

the hub

The Big Pedal

Racing to a school near you

2012

A legacy year in more ways than one

Back in the saddle

Huge rise in student cycling





2012: a landmark year

Whilst the London 2012 Olympic and Paralympic Games will inevitably grab the limelight this year, 2012 also marks a milestone in another hugely significant legacy project.

Back in 2007 your support, and indeed votes, helped secure funding from the Big Lottery Fund to create new bridges and crossings over busy roads, rivers and railways, as well as new local networks of walking and cycling routes. Since then, designers and engineers have been creating some of the most wonderfully iconic and innovative pieces of transport engineering, all working to transform local travel in communities.

Never before in the UK has this scale of development been focused on providing community-level travel networks that enable people to make their everyday local journeys on foot and by bike. New routes and networks are already in progress or complete in over 59 communities and over the next year there will be more than 34 new bridges and numerous smaller structures installed across the UK, all linking into walking and cycling routes. You can find out exactly what's happening near you in the regional pages of this *hub*.

Over many years, and working with a variety of partners, Sustrans has developed a very clear understanding of what it takes to create the right environment to inspire and motivate people to walk and cycle as a way of travelling, perhaps for the first time. From the humblest road crossing to the grandest bridge, Sustrans is playing a key part in inspiring engineers and designers to think differently and create great structures that make people's lives easier.

The significance of all this innovative engineering work is that by the end of this year up to six million people in the UK will find it easier to make their local journeys on foot or by bike, to the benefit of their health and the environment. And the really great thing is that these routes will be around for years to come. Currently more than a million pupils attend the 3,000+ schools that lie within a mile of these new schemes, which means that children can begin exploring their local area safely and independently, and at the same time develop long-term healthy and sustainable travel habits.

What people are saying about their new networks

Since the bridge opened I have used it on a number of occasions. The walk to work has been a pleasant change to the aggravation of early morning traffic and the walk home is a nice way to unwind. Walking also has the advantage of saving money on very expensive petrol.

Ann Webb, student services officer at the Ernulv Academy in St Neots where a new 400m network of paths and a bridge crosses not just the Great Ouse river, but its entire floodplain, ensuring locals can get to the shops, school and work at any time of year, even during floods.

I can now go and see my family more often and visit my friends. More children now walk and bike to school, rather than getting a lift, and teachers now have no excuse for not coming in when it snows.

Chloe Jones, Year 8 pupil at Ernulv Academy

It's quicker to walk to the shops now so I'll definitely walk more.

Rebecca Wilson, Workington

It's an excellent facility – well needed with today's speed and volume of traffic on the road.

J. Vickers, Bassingham

It's a huge improvement in road safety, especially for children and the elderly/ less mobile. It means better access to local services and better access to the local countryside.

Bob Garland, Bassingham

I'm hoping it will bring kids to the other side of the road safely and that when they are bigger they'll use the bridge more. I think gradually people will use it more and more – a long term thing – maybe 4 or 5 years.

Stanley Harris, Cheshunt (pictured)

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

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LOTTERY FUNDED

Huge rise in student cycling

Thousands of students and university staff in Nottingham and Leeds are enjoying the freedom of getting around their city by bike thanks to targeted and affordable bike hire schemes. Since the introduction of the schemes, Leeds University has seen an amazing 66% rise in student and staff cycling levels over just four years, and the University of Nottingham is on the crest of a similar wave with a 38% increase in just over two years.

The results are thanks to some great collaborative work between Sustrans, the universities and local hospitals. Staff and students at the universities and teaching hospitals in Leeds and Nottingham are able to hire bikes for around £50 a year and can also take advantage of cycle training, bike maintenance workshops, travel advice, group rides and more.

The low cost and simplicity of making local journeys by bike clearly has huge appeal for students. Ellis Broomhall uses the bike hire scheme to make daily journeys from his home in the Forest Fields area of the city, to study at Nottingham Trent University, 'The bike hire scheme is so easy, I can just grab a bike when I need one and don't have to worry about the security of having a personal bike on campus.'

The popularity of the scheme in Nottingham means that there is currently a waiting list for students who want to hire one of the 450 bikes, and further bike hire schemes will now be rolled out to further education colleges in the city. Sustrans also runs a similar project at Lincoln University and will be expanding this work to make more bikes available to the wider community.

