leaving town, the route runs parallel with the River Devon, with fine views of the Ochil Hills before arriving at Dollar.

At only 6.3 miles in each direction, this trail is ideal for groups looking for a leisurely out-and-back ride.

Web [sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-the-inner-forth-area](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-the-inner-forth-area)



Challenging

EDINBURGH TO GLASGOW

Distance 59.6 miles/95.9km

This flat, traffic-free route follows the Union Canal towpath all the way from Edinburgh to Glasgow.

Start at the memorial on The Meadows, taking a short road ride on Route 75 to join Route 754 at the canal, and begin to wind your way out of the city.

A highlight near the halfway point is the amazing Falkirk Wheel, before the route reaches more open terrain alongside the River Kelvin. The end point is on the Forth and Clyde Canal, near Clydebank station.

Web [sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-the-inner-forth-area](https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-the-inner-forth-area)



Stay at...

WITCHES CRAIG CARAVAN AND CAMPING PARK

Web [witchescraig.co.uk](https://www.witchescraig.co.uk)

NORTHERN IRELAND

Adventures await in this historic land of giants, legends, myths and magic, where the coastline is perfect for great cycling



Easy

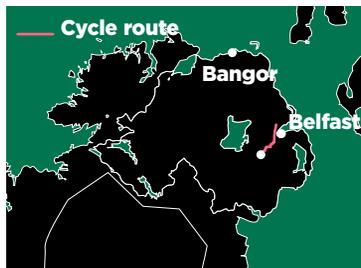
BANGOR TO NEWTOWNARDS VIA THE NORTH DOWN COASTAL PATH

Distance 10.5 miles/16.9km

Linking Bangor and Newtownards, this short route uses traffic-free paths and rural lanes.

Starting by the Tourist Information Centre in Bangor, the first five miles follow the North Down Coastal Path through Crawfordsburn Country Park, then it turns southwards away from the coast. Here it rises to 92m, its highest point, before descending into Newtownards, to finish by the Dairy Hall. Newtownards sits at the head of Strangford Lough, open to the Irish Sea at its southern end.

Web sustrans.org.uk/find-other-routes/bangor-to-newtownards-via-north-down-coastal-path



Family-friendly

LAGAN AND LOUGH CYCLE WAY

Distance 20.3 miles/32.6km

This ideal family route is almost all traffic-free, and largely asphalt.

It starts on the waterfront at Jordanstown, next to Belfast Lough, passes the docks and ferry terminal, tracking the motorways then heading into Belfast by the River Lagan.

Weaving across Lagan Meadows and past numerous golf courses, the route finishes on the south side of Lisburn, where the M1 crosses the A1. With train stations bookending the route, plus several on the way, it's possible to truncate your journey.

Web sustrans.org.uk/find-other-routes/lagan-and-lough-cycle-way



Challenging

STRANGFORD LOUGH CYCLE TRAIL

Distance 82.2 miles/131.7km

This lengthy road-based loop navigates around Strangford Lough and includes 1306m of climbing.

It starts and finishes in Ards, but you could begin it at any convenient point. The Lough itself is one of the most richly biodiverse regions in Europe, home to more than 2000 marine species. Skirting the Lough's fringes, the route passes plenty of towns and villages, and hugs the Irish Sea coast on its eastern side, before crossing the Lough's mouth by ferry.

Web sustrans.org.uk/find-other-routes/strangford-lough-cycle-trail



Stay at...

BALLYNESS CARAVAN PARK

Web www.ballynesscaravanpark.com

SR



MORE TO EXPLORE

Roam free with the new Raleigh Centros.
Up to 130 miles on a single charge.

RALEIGH
GRAB LIFE BY THE BARS

KIT WE LOVE...

CYCLING GEAR

Get on the road in comfort and style with fantastic accessories.

Here are 12 gadgets to make your cycling even more enjoyable



Burley Honey Bee Trailer

The hardworking Honey Bee is the perfect balance of value and versatility, without compromising on safety. It features seating for one or two and includes a 1-Wheel Stroller Kit so you can bike or stroll with the whole family. The adjustable handlebar suits adults of any height and doubles as an additional roll bar. You can fold down the trailer for storage and transportation.

