

Cyclists & Cycling Around the World

- Creating Liveable & Bikeable Cities

Edited by Juan Carlos Dextre, Mike Hughes & Lotte Bech.
Articles by 25 authors from around the world.
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The Book Cyclists & Cycling Around the World

Cyclists & Cycling Around the World
Creating Liveable & Bikeable Cities

Edited by
Juan Carlos Dextre,
Mike Hughes
& Lotte Bech



is an inspiring contribution to the creation of liveable and bikeable cities throughout the world. The book is the result of international collaboration between the three editors and 25 cycle experts, who have written articles about their best experiences in order to inspire cities to get started, to reinvent or to develop their cycle culture and infrastructure further.

You can discover how cycling is impacting the lives of millions throughout the world, through integrated green transport systems, through healthy lifestyle choices, as a convenient, safe and cheap method of getting to school and work every day and as a way to increase income through the increased mobility a bike provides.



Bogotá, Colombia

HOW TO GET STARTED

– Ten rules that have increased cycling in Bogotá and other cities

This is an inspiring formula as to how you can contribute to the development of a growing urban cycle culture by acting as a pioneer and role model and by participating in groups that promote cycling. The importance of working together despite differences is emphasised as well as not to forget having fun while promoting cycling. *Author: Carlos Felipe Pardo, Bogotá Colombia, Mesa de la Bicicleta. Photo: Carlos Felipe Pardo*



Guangzhou, China

REVITALISATION OF A CYCLE CULTURE

– Biking again in Guangzhou

In the City of Guangzhou in China, the challenge is to breathe new life into a dying cycle culture. Two projects have greatly improved cycling conditions. The creation of a large network of greenways within the city with links to other cities, as well as creating a public bike system integrated with the public transport and safe parking. *Author: Bram van Ooijen, Institute of Transport & Development Policy (ITDP), Guangzhou China. Photo: Bram van Ooijen*



Amsterdam, The Netherlands

FURTHER DEVELOPMENT OF CYCLE CULTURE

– Amsterdam continues to pave the way for cyclists

Cities which already have a well developed cycle culture can draw inspiration from Amsterdam, which has totally integrated cycling into its everyday life supported by strong political commitment and massive popular support for the promotion of their cycle culture. Still there is a need to continue encouraging the use of the bicycles and for ongoing investment. *Author: Ria Hilhorst, City of Amsterdam, Department of Traffic, The Netherlands.*



Portland, Oregon, USA

BICYCLE STRATEGY

– The Portland experience

The article on bicycle strategy explains how Portland has categorised the citizens in four types based on their willingness to use their bicycles as part of their daily live. The main strategy is: “Build to your strengths,” both physical opportunities as well as economic and political conditions. A network of Bicycle Boulevard was achieved. *Author: Roger Geller, Bicycle Coordinator, Portland, Oregon, USA. Photo: Greg Raisman/flickr*



Raipur, India

SOCIO-ECONOMIC IMPACT OF A CYCLE

– A gendered social perspective of cycling in India

In India, ownership of a bicycle increases women’s mobility and income, thereby raising their living standard and gender equality, as well as offering better status in the families and in the communities. *Author: Dr. Anvita Aurora, Managing Director of Innovative Transport Solutions (iTrans). Photo: Gerhard Menkoff*



Kisumu, Kenya

CHOOSING THE CARGO BIKE

– Experiences from Kisumu and Copenhagen

Cargo bikes can provide new opportunities in both developing and developed countries. In Kisumu in Kenya, a family benefits from their cargo bike providing low cost solution for waste collection and is empowered to earn better. In Copenhagen Denmark, a family with children choose a low-cost urban mobility solution, where a cargo bike substitutes for a car. *Author: Jeppe Mikél Jensen, Sustainable and mobility consultant. Photo: Coop-Africa, Bike2Clean project*



Lima, Peru

CYCLE EVENTS

– Teaching children for a bikeable Lima

The City of Lima is educating children in cycling as key to developing cycling as a mean of transport in the future. The special programme CICLOLIMA has been developed to strengthen sustainable mobility. They are starting in the streets and in the parks – a real hands-on-approach – to educate both the children and the parents in learning a different attitude to cycling. *Author: Jessica Tantaleán. Photo: Ciclolima File*



Copenhagen, Denmark

CYCLE TRAINING FOR CHILDREN

– Take a child’s perspective and make it fun!

Working with children in the Danish Cyclists’ Federation, their motto could be “Catch them young”. Children down to two years of age can start practising on a training bike in the bicycle playground. Make it fun, and they will learn. *Authors: Mai-Britt Kristensen and Loa Bendix, Danish Cyclists’ Federation. Photo: Danish Cyclists’ Federation*