If you are involved in travel planning work at a university or large workplace and believe that students and staff could benefit from low-cost bike hire please get in touch to find out how Sustrans might be able to help you set something up. Email info@sustrans.org.uk or call 0845 113 00 65.

Sustrans Heroes coming to a school near you



This spring hundreds of children will achieve healthy and sustainable

greatness by becoming Sustrans Heroes. As part of our successful school cycling work and inspired by the London 2012 Olympic and Paralympic Games, children will complete challenges themed around the values of the 2012 Games, such as undertaking cycle training or completing bike maintenance tasks in order to collect points towards their bronze, silver or gold Sustrans Hero awards.

Sustrans Heroes builds on our existing school cycling work by encouraging children to cycle outside of school and presents a great opportunity for the whole family to support their child's efforts by helping them to complete their Hero tasks and join them on cycle journeys.

Sustrans Heroes will be running at hundreds of schools in the UK this year. You can find out how your support is helping to double the number of children cycling to school at www.sustrans.org.uk/schooltravel

Getting there safely – thanks to you

We'd like to say an enormous thanks to everyone that has donated to our Get There Safely appeal so far. There has been an overwhelming response and we've already been able to use your support to get some positive results for improved safety for walking and cycling.

Since the launch of the appeal new legislation has been passed, making it easier for local authorities in England, Wales and Scotland to put in place 20mph speed limits. While, in London we've been leading a coalition of 28 organisations that has encouraged people to call for a 'City of 20' in the lead up to the election for the London Mayor in May. The campaign aims to get the next Mayor of London committed to putting in place 20mph speed limits on roads where we live, work, shop and play. We hope that a City of 20 will see London influence the way we think about traffic speed throughout Britain.



5-23 March 2012

Tour de France, where the more people that take part, the faster the school completes each stage.

With only 11% of seven to ten year olds currently getting to school under their own steam, the Big Pedal is a great way to inspire children to make an active and environmentally friendly journey to school. It does this in a safe and rewarding way that brings big benefits to children's health, confidence and independence. Last year's race saw more than 600,000 school cycling journeys made by children - the equivalent of travelling the entire National Cycle Network of 13,000 miles more than 70 times, and potentially saving parents more than £250,000 in petrol costs.

This year there is an opportunity for schools to fundraise as part of the race. Each participating school can collect sponsorship that will be used to support Sustrans' schools work with 180,000 children, as well as raise funds for their own school.

This spring a quarter of a million children will be making a million active journeys to school as part of the Big Pedal - the UK's largest cycle to school race. Over the course of three weeks in March, children, parents and teachers will cycle or scoot to school, racking up miles in an epic virtual bike race across the UK. The race is completed in stages just like the

Make sure your child's school is taking part in the Big Pedal. It's completely free to enter and there are some great prizes up for grabs.

Schools can register to take part at www.thebigpedal.org.uk and the race takes place between 5-23 March 2012.



The Big Pedal is funded by the British cycle industry under the Bike Hub levy scheme. Bike Hub is an industry-wide initiative developed by The Bicycle Association of Great Britain and the Association of Cycle Traders. The objective of Bike Hub is to generate funds through voluntary contributions from within the cycle industry to invest in projects in order to safeguard the future of cycling.



The Big Pedal will also kick-off this year's Summer of Cycling – a season of cycling events all over the UK. Look out for events coming up in your area this summer at www.summerofcycling.net



Big thanks to all these guys for donating such brilliant prizes.

Team M.A.D www.m-a-d.co.uk

Cyclepods www.cyclepods.co.uk

Lockit Safe www.lockit-safe.co.uk

Fisher Outdoors www.fisheroutdoor.co.uk

Weldtite www.weldtite.co.uk

Alastair Humphreys and his publisher Can of Worms www.canofwormspress.co.uk



NEW Map app

The complete National Cycle Network app is now available for Android phones as well as iPhones.

This app uses our popular Ordnance Survey-based mapping and includes

- 13,000+ miles of the Network (plus 12,000 miles of other routes)
- fortnightly route updates and developments
- route 'save and share' facility
- GPS recording to track routes



To download the free app, visit www.sustrans.org.uk or scan this QR code with your smartphone.

Join us at FestiVol 2012

Sustrans' annual celebration festival.

A jam-packed weekend of bike rides, walks, music, dance, workshops and talks, and a great opportunity to meet like minded people in a relaxed setting.

