

RIDES & EVENTS

All Wheelers rides start from on top of the Green Bridge over Mile End Road. Co-ordinated by Steve, 07870365533 we are always looking for ride leaders and/or teaming up with other local groups or borough campaigns. Steve is trying to get some joint Audax rides arranged. From March we will be co-ordinating our diary dates as far as practicable so that clashes with other groups are minimised and variety is provided for all abilities.

Meet then on:
10th Feb for an Easy/moderate ride
3rd March Moderate
24th March Moderate
28 April easy/Moderate
all led by Matt.

CAPITALWOMAN

Capitalwoman is an inspiring, entertaining and informative free event for London's women.

Capitalwoman 2007 takes place on Saturday 3 March, at QE2 Conference Centre, Westminster.

We are helping to arrange cycle rides to the event from different areas of London. If you can help plan or guide a ride please contact Sarah or Charlie at the LCC office.
<charlie@lcc.org.uk>

Full details of the event are at:

<http://www.london.gov.uk/capitalwoman/>

WORKSHOPS

Don't forget our Bicycle maintenance workshops. 27th January, 24th February, 24th March all at the Limehouse Town Hall 11am-3pm. Please bring parts. If you have any spare parts or bicycles that can be restored for use by someone who needs one please let us know.

Please check the Wheelers Website for latest on rides. If you have an idea for a ride, a long/short weekend or an upcoming cycling event please email:
newsletter@towerhamletswheelers.org.uk

RIDE Safety
Always tell someone where you are going and when you are expected back.
Going alone to meet unknown others? Consider contacting Wheelers first.
Always bring lights - esp from Sept - May evening rides.
Carry a puncture repair kit, spare tube and pump.
Use strong locks D Locks to secure bike to racks and solid objects.
Ride safely and considerately esp. around pedestrians and on cycle paths

Tower Hamlets Wheelers
34 Vermeer Court
Rembrandt Close
London E14 3XA
wheelers@towerhamletswheelers.org.uk

BICYCLE MAGIC



We have a large range of bikes in stock by all you're favourite makers with lots of space for you to take you're time choosing the right bike in the right size.

6 Greatorex Street,
Whitechapel London E1 5NF
www.bicyclemagic.com

www.towerhamletswheelers.org.uk

NEWSLETTER Distribution: Please help? Only 10 minutes, Every two months. Contact Colin on 07799 537 504

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Please refer to the website for full details and dates of Rides

East London Cyclist

The newsletter of Tower Hamlets Wheelers/ London Cycling Campaign JAN/FEB 2007

Positive Thinking

It seems a constant feature of any single issue group- moaning and whinging! Cyclists are no different, there's always something on our minds to bring a little more negativity into our cycling lives.

When something is improving, expanding, becoming more popular there is always someone all too willing to shake the head, draw in the plumbers short breath, lean back and say, "It can't be done". Drivers, town planners, pedestrians have all had good press over the past few weeks complaining about cyclists.

Lets not "bite" when there is so much to be positive about cycling and its getting better every day. National, nay International feelings are riding high (excuse the pun it's quite intentional) on green issues for example. There is so much support from all quarters to get those legs pumping from emphasising the health benefits (Don't Die Young presented by the real cyclist Dr. Alice Roberts BBC2 Tuesdays) to employee bike purchase schemes spreading the cost and enabling you buy a better bike. Councils are slowly but actively putting in more facilities for cyclists than ever before. Even British Waterways not famed for their progressive attitude have begun work on the towpaths around Hackney to improve the facilities for cyclists. Cycle manufacturers are making huge strides in the technical development of cycles, cycle clothing and shoes. We have seen this year exhibitions of new ideas surrounding the question of safe storage such as "Reinventing the Bike Shed" some of the ideas already being initiated by councils and private companies.

There's no time like the present to join in this quiet revolution. Mild weather for the most part this winter so far, has seen many of the normally "fair weather riders" staying in the saddle when normally the bike would be put away until the spring.

So, notwithstanding anything else you may read in this edition of the Newsletter, cycling is part of the future as leisure, travel or business. We have included in this issue, a list of some



Steel Bicycle storage tree by Chun Yeng & Ka Fai Lee

of the many organisations and websites. Just a few clicks will take you into a hundred worlds of cycling. A good place to start is our own site at www.towerhamletswheelers.org.uk. There are some great ideas for some leisure rides and links to the various campaign groups doing excellent work around us here in East London and Nationally. Perhaps you may think I'm talking to the converted? I am, however, to keep the momentum going we need you to get involved, support cycling initiatives and lobby for better facilities and treatment for cyclists. At the same time, simply riding responsibly on the roads will greatly enhance the cause of cycling and help to turn some of the negativity towards us into positives.

Lets help the cycle tree to grow...



Tower Hamlets Wheelers
London Cycling Campaign



National Organisations CTC - the UK's national cyclists' organisation

Cotterell House, 69 Meadow, Godalming, Surrey, GU7 3HS

Tel. 0870 873 0060

Email: cycling@ctc.org.uk

Web: www.ctc.org.uk

Sustrans - the sustainable transport charity - works on practical projects to encourage people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects.