Web raleigh.co.uk/gb/en/burley-honey-bee-bike-trailer



XLC Fidlock bottle for MRS system

The Magnetic Fidlock System guarantees your XLC Fidlock drinking bottle for the MRS system is optimally held on the frame and easy to remove. The food- and dishwasher-safe bottle's large opening makes it easy to clean by hand. With a pull-out mouthpiece, it's simple to open while riding. It's available in 450ml, 600ml, 650ml and 700ml sizes.

Web raleigh.co.uk/gb/en/xlc-fidlock-bottle-for-mrs-650ml



Fidlock Uni-Tube Connector

The MRS universal tube adaptor makes Fidlock products accessible even if you don't have the rail system on your bike. With this adaptor, you can store your bottle pretty much anywhere on your bike. It is fixed by two durable plastic straps, allowing you to attach your XLC Fidlock bottle securely in place (this attachment is sold separately to XLC Fidlock bottles).

Web www.raleigh.co.uk/gb/en/xlc-fidlock-uni-tub-connector



Raleigh Wide-Neck Water Bottle and Bottle Cage

This Raleigh bottle and cage is the perfect cycling solution for quenching your thirst out on the trails. The combination of both cage and bottle makes this an easy 2-in-1 purchase: there's no fuss or worrying if you've bought the right size, just fun on the trail. The bottle also includes a protective cover for the spout - no more dirt in the mouth while you ride! It has a capacity of 680ml so you can rest assured you'll be refreshed and hydrated throughout your ride.

Web www.raleigh.co.uk/gb/en/raleigh-wide-neck-water-bottle-and-bottle-cage



AXA Linq City 100 Bike Lock

The AXA Linq City 100 is an extra-strong lock, because the links continue into the fastener. This high-quality chain provides additional security for your bike.

Thanks to a symmetrical key, it doesn't matter which way the key is put into the lock of the flexible fastening mechanism. The last link is fixed in the padlock by a 'deadbolt' for extra-strong connection. The rubber grips on the padlock provide extra grip when operating your lock. The chain is 100cm in length and also features a strong protective sleeve.

Web www.raleigh.co.uk/gb/en/axa-linq-city-100-bike-lock



AXA Fold Ultra

The AXA Fold Ultra is a Gold Secure-approved lock suitable for securing both electric and non-electric bikes. It comes in at 90cm in length and has flexible joints that are easily attached to fixed objects.

The lock is made of hardened steel, resistant to attacks such as cutting and twisting, and is fitted with a dust cover. The AXA Fold Ultra also has an innovative click bracket that can be secured onto the bike with the push of a button. The bracket mounts on the bottle cage or is attached to the bar via two supplied strips.

Web www.raleigh.co.uk/gb/en/axa-fold-ultra



MET Downtown Helmet

MET Downtown MIPS is a truly modern touring helmet. Whether it's a weekend trek along the coast or the daily commute, the Downtown has you covered. It's a versatile helmet that looks stylish in the cities but remains capable and durable in harsher environments. It has a removable visor for the ultimate in comfort, and handwashable padding.

Web www.raleigh.co.uk/gb/en/met-downtown-helmet



Steadyrack Classic Rack

The Steadyrack Classic Rack is the ultimate in bicycle storage solutions: it allows you to safely and securely store your bike with no heavy lifting required. The classic rack can swivel and move 180 degrees, to keep your bike stowed away easily. It will hold a bike with a maximum weight of 35kg, and supports wheel sizes of 20" to 29".

Web www.raleigh.co.uk/gb/en/steadyrack-classic-rack



XLC Mini Bell

This functional alloy bell from XLC does exactly what it says on the tin. At just 22mm in diameter, it certainly won't get in the way on your handlebars. Available in four striking colours - black, silver, blue and red - you can decide whether you want it to stand out or blend in!

Web www.raleigh.co.uk/gb/en/xlc-mini-bell/



Kazam Link Pro Aluminium Tagalong Trailer Bike Seat

The Kazam Link Pro Aluminium Tagalong by WeeRide is one of the best on the market: innovative design and construction allow a smooth and comfortable ride for your child. It has a quick-release system for fast detachment on and off the bike, adjustable handlebars for the maximum age range, a 20" wheel size, and can hold up to a 35kg rider (recommended for ages four to nine). The aluminium frame makes it lightweight but durable.