**Walesby Forest campsite, Sherwood Forest
20-23 July 2012**

Tickets cost £80, which includes camping, breakfast, evening meals and entertainment (Bunk room accommodation available at a small additional cost)

For more information and a booking form email volunteers-uk@sustrans.org.uk or call 0117 915 0110

Thanks Graeme



We'd like to say a huge thank you to Graeme Willgress who spent four months pedalling 4,000 miles around the UK mainland coast last year. Graeme, who has suffered serious mental health problems since adolescence, used the ride to raise an incredible £3,300 for Sustrans and raise awareness of mental health issues.

Graeme is about to head out on another epic journey – this time taking on the UK's most extreme cycle routes. He'll also be joining us on our Devon Coast to Coast fundraising ride in May (see page 5 for more details) www.graemewillgress.com

We'd also like to say a huge thanks to The Gentleman Cyclists (gentlemencyclists.wordpress.com), Joby and Jilly Hobbs (www.jobyandjilly.co.uk), our own Anna Hughes (www.eatsleepcycle-anna.blogspot.com) and everyone else who raised money for Sustrans last year through a sponsored bike ride or event. Thanks all!

If you're planning a cycling or walking adventure this year, please consider fundraising for Sustrans, after all, it's more than likely you'll be using Sustrans routes on your journey. Visit our website for a fundraising pack or simply call Pru on 0117 915 121 who will be happy to help you with all aspects of your event.

The Devon Coast to Coast

Ilfracombe – Plymouth

Length: 102 miles



Difficulty: A moderate or challenging route depending on how long you want to take. Suitable for adults and children. There are some steep climbs.

Time: It's perfectly possible to complete the route over a long weekend or take a week and enjoy the surrounding area.

When to go: Summertime is obviously the best time to make the most of the coast at either end, but the route is a great choice year round.

The ride

This is a true West Country favourite that's hugely popular with families thanks to its child friendly attractions en route and the 'traffic-light' nature of the trail. The route combines the beaches and estuaries of North Devon with the lush green valleys of the Torridge, the Tavy, the Walkham and other evocative West Country rivers. From Ilfracombe on Devon's north coast to Plymouth in the south, much of its length follows the western flank of Dartmoor, and there are many local links and spurs to explore. Largely tracing the course of former railway lines, the route takes you through tunnels and across the breathtaking viaducts and bridges bequeathed by Victorian railway engineers. Between Tavistock and Plymouth the route joins the Drakes Trail, an almost entirely traffic-free 16 miles of National Cycle Network.



Join our fundraising ride

19-21 May 2012

Join us on a three day cycling adventure along the Devon Coast to Coast route.

We'll be riding past beautiful beaches, rolling green hills and the wild scenery of Dartmoor, with opportunities to visit sights such as Lydford Castle and gorge. This is a trip not to be missed!

We'll sample Devon's famous cream teas on the way and will be staying in unique accommodation including yurts and an award winning eco-bunkhouse. There will be loads of

fun and games en route and we'll end the ride with an exclusive champagne picnic celebration at Saltram House, including boules and croquet on the lawn.

Come and celebrate this wonderful route with us and raise money for Sustrans so that we can continue to create more routes just like it, and encourage more people to get out and about by bike.

Prices start from £175 per person and include accommodation, all meals, luggage transfer, exclusive Sustrans T-shirt and plenty of fun and fresh air! With only 30 places on this exclusive ride you'll have to be quick to snap up your space. For more information visit www.sustrans.org.uk/events, call 0117 915 0135 or email events@sustrans.org.uk.

Big thanks to Ecover for being brilliant ride sponsors

Devon South Cycle Map

including Exeter, Plymouth, Bournemouth, Newquay and 4 individual day rides

Devon North Cycle Map

including Exeter, Plymouth, Tavistock, and 4 individual day rides

Get the map and go

Get these two new maps covering the route (due to be published in March) and the Ultimate Devon Coast to Coast guide from Sustrans.

Order online: www.sustransshop.co.uk by phone: 0845 113 0065. Don't forget that you can browse maps of the entire National Cycle Network with our online mapping. www.sustrans.org.uk/map or on your smart phone with our mapping app.





Free Range Kids

www.sustrans.org.uk/freerangekids

Your support means we are able to help nearly half a million children a year get around under their own steam. Our Free Range Kids campaign is about ensuring that the other 11 million children living in the UK have the same opportunity. Free Range Kids has captured the attention of kids big and small – highlighting the importance of enabling children to make safe and independent journeys on foot and by bike.



