

For Immediate Release:

National Geographic Explorer of the Year heads strong bill of women's events for the Edinburgh Festival of Cycling

Shannon Galpin will talk about her experiences cycling in Afghanistan while Festival puts focus on women participating in cycling.

National Geographic Adventurer of the Year and women's rights activist Shannon Galpin, the first woman to mountain bike in Afghanistan, will be sharing her story in the talk 'Pedaling a Revolution' at the third Edinburgh Festival of Cycling, held across various venues from 11 – 21 June. An avid mountain biker, who has spent seven years working on various projects to empower women and girls, most recently supporting the first generation of women riding bikes as part of the Afghan National Women's Cycling Team, Galpin will be leading a strong bill of events for women as part of the Festival. She will be speaking at the Royal College of Physicians on 17 June at 7pm.

It is not just in Afghanistan that women are changing the narrative, and not just in cycling. After last year's successful launch, the Women's Cycle Forum is back for an evening of discussion, inspiration and networking open to all. This year we'll be hearing from women from successful campaigns about how they 'changed the record' and make a difference to their worlds – and then consider together how we can build a better one of our own. Whether you ride a bike for transport, fun or sport, or work in cycling in any way, come ready to learn and to talk about what we can all do to make a difference across the cycling world. Come away inspired, informed – and challenged – to 'build a better world'. The Women's Cycle Forum will be held at Teviot Row House on 13th June at 7pm.

Another woman trying to bring a new perspective to the cycling safety debate is Tamara von Werthern writer the of the new powerful new drama 'The White Bike'. The White Bike addresses the issue of road safety by looking at the personal cost of road death and is inspired by the case of Eilidh Cairns who was killed by a lorry as she cycled to work. It uses witness statements, personal recollections of family members and years of cycling experience on the streets of London to create a deeply personal portrait of a life cut short too soon. A dramatic reading of the play will be given at the Pleasance Cabaret Bar on 11 June at 6.30pm.

Other inspiring woman appearing at the Festival include Juliana Buhring and Emily Chappell. World record holder Juliana Buhring was the fastest women to cycle around the world in 2012 and female winner of the Trans-Am Race 2014. Juliana will be giving a Q&A after the Scottish première of the film 'Inspired to Ride' about first TransAmerica race. 'Inspired to Ride' gives the audience an incredibly immersive experience of 45 cyclists from around the world who set out to cover 4,233 miles in one enormous stage race, traversing through ten US states in a transcontinental adventure of epic proportions. 'Inspired to Ride' will be screened at the Pleasance Cabaret Bar on 12 June 7pm. Emily Chappell will be sharing her stories about cycling through some of the world's most remote and inhospitable regions in a talk on 11 June at the Pleasance Cabaret Bar at 8pm. A bike messenger by trade, she has recently cycled from Anchorage to Seattle on a fatbike, through the snow and ice of the Alaska Highway.

The Edinburgh Festival also has a wide range of participatory events which are likely to appeal to women, these include: the original Edinburgh Night Ride (starts 19 June) which over the last two years has had over 40% participation. This ride give cyclists the chance to experience of cycling through the night on quiet roads in East Lothian. A ride which is specifically aimed at female riders is the 15:15 ride led by the Edinburgh Belles on Bikes women's cycling group. The route for this ride forms a figure of eight which allows riders ride for the whole 30 miles, or decide to stop after the first 15 miles. There is also the 'Women, Read and Ride on Tour' a literary tour of Edinburgh by bike, celebrating cycling writing by women. This ride will include readings by Kate Rawles from her book *The Carbon Cycle – Crossing the Great Divide* (21 June).

For those who want to learn to ride or increase their confidence, there are courses for beginners (21 June) and an adult commuter course (13 June). In addition to this there are a range of family friendly events, these include the Bike Curious Family Workshop. This event, on 13 June at Sciennes Primary School, is to show families how the bike can be used as everyday family transport.

Tickets and more information on all events are available at www.edfoc.co.uk. The Festival can also be followed on Twitter at @edfoc, on Facebook at EdinburghFestivalofCycling, on Instagram at @edfoc and on Flickr at edincyclefest. The hashtag for the event is #edfoc2015.

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Notes to Editors

For all media enquiries and interview requests please contact Kim Harding on 07522 639888 or Kim@edfoc.org.uk

More information about the individual events can be found here

Shannon Galpin:

<http://www.edfoc.org.uk/events/event/afghan-cycles/>

Women's Cycle Forum:

<http://www.edfoc.org.uk/events/event/womens-cycle-forum-wcf/>

The White Bike

<http://www.edfoc.org.uk/events/event/the-white-bike-a-play-by-tamara-von-werthern/>

Inspired to Ride:

<http://www.edfoc.org.uk/events/event/inspired-to-ride/>

Emily Chappell:

<http://www.edfoc.org.uk/events/event/that-emily-chappell-a-cycle-courier-takes-on-the-world/>

Edinburgh Night Ride:

<http://www.edfoc.org.uk/events/event/the-edinburgh-night-ride>

Edinburgh Belles on Bikes & Edinburgh Bicycle Co-op – 15:15 ride:

<http://www.edfoc.org.uk/events/event/edinburgh-belles-on-bikes-1515-ride/>

Women, Read and Ride on Tour:

<http://www.edfoc.org.uk/events/event/women-read-and-ride-on-tour/>

Learn, then Ride:

<http://www.edfoc.org.uk/events/event/learn-then-ride/>

MY Adventure – Adult Commuter Course:

<http://www.edfoc.org.uk/events/event/my-adventure-adult-commuter-course/>

Bike Curious Family Workshop:

<http://www.edfoc.org.uk/events/event/bike-curious-family-workshop-2/>

Pictures free of charge can be downloaded at (insert link)

The Edinburgh Festival of Cycling Ltd is a not-for profit social enterprise, which runs the festival as part of Edinburgh's annual festival programme, represented by the board members Kim Harding, Caroline Brown, Ulli Harding and Gregor Angus, with the assistance of Markus Stitz and Ged Walls.