Web www.raleigh.co.uk/gb/en/kazam-link-pro-aluminium-tagalong-trailer-child-bike-seat



Basil Bloom Field Double Pannier Bag

Basil Bloom Field Double Pannier Bags are the perfect combination of style, sustainability and practicality on the road. Made from recycled PET plastic and waterproof (IPX3), these functional bags offer ample room for all your gear, with a capacity of 28 to 35 litres. The double pannier also has a universal bridge system, which allows you to decide how you want to attach it: by pre-mounted straps or MIK Adaptor plates, or combining it with Basil's DBS system.

Web www.raleigh.co.uk/gb/en/basil-bloom-field-double-pannier-bag



Weldtite Vintage Puncture Repair Kit

The Weldtite Vintage Puncture Repair Kit comes in a distinctive 75th anniversary tin with a retro weathered appearance, so it's both stylish and practical. It has everything that you might need to help you get back on the road in the event of a puncture, including Cure-C-Cure cycle tube repair patches, 5g rubber solution, a yellow crayon, chalk, tyre levers and glass paper. Keep one of these handy repair kits in your pannier bag and you'll never be caught out on the trail again!

Web www.raleigh.co.uk/gb/en/weldtite-vintage-puncture-repair-kit

All prices correct at the time of going to print

A RALEIGH BIKE FOR EVERYONE!

No matter who you are, there's a Raleigh bike for you...

Meet a cycling-mad family who need our expert help to find the best cycle to suit their needs!

GRANDAD, 72

Loves keeping up with his son on the trail, but can't cycle as far as he used to

We recommend... Raleigh Array



The stepping-stone into the world of electric bikes, the Array is Raleigh's elegant e-bike option, combining good looks and modern tech, all in one affordable package.

You'll be able to whizz through the weekday commute or tackle longer trips at weekends: the Array is ready for it, and with a 60-mile range, it's ready to go again and again.

Whether you want to rediscover the joy of cycling or just need a little extra push on the Monday morning rush to work, the Array is here to help. Its lightweight aluminium frame, smooth Suntour suspension fork and disc brakes make your ride fun, comfortable and reliable – at a realistic e-bike price, too.

Web raleigh.co.uk/gb/en/array





DAD, 41

Keen on keeping active when away from the gym, and packing in the miles on two wheels while the family's away on tour

We recommend...

Raleigh Pioneer Grand Tour

With 24-speed Shimano gears, this fully equipped bike gives you everything you might need to tackle even the biggest hills - no sweating necessary!

The strong, exceptionally lightweight aluminium frame is paired with a steel trekking fork, making it easy to go from Tarmac to trail in one swoop.

Full mudguards help protect your favourite clothes from unpredictable British weather, and a handy kickstand stops your pride and joy toppling when you pause to admire the view. With high-capacity 40c tyres and double-wall aluminium wheels, the Grand Tour is ready, wherever you ride - from picturesque towpaths to off-road trails.

Web raleigh.co.uk/gb/en/pioneer-grand-tour/crossbar



MUM, 39

Enjoys long rides on traffic-free trails, and with a little assistance, would love to tackle more challenging cycle routes

We recommend...

Raleigh Centros

Fitted with a silent Bosch motor to add serious power to your pedalling, the Centros will take you further and faster than you ever thought possible. Whether you're a casual trail rider or a cross-country bikepacker, this sporty set of wheels is built for serious adventures - with a battery that can take you up to 130 miles on a single charge.

Along with all the fixings of a quality e-bike, the Centros comes equipped with full mudguards, powerful disc brakes and a pannier rack. Thanks to a built-in modular rail system, it's also really easy to click-in accessories, which is great for kit such as water bottles and extra batteries.

Web raleigh.co.uk/gb/en/electric-bikes/centros



DAUGHTER, 10

Loves stretching her legs on a bike when the family is on holiday, and particularly enjoys taking on muddy paths!

We recommend...

Raleigh Pop 24

This sophisticated, lightweight bike is perfect for growing kids. When the training wheels are long gone, when their legs get longer and their dreams get bigger, this big-kid bike will keep them moving, wherever and whenever they want. Expertly crafted for kids aged eight to 11 (or 129-132cm), the 24-inch Pop keeps kids moving forward. Made from a light yet sturdy aluminium frame with chunky tyres and seven gears to choose from, this bike is guaranteed to make the school run fun, and withstand the biggest adventures. Among its many essential features are anti-slip pedals and brakes that are especially designed for smaller hands.