One cause, many voices

So far more than 3,000 people have signed the Free Range Kids pledge calling for the introduction of 20mph limits in residential areas and greater investment in walking and cycling routes, particularly to school. If you think 20mph limits would be good for children where you live please add your name to the pledge at www.sustrans.org.uk/freerangekids

If you've already signed the pledge, many thanks – your voice gives our campaign credibility and at the end of the year BBC TV's Miranda Krestovnikoff, our Free Range Kids ambassador, will deliver all of your pledges to Downing Street.



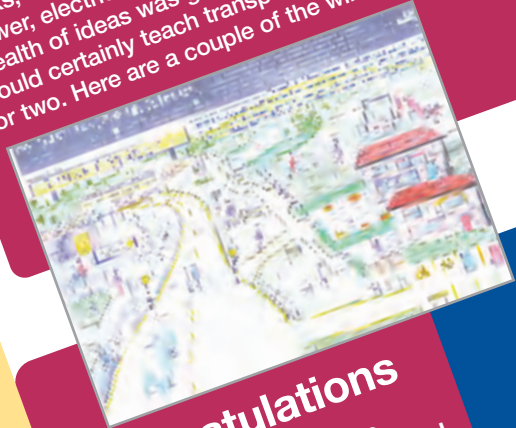
126 MPs from all across the political spectrum have supported our Free Range Kids Early Day Motion. The motion calls on "the Government to reverse the decline in the proportion of children walking and cycling to school...and urges Ministers across transport, health, environment and education briefs to work in a joined-up way to consistently and coherently over the next 10 years to create safe and pleasant environments for walking and cycling."

In May Sustrans will hold a Parliamentary reception, supported by Dawn Primorolo MP, which will see Sustrans and supporting organisations to MPs and local authority transport, health and education officials with a view to raising awareness and sharing good practice.



Thousands of children show us their Dream Street

More than 2,500 children showed us the sort of street that they would like to live on in our Dream Streets competition. Roller coasters, dragons and chocolate waterfalls were all part of the mix alongside cycle paths, safe crossings, pocket parks, schools, shops, recycling facilities, solar power, electric car points and bike shops. The wealth of ideas was genuinely inspiring and could certainly teach transport planners a thing or two. Here are a couple of the winning entries.



Congratulations

to Katie McNally, Charlotte Heath-Wise, Elliot Kingsford and Niamh Smith, who all won with their designs.

And a big thanks to Pendlewood – desingers and manufacturers of outdoor eco-furniture (pendlewood.com), and Pitch-up.com for donating such fantastic prizes.



THE BIG PEDAL 2012

In March over 1,000 schools will be racing each other across the UK as part of the nation's largest school cycling competition. Pupils, teachers and parents will cycle and scoot to school during the three week race in a bid to become Big Pedal champions. The race will see around a quarter of a million children making an active and environmentally friendly journey to school, bringing big benefits to their health, confidence and independence.



Make sure that your child doesn't miss out by encouraging their school to sign-up for the race at www.thebigpedal.org.uk

Free range clobber from www.sustransshop.co.uk or phone 0845 113 0065

All sales support our work

Five things you can do for Free Range Kids

- 1 Sign the pledge** for 20mph limits in residential areas and greater investment in walking and cycling routes, particularly to school.
- 2 Get out there** by downloading a free range activity sheet.
- 3 Add your voice** by contributing to our blogs – your free range experiences are what gives the campaign resonance.
- 4 Make a donation to our appeal** for improved infrastructure for cycling.
- 5 Ask your locally elected representatives** what they are doing to make walking and cycling safer for children in your area.



Free Range Kids t-shirts Because they know who's boss.

£12.00



£35.00



Crazy Stuff kids helmets

Look it's a crocodile riding a bike! These amazing helmets are all the incentive children need to go for a ride.



£79.99

Zoom balance bikes

No pedals, no problem. Designed to encourage learning to ride on two wheels without the distraction of pedals. Made from a lightweight aluminium frame and available in a kaleidoscope of colours.



£16.99

Go wild!
101 outdoor adventures for 11 to 16 year olds.

Dorothy Sullivan – I support Sustrans because...



Tell us about yourself

I have been a Scottish GP for 22 years and currently work in Cupar, Fife. My children have flown the nest, and I now live with my husband just off National Cycle Network Route 1 – a 10-15 minute cycle ride from St Andrews.

