



Choose Cycling is working to promote cycling and active travel in communities in the Amber Valley and Erewash and across Derbyshire

Local News

February 2011

Ilkeston Cycle Maps Update

Choose Cycling is pleased to announce progress on the development of the everyday cycling maps for Ilkeston. Local cyclists and representatives from strategic organisations, including the County Council and Sustrans, cycled round Ilkeston in early February, looking for cycle-friendly routes to put on the new map.

The final map will be published in Spring 2011. It will show locals safe cycling routes around their home town, enabling them to make regular journeys to work, schools and for leisure. Ilkeston is extremely fortunate to have Shipley Country Park nearby and to be bordered by 2 fantastic traffic-free trails – the Nutbrook Trail and new Erewash Valley Trail – with good cycling links to Long Eaton and further afield. No excuse not to get cycling!



Chesterfield Cycle Forum

Choose Cycling attended the first Chesterfield Cycle Forum on 7th February 2011, organised by Alastair Meikle of the Chesterfield Cycling Campaign and held at Chesterfield Town Hall. There were presentations from the County Council on the Chesterfield Cycle Audit, Chesterfield Royal Hospital's Travel Plan and the Active Travel Challenge. Cycle Forums are a great way to bring together

everyone in an area interested in moving cycling forward.

Local Events

Community Cycling Activities 2011

Choose Cycling will once again be running a series of community cycling activities in 2011 in the Amber Valley and Erewash. For enquiries or booking, please email info@choosecycling.co.uk or call 07900 977990.

Cycle Training for all in the Amber Valley and Erewash

We are offering affordable cycle training to residents of the Amber Valley and Erewash. Your trainer will be Mark Vallis, a local experienced National Standard Cycle Trainer who currently works in Heanor schools. There will be **Learn to ride sessions** for new cyclists at our Duffield traffic-free training area, and **on-road sessions** for the more experienced cyclist. Mark may be able to come to you for a session where you live or cycle one of your regular journeys. Cost is £15 for a 1.5 hour session (including local cycle maps). Guaranteed to put the confidence back into your cycling!



Fix your bike yourself workshops

Ben Talbot, our local bike mechanic, is offering affordable cycle maintenance workshops from Strutts Community Centre in Belper. The **basic workshop** will cover safety checks, puncture repair, and how to keep bike parts running smoothly. The **intermediate workshop** will go into more detail on fixing brakes and gears. We will also be running workshops specially for families and women. Cost is

£15 for a 2-hour workshop (including handouts).

Workshops will take place the first Tuesday evening of every month from March 2011. First workshop is on Tuesday 1st March 2011, 7–9pm. More details on the webpages at www.choosecycling.co.uk. [Email us](mailto:info@choosecycling.co.uk) to book a place.

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Café Cycling in the Amber Valley!

Join us for a spot of café cycling in 2011! Sheridan is leading a new series of gentle bike rides in the Amber Valley to local cafés. These will take place on the first Saturday of each month.

5th March	Croots Farm shop and café in Duffield
2nd April	Fresh Basil deli in Belper
7th May	Little Eaton Garden Centre Café
4th/18th June	Denby Pottery Café and BikeWeek Glamour Ride to Derby
2nd July	Scarthin Books in Cromford (along the Cromford Canal)



Just bring yourself, your bike and some change for coffee and cake. Meet at 10am in the Strutt Arms Car Park, Milford. Bike Hire possible. See the Events page on our website for more information.

Choose Cycling Volunteer Vacancies

In 2011, we are looking to expand our volunteer team. We would currently like some help with the following activities:

Website development
Bike Rides
Campaigns
Fundraising

Why not join our friendly team? We provide all necessary support and training, and travel and subsistence expenses will be paid. This is what some of our current volunteers have said about volunteering for Choose Cycling—*“I enjoyed so much volunteering for Choose Cycling and would like to do it again next year”* (Emanuela –Research and Evaluation); *“Overall, my volunteering experience was highly rewarding and provided me with a lot of useful experience”* (Chris, Active Travel Challenge Volunteer). Call 01773 827450 if you would like an informal chat about volunteering.

Cycling improvements

Local authorities in Derbyshire and adjacent counties are working hard to improve the cycling infrastructure so that we can more easily and safely cycle around the local area. There is a new section in the newsletter that will keep you up-to-date with any local developments.



In this edition—The Erewash Valley Trail

The Erewash Valley Trail is an exciting new traffic-free walking and cycling trail that provides a fantastic circular route from Long Eaton to Langley Mill, running through many areas of natural beauty and along the Erewash and Nottingham Canals.

Much of the path has been resurfaced, and is a delight to ride, no matter what bike you are using. Why not try it out! Find out more information on the route and access points at www.erewashvalleytrail.co.uk

Check it out!

Women, Safety and Glamour!

This is one of our favourite films for 2010. Great footage of the London Glamour Ride. We are holding our own version of the Glamour Ride in BikeWeek 2011. www.youtube.com/watch?v=toJJ9Rw0gjE

Barclays Bike Hire Animated film.

We like this one too, very continental with simple cycling safety rules put across with humour. www.youtube.com/watch?v=dFh44K5Y8oY

Choose Cycling in the Community is a not-for-profit social enterprise and community, group. We create opportunities for all members of the community to enjoy travelling in healthy and environmentally friendly ways. We mainly work in the Amber Valley and Erewash, Derbyshire.

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
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