Web raleigh.co.uk/gb/en/pop-24-inch-wheel



SON, 4

Still a bit nervous on a bike, but wants to learn the basics to gain confidence

We recommend...

Raleigh Pop 14

Designed for younger children who need a bit of support on the trail or the road, the Raleigh Pop 14 will help them build confidence and conquer the basics of biking, ready for that all-important day when they ditch the stabilisers and fly solo.

All you will need to do then is cheer them on from the sidelines!

The Pop range is expertly crafted for little explorers destined for big adventures. The 14-inch Pop weighs under 9kg, and its aluminium frame makes for a sturdy but lightweight ride. Other features designed to help keep them safe include a chain guard, anti-slip pedals, tyres suitable for all adventures, and secured internal cables.

Web raleigh.co.uk/gb/en/pop-14-inch-wheel/crossbar

OWNING AN EBIKE

Editor Sarah Wakely has had a Raleigh Motus on test for some months now – here, she answers key questions about ebikes

I'M A KEEN CYCLIST – I have more bikes than I care to admit – but I've never owned an ebike. That's always struck me as a bit of a shame: I've read many accounts of their practicality and versatility, particularly when you are out and about on tour, making zipping to the shops or visiting nearby attractions a breeze.

So I was delighted to take temporary loan of a Raleigh Motus Grand Tour Hub ebike; I've covered a fair few miles in it over the past few months, and learned a lot about how ebikes work, and what they can offer.

Here are a few questions that I had before I received my ebike, and the answers to those questions!

What's it like to ride – do you need to pedal?

The short answer to this is yes, you still need to pedal – the power available to you is assistance rather than doing all the work for you. However, if you don't fancy putting effort in, there's no need – on my Raleigh Motus there are five input settings, each providing a different amount of power. You can choose maximum assistance, minimum, or somewhere in between, depending on how much assistance you'd like, via the simple control unit on the left-hand bar. The maximum boost in pedal power is an incredible 270%.

How do you control the power?

That one is easy to answer – and so is controlling the power. On the Raleigh Motus, it's simply done via the Intuvia Display on the handlebars (*pictured*), so there's no need to stop when you're on a ride. It's incredibly intuitive to use – easier than using bike gears.

What happens if you run out of power?

'Range anxiety' isn't quite as important with bikes as it is with fully electric cars – if you run out of battery power on a bike, you can still pedal home! However, because the Raleigh has an incredible range of 100 miles – that's enough to get from Nottingham to London – I've not yet got anywhere near running out of power on a ride.

How do you recharge the battery?

Charging the Bosch 500Wh battery has also proved really easy. It's hidden in the frame; to charge it up, you attach the lead to the socket (*pictured*) and plug into the mains electric at home, or via your caravan or motorhome onsite. A full charge will take around seven hours, and the battery can also be removed and charged separately. Simple!

Is the bike quiet?

The Raleigh Motus is as quiet as a regular bike – there's no noise from the motor. And that super-silent Active Line Plus motor also makes climbing a breeze, allowing me to relax and enjoy the views as the miles simply tick away.

How much fun is it to ride?

So far, most of my rides have been to and from the nearest town, and yes, the Motus really is a joy to ride. The hydraulic disc brakes inspire confidence, and the hub gears are so straightforward to use. I love the integrated front and rear lights, which can be illuminated at the touch of a button.

I've also come to really appreciate the many other practicalities of the Motus Grand Tour Hub. For instance, the kickstand means that it's easy to park the bike to stop and take a snap of all those gorgeous vistas. In addition, the full mudguards are a huge bonus in our unpredictable British weather. There's even a built-in wheel lock, for additional peace of mind when you're out and about.

Isn't an ebike cheating?

Absolutely not! You're still cycling, you're just getting a little assistance when you feel you need it. I've found that I'm able to cycle much further than ever before, because I can take a bit of a rest when I need to – so I enjoy the ride all the more. And steep hills that were previously daunting are a doddle on an ebike!

For more information about the Raleigh Motus, and Raleigh's other ranges, visit www.raleigh.co.uk

'I'm able to cycle much further than ever and steep hills that were previously daunting are a doddle on an ebike'



Hydraulic disc brakes inspire confidence, and hub gears are so straightforward



PROTECTING YOU & YOUR BIKE

You'll be able to enjoy your rides all the more if you stay safe on the road and on site – here are a few essential tips!

