



Cycle Lewes March 2022

New website - ideas please & photos!

Following comments & discussions with a number of our members we have decided to look at developing a new website.

The existing website <https://www.cyclelewes.org.uk> has served us well but the volume & scope of our work has increased over the past few years, and the website needs to reflect this.

We are keen to get views from our wider membership on what you like and dislike about the existing site.

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www.cyclelewes.org.uk

It contains:

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- * Information about who we are.
- * Information about our campaigns and how members & others can get involved.
- * Cycling issues in the Lewes Town & District
- * Cycling issues in wider East Sussex & UK (often using existing info from Cycling UK & other sites).

Could you send us your views on content & presentation of the site by April 18?

Cycle Lewes Photo Library

We are also keen to develop our photo library for images that we can use on our website & in documents that we produce.

We'd be pleased to receive bike related photos from you. If you have any, then please send them to us at info@cyclelewes.org.uk

Are E-Bikes the future?

According to research by the University of Westminster, 70% of us in the UK think that E-Bikes will help reduce carbon emissions

more quickly than electric vehicles.

<https://www.bikeisbest.com/e-bike-research-2022>

In Lewes, there are certainly a lot more e-bikes in and around town, including electric cargo bikes.

Lewes has its fair share of hills, so commuters such as Charlotte Rae (see Charlotte's article below) use them for travelling to work, whilst others have e-bikes for shopping and leisure activities. Cyclists will have noticed that CycleShack has a wide range of e-bikes in its' two shops.

My E-Bike Nirvana - from Cycle Lewes Member, Charlotte Rae,

I have wanted an e-bike for a long time, but Covid disrupted supply. Cycleshack are now more able to get hold of e-bikes, and a few weeks ago I took delivery of my new Trek Allant 8+!

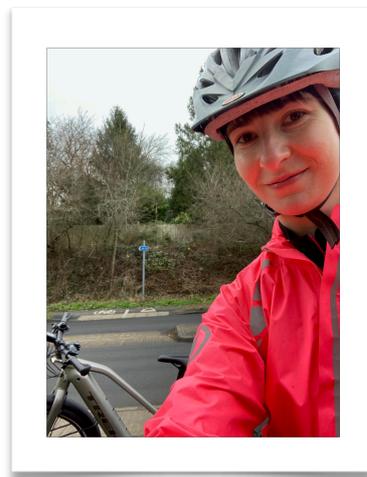
I mainly cycle for commuting to work along the A27 cycle path, and also for shorter trips around town and to my allotment. The e-bike has completely changed my commuting – on a cold winter's day, with numb limbs and howling winds (on top of the tailwind from the traffic), my commute time has halved. This means I'm now much more inclined to jump on the bike as opposed to the train or in the www.cyclelewes.org.uk

car, and get the benefit of the exercise too.

It's a commuter style e-bike with a more upright riding position than I'm used to on my road bike, and with the weight of the battery and motor, significantly heavier. However, I've found that's actually a positive on the awful A27 cycle path, where you are often dangerously close to traffic, as the riding position and extra weight has helped stabilise me, and I now feel a bit safer.

Around town it also means I'm less inclined to take the car for short trips where it would otherwise feel like too much effort up and down hills with the weight of shopping.

I was able to buy the bike at a significant discount through my employer's Cycle to Work scheme (where you purchase the bike via salary sacrifice). An e-bike is an expensive investment, but if your employer offers this scheme, do



make use of it, as you can save up to 40%.

As ever, Cycleshack (Friar's Walk) were superb in helping me decide which model to buy, adjust it to my size, and then sort out the paperwork for the Cycle to Work purchase.

If you have been thinking about an e-bike but couldn't get hold of one last year, it might be time to try again!



Other options for e-bikes

There are a range of e-bikes to choose from and the list gets longer as the months pass.

It's important to do your own research and trying a range of models/makes/styles of electric bikes can help you decide what's best for you.

Cycling UK has published several articles you might want to have a look at.

https://www.cyclinguk.org/site-search?keyword=electric+bikes&sort_by=score

If you know of anyone with an e-bike ask them what they think about theirs. And, see if they would be happy for you to try it out.

Generally, as we know, most cyclists love to talk about *'their bikes'*. So if you see someone outside a supermarket, or on a train and they have an e-bike - talk to them.

With more folding e-bikes on the market - they might be worth researching too.

As well as our local bike shop, *CycleShack* there are others locally you might want to check out: Brighton, Uckfield and Seaford cycle shops have a good range of different makes of bikes.

Bikes of All Sorts: E-Bikes, trailers, cargo bikes and more

We are always looking for ideas from members on events that they might like to organise to help oth-

ers and share/pool knowledge and skills etc.

Would you be interested in organizing for example, a small event, where members could come along to share ideas on for example e-bikes, use of trailers or cargo bikes? Let us know if you could?

A very British Bike Factory:

BBC documentary following new recruits key to making the Brompton Bike in a West London factory, 29 mins.

If you don't know about the skill of brazing, watch it to find out more!

<https://www.bbc.co.uk/iplayer/episode/m0015ql7>

Cycling UK Cantii way - a new 230km cycle route in Kent

Many Cycle Lewes members will have regularly gone on cycle holidays in both Continental Europe and here in the UK.

In 2020 Cycling UK developed a new 350km circular off-road route from Winchester, which has proved enormously popular and significantly increased tourism in the region.

<https://www.cyclinguk.org/king-al-freds-way>



This year Cycling UK will be opening another new cycle route which is even closer to home.

<https://www.cyclinguk.org/press-release/cycling-uk-unveils-plans-new-long-distance-cycling-route-kent>

The Cantii-Way in Kent is 234kms long and starts in the village of Wye near Ashford. This is convenient for us in Lewes because you can take your bike on the train to Ashford.

