



News

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Matlock-Buxton Cycle Route Receives Funding Boost

The Peak District National Park Authority have received funding from Cycling England and the Department of Transport to create a new £3.785m route between Matlock and Buxton railway stations.

The exact route is to be finalised in conjunction with Derbyshire County Council, but is expected to incorporate already-existing trails and some on-road sections. If all goes to plan, construction should begin in early 2010. According to the authority's Richard Campen, this could "[...] create both a spec-

tacular cycling route and a realistic alternative to the car, enabling more people to make healthy choices for themselves and for the environment". For more information, click [here](#).

Safe Cycling for Women Cyclists

According to a recent BBC article, women cyclists are more likely to be involved in accidents with lorries than men. This seems extremely high bearing in mind only 28% of cycling journeys in the UK are made by women. Transport for London (TfL) think that, ironically, it may be caused by many women's tendency to be more safety-conscious and wait at red lights in the lorry driver's blind spot. For the full article, please visit news.bbc.co.uk/1/hi/magazine/8296971.stm.



Safety while cycling can be maximised by careful route planning, ensuring high visibility on the roads and learning skills about how to cycle safely in traffic conditions. Choose Cycling offers National Standard Cycle Training to people of all ages and abilities in Derbyshire. Click [here](#) for more information.

First Stretch of National Cycle Network Route 672 Opens



Route 672 (the Great Northern Greenway) is the latest of Sustrans' new City Link routes, currently stretching along the path of the old Great Northern Railway from the Paddock pub (just north of Chester Green) to Lime Lane in Breadsall. This promises to be one of the most exciting cycle routes in the area around Derby. The plan is for the route to eventually

continue all the way to Ilkeston. Click [here](#) to see the Derby Sustrans Rangers blogsite.

Campaign: Safe Cycling to school in Heanor



Parents at Mundy C of E VC Junior School in Heanor have put together a petition to create safer routes to school for their children. Petition Organiser Clair Hughes says on the petition "We believe that the provision of cycle paths/routes in Heanor would significantly reduce the risk to our children who want to cycle to school. We are therefore asking D.C.C. to provide Heanor with cycle routes which will allow the children to cycle to school and reduce unnecessary car journeys."

You can see the full petition [here](#). If you would like to sign the petition, please contact us, and we will put you in touch with the organisers.

Products

Products

Altura Night Vision Cycling Jacket

With the dark mornings and nights well and truly upon us, being safe and being seen by other road users is more important than ever. With it being a tad cold and a bit wet as well, conserving body heat and keeping dry is also a must. Thankfully, the newly-updated Altura Night Vision Jacket (pictured right is the men's version) has all these features. With its breathable fabric, waterproof construction and high durability, coupled with a highly-reflective trim, it is certainly worth considering if you are looking for a new cycling jacket. For more information, you can call Four Seasons Outdoors on 01773 829658, or call in at the shop on Green Lane in Belper.



© Zyro



© Icebreaker

Icebreaker Bodyfit 200 Oasis Crewe

Another essential for this time of year is a breathable base layer or “second skin”. One of our favourites is the Bodyfit 200 Oasis Crewe, from New Zealand’s Icebreaker. According to their [website](#), the top has a higher neck “to trap in heat where you most need it”. Worn next to the skin, the closely-woven fibres act like a sponge, conserving your body heat. Pictured here is the women’s version, which comes in black, java, rocket and whirlpool. The men’s version comes in black, brazil, camo, rocket and thunder.

Check it out!

The Cycle to Work guarantee

www.cycletoworkguarantee.org.uk The Cycle to Work Guarantee is a voluntary initiative from the Department for Transport, challenging businesses to become cycle-friendly employers by making it easy for staff to cycle to and from work. The website has useful information on changing and storing facilities, buying and repairing bikes for the workplace.

Beauty and the Bike

[This Darlington-based project](#) aims to encourage young British women to continue cycling into adulthood, like their continental counterparts. They have produced a film and book about their cycling voyages of discovery this year, which took them on a cycling exchange to Bremen, Germany. It is well worth watching the 8 minute short on the website. Great Dutch bikes.

And one to get us in the Christmas spirit...

You *can* have fun in a train station!! Click [here](#) to see how...

Choose Cycling is a not-for-profit **Cycling and Green Travel** social enterprise for Derbyshire. We create opportunities for people of all ages and abilities to enjoy travelling in healthy and environmentally friendly ways.

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at info@choosecycling.co.uk or call 07900 977990