Bike locks

A good bike lock is essential – you should buy the best one you can afford. Check out a lock's Sold Secure rating, if one is available – Gold is likely to be the most secure, with Silver second and Bronze coming in third.

Chain locks are common. As the name suggests, they feature a sturdy chain, usually covered by a sleeve to protect your bike from damage. They can be fairly heavy, but offer a good level of protection, and are flexible when wrapping around a solid post.

D locks are less practical, in that they can be trickier to fit around both your bike and a solid post, but they are considered to be the most durable type of lock. They can be used with cable locks to help secure your wheels.

Cable locks are ideal if you're planning to pop to the shops and want to quickly secure your bike. They feature a metal cable protected by plastic.

Web raleigh.co.uk/gb/en/bike-accessories/bike-locks

Cycle helmet

We'd always recommend wearing a good cycle helmet whenever you get on your bike. There are various styles available, including different versions for road cyclists and mountain bike riders; if you're a casual cyclist, then a leisure version would be ideal. It offers a good balance between comfort, weight and ventilation, yet still gives you an excellent level of protection.

You might see the term MIPS (Multi-Directional Impact Protection System) mentioned when you are shopping for a cycle helmet. These feature a special layer of protection inside the helmet; they tend to be a little more expensive – but what price your safety?

Web raleigh.co.uk/gb/en/bike-accessories/bike-helmets

Lights

You might think you don't need lights, because you're only planning to ride your bike during the day, but it actually makes good sense to use lights at all times – they can only help you to be better seen.

The output of cycle lights in measured in lumens, and your rear light is likely to be less powerful than the one up front. If you're planning to ride on well-lit urban roads, you should look for around 200 lumens from your front light, and at least 100 from the rear light. For unlit roads, look for lights that provide at least 500 lumens (front) and 100 lumens (rear).

Web raleigh.co.uk/gb/en/bike-accessories/bike-lights

Prepare your bike and learn maintenance

It's a great idea to learn some basic maintenance before you take to the road – you don't need to become an expert, but a few checks will help to make sure your bike won't let you down. There are some great websites out there to help you do so, but this is one of our favourites.

Web cyclingweekly.com/cycling-weekly/11-things-need-maintain-bike-134168

Cycle training

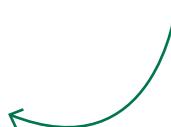
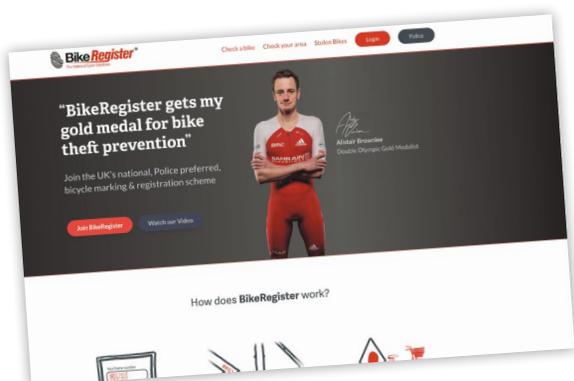
If you're not confident out on the road, it makes a lot of sense to take some rider training – this will help you learn how to cycle safely, and give you more confidence on your bike. Road safety charity Brake has an excellent list of providers on its website.

Web brake.org.uk/get-involved/take-action/mybrake/knowledge-centre/active-travel/cycling

Cycle markings

It's a great idea to list your bike with Bike Register, the national cycle database. It's free of charge and once you have done that, you can order special kits to mark your bike with a unique security number, to help you and the authorities track it down in the event of it being stolen.

Web bikeregister.com





TOP TIPS FOR ROAD SAFETY

The Government's Think! road safety website offers plenty of helpful hints for cyclists, to help you stay safe on the road. Here are its top tips:

- **Ride decisively** and keep clear of the kerb
- **Look and signal** to show drivers what you plan to do, making eye contact where possible
- **Avoid riding up the inside of vehicles** because you might not be seen. If a vehicle is indicating to the left, hang back at the junction to reduce the risk of a collision
- **Always use lights after dark** or when visibility is poor. Wear high-visibility and reflective clothing and accessories at all times when riding your bike
- **Wear a correctly fitted cycle helmet** that is securely fastened and conforms to regulations
- **Plan your journey** with help from your local council, which can provide maps showing dedicated paths and routes
- **Try to maintain a safe distance** when you cycle, for example waiting at crossings and traffic lights
- **Wash your hands** for at least 20 seconds or use sanitising gel before and after cycling if you are using shared bikes (private, docked or dockless)

You can find more information about staying safe on the road at think.gov.uk/cycle-safety

'Rider training will help you learn how to cycle safely, and give you greater confidence when riding your bike'

WE LOVE...

