

Press release:

## **EdFoC back for its sixth year!**

The Edinburgh Festival of Cycling (EdFoC) is back for its sixth year and will be the biggest yet, not only extended to 18 days, but also going on tour, taking events to Glasgow and Dundee. The simple act of cycling can change lives and transform places, and urbanism and health are among this year's themes.

Highlights include Peter Walker talking about his book *Bike Nation: How Cycling Can Save the World*, Morten Kabell, the former transport mayor of Copenhagen, on how we can *Copenhagenize Scotland*. There will also be a screening of the Dutch documentary film *Why we cycle*, think you know why the Dutch cycle so much? Think again.

The Festival will feature inspiring tales of physical and mental recovery through cycling as well as adventures. The Adventure Syndicate's *Divided - the film* is back by popular demand - documenting the attempt by Lee Craigie (Commonwealth Games mountain biker) & Rickie Cotter (24 hr champion) to ride the Tour Divide Race from Banff (Canada) to the Mexican border along the spine of the Rocky Mountains. Another Adventure Syndicate member, Kate Rawles, will talk about her amazing biodiversity ride along the spine of South America on a bamboo bike she built herself. And Andrew Sykes will be talking about *Cycling Europe* and Michelle Brideau will reveal the three things you need to know for riding across a continent.

Lorena Jones discusses recovery from breaking her pelvis and spine, to riding the Trafalgar Way from Falmouth to London (500km with 6,795m of climbing) in under 24 hours. Gabriella Gratrix talks about how cycling is helping her recovery from Breast Cancer and her plans to cycle around the world. There will also be Richard Lord's workshop exploring how cycling can help treat depression, as well as a screening of the award-winning film "*Riding through the Darkness*" about a mental health project in the Scottish Highlands.

There will be lots of opportunities to get *on yer bike*, with a range of guided rides, including the ever-popular *Original Edinburgh Night Ride*, a magical mystery tour of East Lothian, and the *Ride to the Sun* which sees riders set off in the evening from Carlisle with aim of arriving at Cramond for the sunrise. For families, there will be "bike curious" family events in Edinburgh, Dundee and Glasgow. There will also be the chance to ride on closed roads in Edinburgh city centre with the HSBC/British Cycling Let's Ride event, and you can challenge yourself to see how many laps around Edinburgh's famous volcano, Arthur's Seat, you can fit into 12 hours, and whether you can "*Beat the Seat*" while raising funds for St. Columba's Hospice.

There will also be a range of other events, from stand up comedy to photographic exhibitions, offering something for everyone. Last year the Edinburgh Festival of Cycling was listed as one of the top ten cycling festivals in Europe, and the sixth Edinburgh Festival of Cycling promises to be the best yet.

Ends.

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### **Notes for Editors:**

Edinburgh Festival of Cycling 2018 runs from Thu 7<sup>th</sup> to Sun 24<sup>th</sup> June 2018 in Edinburgh, with “**EdFoC on Tour**” events in Dundee between Fri 22<sup>nd</sup> June and Su 24<sup>th</sup> June, and in Glasgow in June and July (exact dates tbc).

Morten Kabell will be speaking in Edinburgh on the evening of Thu 21<sup>st</sup> June and Dundee on Fri 22<sup>nd</sup> June. There will be screenings of the Dutch documentary film *Why We Cycle* ([whywecycle.eu](http://whywecycle.eu)) in Edinburgh (12<sup>th</sup> June), Dundee (22<sup>nd</sup> June) and Glasgow (July, exact date tbc).

There will also be “Bike Curious Family” events in Edinburgh (16<sup>th</sup> June), Dundee (29<sup>th</sup> June) and Glasgow (16<sup>th</sup> June).

**Morten Kabell** is the Chief Operating Officer for the Copenhagenize Design Co ([copenhagenize.eu](http://copenhagenize.eu)). Before that, he was Mayor of Technical and Environmental Affairs in the City of Copenhagen (2014 - 2017) and has been a member of Copenhagen City Council since 1998 focusing on urban planning, transport, urban design and finances. He has been a strong advocate for bicycles and modern mobility throughout his political career.

**Peter Walker** is a journalist writing for the Guardian, and for the past six years has co-run its award-winning Bike Blog. His book – *Bike Nation: How Cycling Can Save the World* – tries to set out how mass cycling makes cities and communities happier, healthier, more equal and built around the needs of human beings, not speeding metal boxes.

The **Adventure Syndicate** ([theadventuresyndicate.com](http://theadventuresyndicate.com)) is a collective of extraordinary cyclists who happen to be women and who aim to challenge what others think they are capable of. There are three members of the Syndicate appearing at the Festival this year. The riders on the Tour Divide ([tourdivide.org](http://tourdivide.org)) were Lee Craigie ([leecraigie.com](http://leecraigie.com)), the elite Scottish mountain biker, and Welsh mountain biker Rickie Cotter. Kate Rawles

(outdoorphilosophy.co.uk), originally from Aberdeen, is also a member. Last year she cycled 8,288 miles from Columbia to Cape Horn (or as close as you can get to it on a bike), following the spine of the Andes on “Woody” – the UK’s first “home-grown bicycle” she built herself from bamboo grown at the Eden Project in Cornwall.

HSBC/British Cycling Let’s Ride will be on Sunday 24<sup>th</sup> June 2018, more details at <https://www.letsride.co.uk/events/edinburgh>

## **Sponsors**

The Edinburgh Festival of Cycling 2018 would like to acknowledge the following Principal Sponsors: 'Festival 2018', Sustrans, and HSBC/British Cycling.

## **Images**

Images are available through EdFoC on the following link: <http://pc.cd/sfV>

All images are copyright of Edinburgh Festival of Cycling but can be used freely in relation to this press release or other articles related to the festival. All images must be credited to “Edinburgh Festival of Cycling” or other where specified.

## **Programme**

An electronic copy of the programme is available on the following link: <http://www.edfoc.org.uk/calendar-of-events/>

## **Enquiries**

All enquiries should be directed to festival director Kim Harding:

Kim Harding  
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## **Social Media**

Facebook: [EdinburghFestivalofCycling](#)

Twitter: @edfoc

Instagram: @edfoc

The official hashtag for the event is #edfoc2018

## **Interviews**

Interviews can be arranged with speakers and event organisers. All enquiries through the Festival Director, Kim Harding.