



2007 Autumn

Go Bike News

Glasgow Cycle Map *now published*

Go Bike, in association with Spokes Maps, has produced the all new **Glasgow Cycle Map**. See the back page for an extract.

It was launched on 20 September 2007 as part of European Mobility Week. The map should now be available in bike shops and book shops. You may order it by post by sending a cheque for £4.95 made payable to 'SPOKES' to Spokes Maps, St Martin's Church, 232 Dalry Road, Edinburgh, EH11 2JG. Spokes maps are also available on the web from edinburghpaths.info/spokesmaps.htm

Special offer!

£1 off purchases at the Go Bike AGM



Annual General Meeting

This year's AGM will take place on **Wednesday 28 November 2007 at 7.30pm** in the Friends Meeting House, Elmbank Crescent, Charing Cross, Glasgow. Committee members will be elected for the coming year and membership rates will be decided. All Go Bike members are urged to attend and demonstrate support for our campaigns to improve cycling in Glasgow.

Subscriptions

Annual subscriptions are now due for renewal. You can pay at the AGM, use the form inside or make a donation on a ride.

Cycle rides 2007–2008

Regular, easy-paced rides are held on the first Sunday of each month, starting at 1000 from the north end of Bell's Bridge in Glasgow. Extra rides may have different arrangements.

Sunday 2 December 2007 – Pedal the Parks: 12 Parks of Glasgow

A festive tour of twelve Glasgow parks and open spaces including Kelvingrove Park, Glasgow Green, Queen's Park, Pollok Park, Bellahouston Park and Festival Park. And some standing stones.

Sunday 6 January 2008 – Auchinloch & Kirkintilloch

Heading along the riverside, through the city centre and out to Robroyston Park before emerging into the Auchinloch countryside. Continue along the upgraded Strathkelvin Railway Path into Kirkintilloch before joining the Forth and Clyde Canal for lunch at The Stables pub. Mainly minor roads and paths.

Sunday 3 February 2008 – Kelvin and Dawsholm Circular

A short winter ride up the Kelvin Cycleway with a circuit of Dawsholm Park, Dawsholm Estate and Maryhill Park before returning into Glasgow via the Ruchill Park flagpole for lunch in the West End.

Sunday 2 March 2008 – Bothwell Castle

Leaving Glasgow through Glasgow Green and NCN Route 75 cycle route to Uddingston, then via a path to Bothwell Castle. Return to Glasgow through Blantyre and over Dechmont Hill.

Sunday 6 April 2008 – White Cart and Greenbank Gardens

Taking NCN Route 7 cycle route to Pollok Park, then via the White Cart Cycle Route to Linn Park. Minor roads follow to reach the NTS Greenbank Gardens for a visit to the tearoom. After lunch, return to Glasgow via Rouken Glen Park and Queen's Park.

Sunday 4 May 2008 – Dean Castle, Kilmarnock

Using quieter roads through Pollokshields, passing Haggs Castle, then to Newton Mearns to pick up the Ayr Road Cycle Route to Fenwick. Continue on country lanes to Dean Castle Country Park for a visit to the castle's tearoom. Return from Kilmarnock by train. Two fords en route. Bring a picnic lunch.

Suggestions for future rides are always welcome!

News and routes

'Bridge to Nowhere' and Connect2 – Filming in support of this bid took place on Tuesday 16 October. The final programme will be shown on ITV between 3 and 9 December. Other projects include links to Chatelherault and Strathclyde Country Parks in the Hamilton, Larkhall and Stonehouse areas. For details, see the Go Bike Connect2 web page.

Climate March, Glasgow, 8 December 2007 – Meet at the 'Ski Jump' ramps at 1230 (nearest subway: West Street) or join the march at George Square at 1400. See www.campaigncc.org for further details.

Go Bike calls on cyclists to light up – the clocks have gone back, it gets dark early, so please light up (with LEDs and bulbs of course!).