RALEIGH'S FULL RANGE

Raleigh offers a variety of bikes across a number of ranges, so you're sure to find one that's the perfect cycle for you!



Raleigh Motus

Better for the environment, better for your soul! Ditch the car and fly through the streets with the Raleigh Motus. With a silent motor and integrated battery adding some oomph to your pedalling, the Motus Tour lets you go further and faster than ever before. Whether it's a sweat-free commute or a cross-country trip, this fully equipped electric bike makes getting around easy. Get ready to fall in love with cycling all over again.

Web raleigh.co.uk/gb/en/electric-bikes/motus



Raleigh Centros

Introducing the Centros: the ultimate e-bike for getting off the beaten track. Whether you're flying down trails or tearing through the countryside, this sporty set of wheels is built for some serious bikepacking. And with a battery that can take you up to 130 miles on a single charge, the possibilities for adventure are quite simply limitless.

Full mudguards, powerful disc brakes, a comfortable saddle and a derailleur gear system - this bike has everything you need to ditch the path and explore.

Web raleigh.co.uk/gb/en/electric-bikes/centros





Raleigh Pioneer Trail

The Pioneer Trail is designed for comfort and practicality both on and off road. The 60mm travel front suspension fork means you can tackle bumpier roads or weekend trail rides in comfort. The 27.5" wheels on the Pioneer Trail are fitted to a standard size frame, allowing high-volume 1.95 tyres which provide better grip when running at a lower pressure, decreasing the chances of pinch punctures.

Web raleigh.co.uk/gb/en/pioneer-trail/crossbar



Raleigh Stowaway

Perfect for commuting and leisure riding alike, the Stowaway isn't just compact - it's also a seriously good bike. With powerful alloy V-brakes and a comfortable padded saddle, you'll be just as ready to hit the trail as you will be to beat the rush hour. The 20" wheels are big enough for racing down hills and navigating city streets, but small enough to be packed in tight spaces. Equipped with seven-speed Shimano Tourney gears, it's incredibly easy to ride, while still giving enough range to tackle slopes.

Web raleigh.co.uk/gb/en/stowaway



Raleigh Willow

As well as its vintage features, the Willow has all the fixings of a cracking bike. The aluminium frame has a relaxed geometry for an upright, easy ride, with additions like a Selle Royal saddle and soft detailed grips keeping you comfortable on longer journeys. Seven-speed derailleurs make slopes a doddle, while colour-coordinated mudguards keep your clothes dry on rainy days. Finished with a handy kickstand and a traditional bell, this classic town bike will get you out and about in style.

Web raleigh.co.uk/gb/en/willow



All prices correct at the time of going to print

WIN!

WORTH
UP TO
£1699!



A FANTASTIC RALEIGH STOW-E-WAY FOLDING ELECTRIC BIKE

Enter our competition by 31 August 2022 and you could be in with a chance of winning this brilliant prize!

No matter how far you want to cycle when you're away in your motorhome or caravan, an ebike is a brilliant way to do so - it makes hills easy, allowing you to go further than you ever thought possible!

And with a fantastic folding ebike, you can simply and easily stow it in your caravan or motorhome when you're out on the road - perfect for taking on every tour.

Now, we have a fantastic Raleigh Stow-E-Way folding electric bike to give away to one lucky reader! Where will this bike take you? Stick it in your boot and hop on the ferry for a weekend cycling through French vineyards. Bring it to the beach and bike up and down the coast. Take it on the train or bus and liven up half of your commute. With a bike you can stash away at a moment's notice, the only limits are your imagination.

**To enter our competition, simply visit
www.practicalmotorhome.com/competitions by 31 August 2022
Full competition T&Cs are available on our website**

**For more information on the Raleigh Stow-E-Way,
see www.raleigh.co.uk/gb/en/stow-e-way/**