Contact: Sustrans, 35 King Street, Bristol, BS1 4DZ
Tel: 0845 113 0065

Web: www.sustrans.org.uk

National Byway - a 4,000 mile (6,436km) signposted leisure cycle route round Britain

Web: www.thenationalbyway.org

British Cycling - the body responsible for all aspects of cycle racing. Information on British Teams, results, race reports, development squads, Go-Ride initiative, facilities finder, club finder and calendar of events.

Web: <http://www.britishcycling.org.uk/web/site/BC/bchome/home.asp>

Umbrella website for the whole of Essex, independently managed by Colchester Cycling Campaign. CIE's aim is to promote cycling in the county by putting you in touch with the groups that matter, and the rides happening near to where you live. CIE also has an extensive advice section plus links to national groups like the CTC, Sustrans, the national cycling route charity, and Hovis Byway.

Web: <http://www.cyclinginessex.com/>

Cycling England is the national body which co-ordinates the development of cycling across England. They aim to create the conditions which will result in more people cycling, more safely, more often. Cycling England was launched by the Minister for Local Transport in March 2005, replacing the previous National Cycling Strategy Board.

Web: <http://www.cyclingengland.co.uk/>

Bikeforall.net is a filter, listing the useful bike stuff on the internet, ignoring the duff. There are some excellent sources of information out there, if you know where to look.

Web: <http://www.bikeforall.net/>

Bikeability is a brand new national cycling award scheme which before long will have thousands of children whizzing about on their bikes and pedalling their way to success.

Web: <http://www.bikeability.org.uk/>

I noted with some amusement the lack of adequate bicycle stands outside the front of the LCC's new offices. There were bikes chained to almost every inch of railing outside. Maybe campaigning does start at home. No doubt they are probably already nagging their landlord about it.

We are asking for people to come forward and suggest places they regularly visit by bike that do not have adequate provision for bike parking, and even better, help us write some letters to either private landlords, companies or the council to raise it with them.

Robert L THW - by email



It looks like the footpath Cycle Route 1 along the Thames at Canary Wharf will be closed until after the construction of the new building...could be years. In the mean time the alternative route is dangerous and awkward. Canary Wharf Management Company own the land and maintain their right to keep it closed as long as they like!

North Sea Cycle Route

An extensive route covering over 5889Km through the Netherlands, Germany, Denmark, Sweden, Norway, Scotland and England.

Available from:

The East of England Tourist Board

Toppesfield Hall

Hadleigh

Suffolk

IP7 5DN

Tel: (01473) 822922

Website:

www.northsea-cycle.com

Price: Free

Dedham to Bures Cycle Route

33 mile circular ride with 8, 16 or 20 mile alternatives.

Available from:

Suffolk County Council

Tel: (01473) 583184

Price: £1.50

Explore River Lee Country Park

A series of specially selected walks through the Lee Valley Country Park, which has been designated a Site of Special Scientific Interest.

Available from:

Lee Valley Park Information Centre

Abbey Gardens

Waltham Abbey

Essex

EN9 1XQ

Tel: (01992) 702200

Price: Free

The Flitch Way

15 mile long Country Park which follows the line of the old Bishops Stortford to Braintree railway.

Available from:

Essex Ranger Services

Tel: (01376) 340262

Price: Free

Just for info:

To report potholes etc: LBTH Streetline 020 77364 5004
email: roadsafety@towerhamlets.gov.uk

Major Roads - TFL 0845 305 1234 <http://streetfaults.tfl.gov.uk>
LCC: www.lcc.org.uk

T: +44 (0) 20 7234 9310 F: +44 (0) 20 7234 9319

Witchfinders Way Cycling Discovery Map

This route starts from Harwich and finishes in Manningtree via various tourist attractions and places of interest.

Available from:

The East of England Tourist Board

Toppesfield Hall

Hadleigh

Suffolk

IP7 5DN

Tel: (01473) 822922

Price: £1.50

Hull to Harwich Cycle route

A National Cycle Network from Kingston Upon Hull to Harwich in Essex.

Available from:

Sustrans Information Service

PO Box 21

Bristol

BS99 2HA

website: www.sustrans.org.uk

Tel: (0117) 929 0888

Please refer to Sustrans for current prices

Country Parks

Essex County Council hold and manage twelve country parks and leaflets can be obtained from telephoning the numbers below:

Belhus Woods Country Park (01708) 865628

Chalkney Wood Country Park (01206) 383868

Cudmore Grove Country Park (01206) 383868

Danbury Country Park (01245) 222350

The Flitch Way (01376) 340262

The Blackwater Rail Trail (01376) 340262

Garnetts Wood (01277) 261343

Hadleigh Castle Country Park (01702) 551072

Hainault Forest Country Park (0181) 500 7353

Langdon Hills Country Park (01268) 542066

Marsh Farm Country Park (01245) 321552

Thorndon Wood Country Park (01277) 261343

Weald Country Park (01277) 261343

Cressing Temple (01376) 84903

River Colne Valley Cycle Trails

4 different cycle routes each around 20 miles long in the Colne Valley.

Available from

Braintree District Council

Causeway House

Bocking End

Braintree

CM7 9HB

<http://www.towerhamletswheelers.org.uk/>