



Welcome

Stop me if I starting using words like 'purity' or 'connectedness', but there is something uniquely rewarding about a fixed-wheel bike.

There's the silence. There's the seamless acceleration and deceleration you can get by pedal pressure alone – no clicking of gears or choppy changes in cadence.

There's a certain focus, since you have just one job: pedal. Go faster? Pedal faster. Climb that hill? Pedal harder. Want to coast? Uh, best not...

A singlespeed mountain bike has parallels. You ghost along trails. You can't react to gradients by going through the gears so you need to be proactive, attacking climbs hard and conserving momentum through corners and descents. It changes the way you ride.

It's also, let's be honest, harder, whether we're talking fixed-wheel or free. The whole point of variable gears is to make cycling easier, allowing a comfortable cadence whatever the topography. Given that's what gears are for, it's a shame that so many geared bikes fail to provide sufficient range. In particular, they don't go low enough.

The idea that "you should be able to get up any hill on 34/28 – and if not, get fitter" is the worst kind of non-inclusive, macho posturing. You should have whatever gears you need – or want. Spinning up hills is a welcome break even if you can stomp up them. If you can't, it's a no-brainer. More on p38.

DAN JOYCE
Cycle Editor

CONTENTS



34

Features

34 A winter's trail

Bothy-biking through the Highland snow

38 Easy riding

Lower gears and how to get them

49 Tours de Force

Yellow jerseys for real cycling champions

52 Way to go

Riding the Camino de Santiago



62

Products

18 Shop Window

Previews of new products

20 Gear up

Components, accessories, documentaries, and books

62 Urban fixies

Roll up the right leg of your skinny jeans...

68 Junior jackets

Waterproof jackets for children



44

Regulars

04 Freewheeling

A short tour around the wonderful world of cycling

07 This is Cycling UK

Funding for active travel; the World's Biggest Bike Ride; membership survey results; and more

31 Letters

Your feedback on Cycle and cycling

44 Weekender

Mallorca's majestic Sa Calobra

58 Cyclopedia

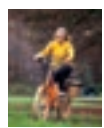
Questions answered, topics explained

73 Travellers' Tales

Cycling UK members' ride reports



74



On the cover

BBR Real Yellow Jersey winner Judith Swaffield of Southampton, by Robert Spanring

Local riding
To find any Member Group or Cycling UK affiliate, visit cyclinguk.org/groups or phone **01483 238301**



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Founded in 1878

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