

Why do I cycle to work.....?

It's been a few years now since I first decided to travel to work by bicycle. So to receive an invitation from James Brown to write a few words on this was quite timely, for it has made me think again why it is I cycle a round trip of eight miles to and from work, all year round.

Why? It gives me a sense of freedom, of independence and of control; that I can travel where and when I want. Journeys are swift, especially across town and are nearly always 'door to door' and on time. In the case of this journey to work it is literally door to 'desk' as you will see from the photo below.

Perhaps some of these pictures will begin to illustrate why this choice beckons on a daily basis.....



All these photos were taken late last summer on my regular route... No diversions were made for photographic expediency.....



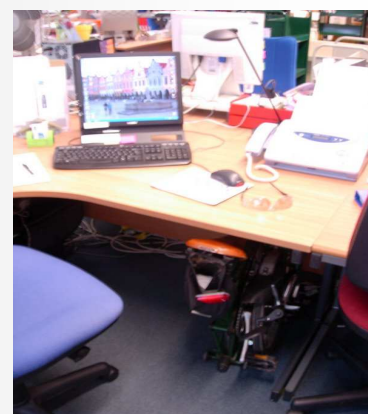
The journey can be quiet, peaceful and free from traffic. The was taken in the grounds of Kingsway Hospital, a route not open to cars.



Solitary or convivial? Here Hazel from EHS and I 'rub' wheels by Markeaton Park.... Bikes are wonderfully status free and easy to stop and park anywhere. Their use morning and evenings in the University 'quarter' is measurably increasing.....



There are plenty of ways into the University, most of which are cycle friendly. I live four miles away. I arrive invigorated, knowing precisely how long the journey will take and to leave work at 5 pm means that I can be home, showered, relaxed and sitting with a glass all before the 6 o'clock news.....



Bikes come in many shapes and sizes....one like this will tuck under a desk and give a healthy rebate on car park fees.....



If you live only a few miles from work it might be well worth considering the advantages that cycling has over other ways of moving about. Everyone knows that it's sustainable, quiet, pollution free, gets your blood moving about your body, but perhaps there are some more subtle advantages to be gained. If you would like any more information on the practicalities of cycling there are many avenues to follow but, do feel free to get in touch.....Tim Peacock LEI