Balornock – there are now cycle lanes on Wallacewell Road and Broomfield Road as part of a traffic calming scheme in the area. Go Bike has asked that the cycle lanes on Broomfield Road extend across side road junctions, as they do on Wallacewell Road.

Springburn Cycle Route – work is proceeding, with new lighting and signage up through Sighthill.

Glasgow told to follow Paris example and get hire bikes – Helen Puttick of The Herald (www.theherald.co.uk) reports that a grab-and-go bike scheme that has taken off in Paris should be piloted in Glasgow, according to the city's new director of public health. Dr Linda de Caestecker, of NHS Greater Glasgow and Clyde, is keen to adopt the initiative in which thousands of bicycles are available to commuters for a nominal fee in street-side racks. She suggested adopting the scheme in her first annual report. Dr de Caestecker said 'Paris was a community that relied on their cars a lot. That is something we want to try to reduce, so why not experiment with it and see if people accept it?' (From www.cyclingscotland.org)

British Motorcyclists Federation call for rubbish roads clean-up – Britain’s roads are so littered with road debris such as broken glass, metal, gravel and other rubbish, that they are a real and constant danger to motorcyclists and cyclists say the BMF. (From www.ctc.org.uk)

Financial and health benefits of cycling – Cycling England (www.cyclingengland.co.uk) commissioned a report on *Valuing the Benefits of Cycling*, which was published in September. It suggests that each cyclist saves society up to £400 compared with a motorist. The savings arise from better health and a reduction in pollution and congestion. (From www.ctc.org.uk)
Another of their reports addresses *Cycling and Health*. They conclude that ‘As a healthy form of physical activity, cycling can help to reduce the risk of a range of health conditions, notably heart disease and cancer – the leading preventable causes of premature death’. Another issue considered is safety, where they comment that ‘One of the barriers to taking up cycling is a perception of the physical danger posed by motor traffic. However, the real risks are minimal and, the research suggests, are outweighed by the health benefits by a factor of around twenty to one. It may be more risky to your health to be sedentary.’

Meetings

Future meetings will be arranged at the AGM. Suggestions for topics to discuss or for speakers to invite would be welcome. The current committee of Go Bike is Peter Hayman (Convenor), Stephen Murray (Vice Convenor), Andy Preece (Treasurer) and Jennifer Young.

Yahoo group

To keep in touch with cycling news and views and to find out about events, sign up to the Go Bike News email group. You won’t be deluged with messages, we promise! For more information see www.gobike.org

Contact us

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Join *Go Bike*

Membership of Go Bike is by donation, which covers the cost of campaigning, newsletters, meetings and the web site. Please send your donations to the above address.

Name.....

Address.....

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Email..... Phone.....

I enclose a membership donation of £.....

Glasgow Cycle Map

Here's a small extract from the map, showing an area that will be familiar to those who come on Go Bike runs. It is enlarged to show many of the map's special features for cyclists and pedestrians.



Both sides of the map are printed in full colour. The main map itself is on one side at a scale of about 1:17 250. Coverage extends to Bishopbriggs and southern Bearsden in the north, and Thornliebank and Castlemilk in the south. The western limit is the Renfrew–Yoker ferry and it goes east to Baillieston with insets for Carmunnock and Easterhouse. Cycle paths are shown prominently in purple with other quiet roads highlighted in orange. Bus lanes are shown as green borders on roads.

There's an enlargement of the City Centre on the back with further maps of the local region, Millennium Link between Glasgow and Edinburgh, and the network of cycle routes in Scotland. Other information includes a list of bike shops, which are also marked on the maps, and a range of advice on cycling. There's a panel about Go Bike too, of course!

There is a web site for the map at www.glasgowcyclemap.co.uk. Please use this for comments and suggestions for improvements for the next edition. Production was supported by the Scottish Executive, Sustrans, Strathclyde Partnership for Transport (SPT) Sustainable Travel Grants Scheme, Glasgow City Council Land and Environmental Services and Cycling Scotland.