



Bikeweek

Reconnect with friends for Bike Week

As lockdown restrictions ease, make a date to catch up during our celebration of cycling

Among the many things we have missed during lockdown, meeting up with friends in person has often been one of the hardest to go without.

Getting out on a bike with a friend or a group of mates is a great way to catch up, have a chat, get some exercise – and maybe find an excuse to stop for a drink or a bite to eat, now pub gardens and outdoor cafés are opening up again.

With [Bike Week](#) (30 May – 5 June) fast approaching, why not make a date to go for a sociable (but suitably socially distanced!) trip, whether it's with long-standing riding buddies or introducing somebody new to the joys of cycling?

Cycling UK Stevenage are offering lots of opportunities for you to enjoy riding in a group in the next few days. Some Covid restrictions still apply so you will need to book a place in advance. The rides are free.

Have a look on <https://www.cyclinguk.org/local-groups/stevenage> for the latest rides and to book your place.

The Cycling UK Stevenage ABC rides for beginners have proved very popular ever since they were introduced last summer.

New and returning cyclists are particularly welcome on these 6-mile rides from the Cycling Hub in Fairlands.

These rides are a sociable way to explore our cycleway network and find useful routes to use when cycling for everyday journeys.

We explore many of the ancient lanes that have now become cycleways and find the many hidden green spaces across the town.

Share your ride on social media during the week using the hashtag [#7daysofcycling](#) for the chance to win one of Cycling UK's great prizes, including:

- £100 Rapha vouchers,
- a child's bike from Halfords,
- cycling sunglasses and mitts from Velochampion,
- vouchers to spend at your local bike shop.

If you want to be part of something even bigger, [pledge to ride](#) on Sunday 30 May as part of the World's Biggest Bike Ride. It doesn't matter where or how far you ride, as long as you ride!

The theme of Bike Week 2021 is health and wellbeing, with each of the seven days having a different focus:

- Sunday 30 May: **Well connected**: celebrate togetherness
- Monday 31 May: **Well up for it**: go on an adventure somewhere new
- Tuesday 1 June: **Well skilled**: Learn something new on two wheels
- Wednesday 2 June: **Well fit**: Feel the exercise benefits of cycling
- Thursday 3 June: **Well grounded**: Connect with the outdoors and clear some head space
- Friday 4 June: **Well happy**: Riding a bike is a joyful experience

- Saturday 5 June: **Well for life:** Discover why cycling is a great activity for young and old

It's not just about the physical and environmental benefits of cycling, but about mental and emotional wellness too. Lockdown has left many of us feeling isolated, so it's more important than ever to get outside with friends, talk things over and reconnect both with each other and with the outside world.

If you need inspiration, check out our Bike Week [challenges](#) and [routes](#): there's something for cyclists of all levels, from total novice to old hands seeking new adventures.

Whatever you do, spread the word about the joy of cycling – and most important of all, have fun!

ENDS

More from:

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