How long have you been a Sustrans supporter?

I'm not quite sure, at least 8 years.

Why did you decide to become a Sustrans supporter?

Cycling and walking are two of the best forms of exercise, and are planet-friendly. Having worked as a GP for many years, I see more people becoming overweight and developing diabetes. I don't trust policy-makers to sort out travel and health on their own, so, we need people like Sustrans to chip away at the various issues.

Which regular journeys do you walk or cycle?

I have two regular rides from my house of 15-20 miles that I do once or twice a week. At the weekend, I will either go for a walk with my husband, or we'll go on one of the Kingdom of Fife cycle routes. This beautiful network has got us cycle-fit for some more ambitious holidays and charity rides.

What would persuade you to walk or cycle more?

Retirement is the obvious answer! Perhaps I would walk more if I lived in a town or city, but rural areas can present surprising

challenges to would-be walkers. In some of our small local villages, patients do complain that they have nowhere to walk to, being surrounded by fields and fast country roads.

What do you think are the biggest barriers facing children (and their parents) who would like to walk and cycle to school and for everyday journeys? What could be done to overcome these barriers?

Safety issues, and the convenience of being ferried to school on a wet winter's morning. It needs to be made easy for youngsters to travel safely to school on foot or bike, so working with schools and government/ local authorities, as Sustrans does, is vital. Behaviour patterns are set down early, so it's important to get children active and independent when they're young. Adults should set a good example by wearing helmets, not using earphones, and using lights when it's dusk or dark.

What benefits do you think there are for children who are able to travel around independently?

Less chance of obesity, better problem-solving skills, more socialising, a greater sense of self-reliance.

What one thing would you like to see Sustrans do or change?

I'm not sure - Sustrans' activities are just spot on! Maybe run campaigns to persuade people to show respect for fellow road-users. That child hovering on the kerb could be your granddaughter. That woman wobbling a bit as you drive by could be your GP!

Want to be in the next *hub*? Email editor@sustrans.org.uk

New in the shop

Order online www.sustransshop.org.uk
by phone **0845 113 00 65**

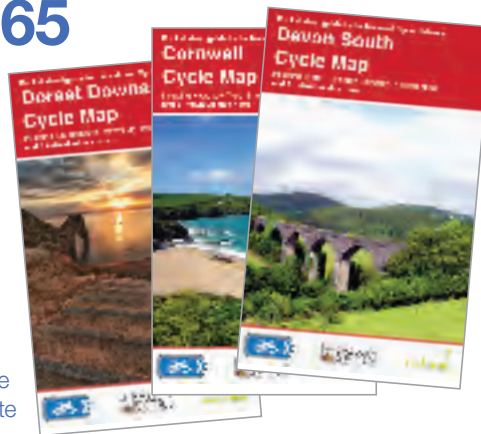
**20%
discount for
Sustrans
volunteers**



BikeConsole phone mounts

To complement the launch of Sustrans' The Complete National Cycle Network app we are now stocking a range of BikeConsole phone mounts for iPhones and Android phones. (Always use the BikeConsole responsibly. Never use distracting applications, text, or write emails while riding your bicycle)

£35.00



CycleCity maps

In addition to our Severn & Thames and Thames Valley maps we are delighted to be launching five more pocket-sized National Cycle Network maps covering Cornwall, Devon North, Devon South, Somerset Levels and Dorset Downs.

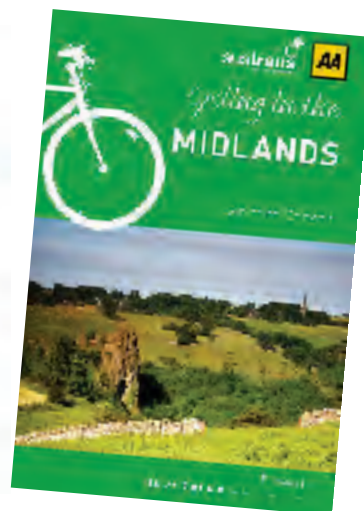
£4.99

Sustrans Ortlieb panniers - new colours for 2012

Exclusive Sustrans waterproof rear roller panniers from Ortlieb.

Available soon in orange, yellow, red, blue and black. 20 litre capacity per pannier.

£95.00 per pair



Updated AA Guides

Explore the highlights of the National Cycle Network across England, Scotland and Wales with this range of guide books, each featuring recommended routes with full OS mapping and colour photographs.

£9.99