

City Planning for Modern Lifestyles

Solving real urban issues & changing the way we plan and develop our cities

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Solution 3 - Cycling Super Highways

1. Problems

We don't have cycling infrastructure wide enough and safe enough for everyone, regardless of age, gender and physical ability or cycling skills, to be able to cycle wherever they want and whenever they want

2. The mistakes

- Planning associated with high speed 'sports' cycling
- Building associated with cycling speed not capacity
- Providing for confident cyclists and not catering for everyone especially young, old, fast and slow, experienced and 'new to cycling' cyclists

3. The challenges

Conversations with women, children and seniors (groups who typically don't cycle) revealed reasons for not cycling:

- Lack of safe and dedicated cycle infrastructure
- Lack of end of trip facilities, information and legibility
- Traffic fears, risk of injury and personal safety fears
- Time pressures, journey time and distance concerns
- Personal physical ability, lack of cycling skills and effort
- Hills, topography and rain

4. The 7 sticking points that prevent change

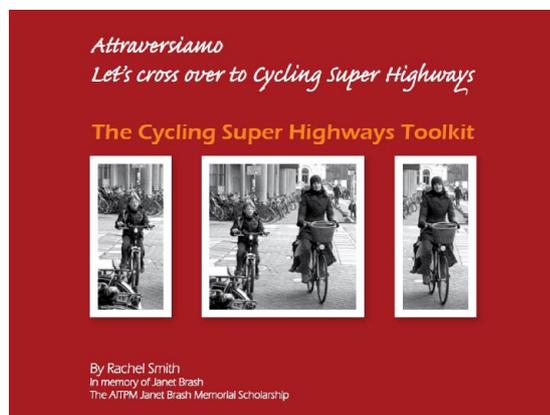
1. Fear
2. Too many choices
3. Sense of entitlement
4. Need for instant fixes
5. Too busy "liking" on Facebook
6. Exhaustion
7. Navel gazing

5. The solution

The solution is to build Cycling Super Highways; cycle paths wide enough and safe enough for everyone, regardless of age, gender and physical ability or cycling skills, to be able to cycle where they want and whenever they want for work, for school and for shopping, sports and recreational trips as explained in my Cycling Super Highways toolkit:

6. The benefits

- Cycling Super Highways cater for everyone; young, old, fast and slow, experienced and 'new to cycling' cyclists in one place
- Cycling Super Highways cater for all cycle trips; commuting, travel to and from school, utility trips as well as leisure and recreational trips
- Cycling Super Highways more about capacity and moving large volumes of cyclists than about high speed cycling
- Cycling Super Highways enables cycling to be a mode of transport and a social activity with different types of cyclists cycling together regardless of their physical and cycling abilities



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