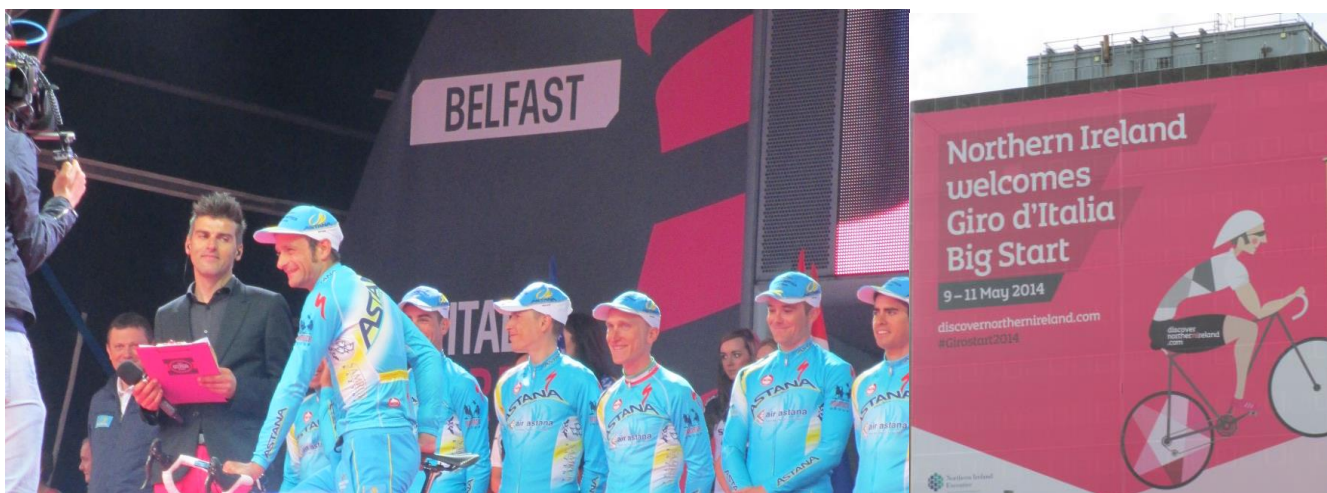


Cycling related travels by Margaret Scott:



I flew over to Belfast to see the Big Start of the Giro D'Italia in May

Belfast and I entered into the spirit of going pink.

Teams all introduced on the Thursday and team time trial practice on Friday morning.

Flight: Flybe & Accommodation: Hostel

Next stop in July York to see the start of the 2<sup>nd</sup> stage of the Tour de France



Costume change to yellow for the Tour de France!

My daughter and I had staked out a good place, complete with our seats, instant porridge and flasks.

Meant we could easily see the riders as they slowly rode past us.

Drove and accommodation B&B

Up close and Personal at start of second stage of Tour de France



Finally, while away on holiday in Barcelona the family enjoyed a 3 hour guided electric bike tour.

I would recommend this as a good way to see the city and there is no problem cycling. It is Ok to cycle on the pavement when there is no cycle lane. The 2 way cycle lane which was in the centre of the dual carriageway was unusual especially at the traffic light junctions! No helmets provided.



I haven't added the 20mile electric bike miles to my total for the year 1400 at time of writing, even though I did cycle rather than use the power for most of the distance!

Have bought myself a second hand exercise bike which I try and ride if I have not cycled or been to yoga or curling.

Good if the TV is on and watching some active sport at the same time. Still not managed 3miles in 10minutes, yet!