

## Stephen's story

*"I have been cycling since my dad bought me my first bike 50 years ago. It was a girl's bike with rod operated brakes and no gears. It had been freshly painted with sticky dark green paint. I loved it from the moment I managed to keep it upright! - and I have been a keen cyclist ever since.*

*"I often cycle to Hamble from Itchen, but it's been a couple of years since I have done much cycling through central Southampton. I love to cycle out to the New Forest, Romsey or the Meon Valley. These rides mean having to cross the city centre and I used to find the traffic whizzing past my ears a bit scary. But coming back to these rides after a bit of a break, I discovered that Southampton City Council have really been busy building proper cycleways.*

*"A few years ago I visited Amsterdam and Copenhagen where they really take the cyclist seriously, and I would say that now a number of the routes through Southampton are on a par with them. Many of the city's main arteries have dedicated cycle lanes, there are clear road markings for cyclists, useful signs and – most importantly – physical separation from motor traffic. Nothing makes such a difference to a cyclist as feeling safe from other traffic - you can really enjoy the freedom!*

*"I have discovered through the "My Journey Southampton" web site that there are lots of activities and ideas in Southampton encouraging people of all types to cycle – just visit [myjourneysouthampton.com](http://myjourneysouthampton.com) and get out there - cycling gives a wonderful sense of freedom, fresh air, saves money and of course it's good exercise!"*



