**Something for the weekend…..Action #10: Get on your bike!**

To work; to school; to the shops; for pleasure, as a sport; or just, well, because:

* In 2015, the transport sector emitted 24% of the UK’s GHG emissions, and 29% of its CO2. Road transport (as opposed to air, rail etc.) accounted for 93% of CO2, most of this coming from passenger cars (62%).
* A dramatic, worldwide increase in cycling – from a current c.6% of all urban passenger miles to 11% in 2030 and 14% in 2050 – could cut CO2 emissions from urban passenger transport by about 7% by 2030, and nearly 11% in 2050.
* If people in England became as likely to cycle as people in the Netherlands, there would be around two million fewer car driving commuters. Consequently, English authorities could reduce CO2 outputs by over 1,500 tonnes a year on average. ([Cycling UK](https://www.facebook.com/CyclingUK/?ref=gs&__tn__=%2CdK-R-R&eid=ARBfK2-S87cR_VvA8TCfmCCc_EfGV2jOsu3J2YAF1Fm3C16Dc_fdF1PCPR7Adw5pxZ0qqCrGs7xszK9T&fref=gs&dti=308664193075982&hc_location=group))

And according to an article in the Bournemouth Echo this week, Bournemouth is the “third worst place for gridlock in the UK…” Christchurch Road, running along the edge of Southbourne, being one of them.

In summary, cycling:

💚 is a zero-carbon method of transport

☑️ is low cost

🙂 will improve your mental health and wellbeing

🚴‍♀️ will improve your cardiovascular fitness

💓 promotes weight loss

🙌 is fun and sociable

😲 cuts out the time, cost and stress of driving and parking a car!

So, how about it then? Can you start cycling instead of getting the car? Could you cycle more? What is stopping you - can you overcome it?

We are fortunate to have the wonderful [Velo Domestique](https://www.facebook.com/velodomestiquecafe/?ref=gs&__tn__=%2CdK-R-R&eid=ARCgzLA9mjxEB2SEQRsPlF7-CYN24j4_On3wxdmn9Bu0Z9_zy26Bva7SVQug2wgnTm7UBX17OkM3klGB&fref=gs&dti=308664193075982&hc_location=group) on our highstreet, who will helpfully assist with keeping your bicycle in shape; or if you don’t have one, finding one that is right for you (new, custom built or second hand; hybrid, road, mountain, cargo, electric - all you need to do is set your budget!).

If you are a bit further down the road, don’t forget [Bournemouth Cycleworks](https://www.facebook.com/bcycleworks/?ref=gs&__tn__=%2CdK-R-R&eid=ARACW8eKJa-f8R_ac14vYckIGeI0TTD6hnG6_hAoM-mwnhjqcwTWqAaSgCTXmXlJy20-dM2LcbP8Gh-L&fref=gs&dti=308664193075982&hc_location=group).

The cycle hire scheme through [Beryl](https://www.facebook.com/BerylBikes/?ref=gs&__tn__=%2CdK-R-R&eid=ARBidKmeTurS5dkBJp_3WZy_4RCxA-hYgoQV7kAmH_VWs726o9w2HUy4KoYyedlY3YT-wdonsbSJR026&fref=gs&dti=308664193075982&hc_location=group) is rolling out from Bournemouth town centre too.

Also note the Kings Cycle Centre, hosting kids cycling courses (over 10s), adult cycling courses and bike maintenance workshops. via [BCP Council](https://www.facebook.com/MyBCPCouncil/?ref=gs&__tn__=%2CdK-R-R&eid=ARBEVTJBESagwmPLTQuRsHla-V2YwQTuQlbIaFADBQCbc-cGOkIrjZgj8oxkZwkyBtshkj9VT_bhY7FU&fref=gs&dti=308664193075982&hc_location=group). You might also want to link in with the [Bournemouth Cycle Forum](https://www.facebook.com/groups/BournemouthCycleForum/?ref=gs&fref=gs&dti=308664193075982&hc_location=group), for news, events and opportunities to get involved with improving cycling facilities across Bournemouth.

If you feel a bit nervous getting on your bike, why not pair up with someone who feels more confident, for tips, encouragement and reassurance? Or visit [Sustrans](https://www.facebook.com/Sustrans/?ref=gs&__tn__=%2CdK-R-R&eid=ARD0Bhqy_SCWPqosH8Svyeyrt5TUU9GtP4IptMDMwb46DAXbEOa0WtjopbKXXTPvLWvmZRkc0psBSknW&fref=gs&dti=308664193075982&hc_location=group) for advice and guidance.

On Saturday 8th June, there will be a gentle evening cycle from Boscombe Pier [https://www.cyclinguk.org/event/bike-week-boscombe-pier-hengistbury-head-sunset-ride](https://www.cyclinguk.org/event/bike-week-boscombe-pier-hengistbury-head-sunset-ride?fbclid=IwAR0OxXJvbsHlStYs7NGQqqspy13aGy7I7lErjZa6_xCZ7FVRqYKXJkivmHw)

Or consider a cycling social organised by [Velo Domestique](https://www.facebook.com/velodomestiquecafe/?ref=gs&__tn__=%2CdK-R-R&eid=ARDRZgJp5WhGhvNj67zbHKTvdm_CvFyf5iFJvXi59TXoqbb3bOIEiaeYTqp7ztCOtkV7e5tpyFpCF3km&fref=gs&dti=308664193075982&hc_location=group). If you would like to cycle more in a sporting capacity, there are plenty of clubs about such as [Bournemouth Jubilee Wheelers](https://www.facebook.com/BournemouthJubileeWheelers/?ref=gs&__tn__=%2CdK-R-R&eid=ARASICU_YS_iv6zpWtAI6rdRaclpnKNbGHOcZwEdk4b2Qn8s78OmUal8mGe3o5xck5OsoO5jC2mmDerT&fref=gs&dti=308664193075982&hc_location=group). Please feel free to drop details of others in the comments.

Whatever your destination, let’s continue our journey fighting climate change together. On our bikes!

[#climatechange](https://www.facebook.com/hashtag/climatechange?source=note&epa=HASHTAG)

[#commitmenttocycling](https://www.facebook.com/hashtag/commitmenttocycling?source=note&epa=HASHTAG)

[#bikeweek2019](https://www.facebook.com/hashtag/bikeweek2019?source=note&epa=HASHTAG)