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OUR FAVOURITE  
PLACES  
TO RIDE

TRAVEL  
TIPS


Kit Reviews

2023/24 Edition





# WELCOME TO PEDALNORTH

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interactive content

2023/24 Edition





# EXPLORING BARCELONA WITH NADEZHDA



Lifestyle at [www.Pedalnorth.com](http://www.Pedalnorth.com)



## Join the new cycling revolution

Last year, I had the opportunity to travel to various countries, including Italy, Switzerland, the Czech Republic, Croatia, Montenegro, Kazakhstan, and different parts of Spain. However, after staying in Barcelona for a month, I was so captivated by the city that I made the decision to extend my stay.

I felt that this vibrant city had so much more to offer, and I was not disappointed. It's now been nearly a year, and I continue to enjoy everything that Barcelona has to offer as a cyclist.

Barcelona itself is a very comfortable city for cyclists. There are more and more bike lanes being added, making it easy to navigate around.



The city strikes a perfect balance - it's not too small, nor too big. You can easily cycle or walk to any place you need to go. The people here are also incredibly kind, warm, and friendly, which adds to the overall experience of the city.

One of the things that surprised me about Barcelona was the abundance of green areas and well-preserved parks. The city has a great mix of flat coastal routes and hilly mountain parks, providing a variety of cycling options for any purpose. The roads are smooth and fast, making it a true pleasure to ride here.

During my stay, I discovered some fantastic cycling routes that I would highly recommend. One of my favourite casual rides was heading to Collserola park to Sant Cugat and Tibidabo for a coffee and lunch break. The Manresa Park route, with its beautiful Turó de l'Home (1,712 ) highest point, was also an absolute highlight for me. And how can I forget the magical experience of cycling in Montserrat? It truly left me in awe.

If you're looking for a unique and charming cycling experience, I recommend visiting the medieval village of Mura. It's a beautiful place surrounded by nature in the Sant Llorenç i l'Obac Natural Park. The village has old stone houses and cobblestone, and cute flowers on the balconies.

Another great place for cycling near Barcelona is the Penedes wine and cava region. Picture yourself cycling through beautiful vineyards, enjoying the fresh air and scenic views. It was a special experience for me that I won't forget.







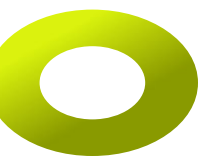
## Barcelona - a soulful & vibrant cycling city

If you're looking to explore beyond Barcelona, there are plenty of options within a short drive. Girona, known as a Mecca for cyclists, is just an hour away and offers great training opportunities. And if you're up for more adventure, the Spanish Pyrenees and Andorra are within reach.

Aside from cycling, Barcelona offers plenty of other sporting activities. I love running along the coast, and it's always inspiring to see how many other sporty people are out and about. And when it comes to food, Barcelona has it all. You'll have no trouble finding great quality food for your diet, including fresh fruits, veggies, and seafood. The city boasts countless restaurant options, allowing you to discover something new every day.

In summary, Barcelona is a cyclist's paradise with its diverse cycling routes, well-preserved parks, and a comfortable city layout. The friendly locals, stunning coastal views, and incredible food scene make it an unforgettable destination for any cyclist.

I'll be visiting lots more places in 2024, so join me on my blog - simply [CLICK HERE!](#)





# RIDE 'THE TRILOGY OF THE TRAILS' IN TRANSYLVANIA

## An undiscovered off-road mecca

Having travelled to Transylvania several times now, as well as having Larisa Chinces based there, in historic Sibiu, we've developed an in-depth knowledge of the cycling opportunities that await riders in 'Europe's last great wilderness' - the Carpathian Mountains.

It's been on our radar for so long, and it's time that we gave you a focus on the trail riding adventures that await you on the now well-established TRIADA MTB Series.

TRIADA is the brainchild and the passion of former Olympic mountain biker, and current national mtb team manager for Romania, Tudor Oprea - a truly fascinating and inspirational person. These events continue to introduce and support young riders into the sport, with epic events from April to September.







## A DEVELOPING FESTIVAL OF ADVENTURE

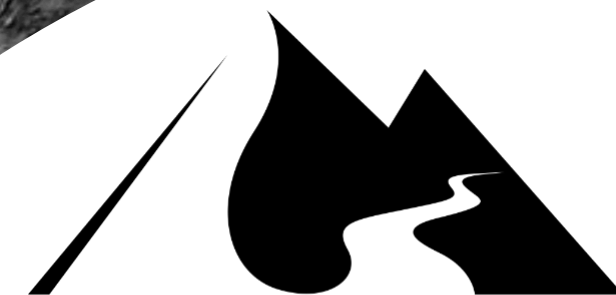
Having developed the TRIADA events over 10 years, alongside creating and managing a successful mountain bike race team (Pro Cycling Team), within the Sibiu area, it seemed a natural progression for Tudor to expand the off-road adventures in line with current global biking trends.

The TRIADA races have previously focused on MTB XCO, introducing many youngsters who've gone on to having successful race careers. In 2023, the team at TRIADA brought E-MTB into the mix, with a specific event, following the growth of e-biking right across the European scene. For 2024 though, There's a whole new offering coming to the events, for competitors from grassroots, all the way up to elite - Gravel bike races.

Yes, the 3 weekends of TRIADA, in April, June and September will now feature this exciting new race format, bringing the types of bikes at the festival to 3 - allowing Tudor and the team to finally offer bikers from around the world, the 'TRILOGY OF THE TRAILS' festival in transfixing Transylvania!

We firmly believe that the new 'TRILOGY OF THE TRAILS' has the potential to become one of the biggest and best off-road biking festivals in Europe and beyond. It's now a truly epic gathering of adventure seekers on 2-wheels!



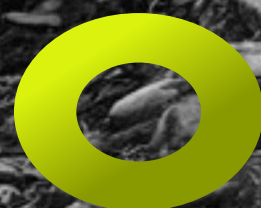


**TRIADA MTB**

J O I N   T H E   R I D E

If you're looking for adventure in 2024, why not take yourself to Transylvania and ride the epic TRILOGY OF THE TRAILS off-road festival. There's 3 event weekends to choose from, at Avrig and Paltinis, the oldest mountain resort in Romania.

Nearby Sibiu, has an international airport with direct flights from London and many other destinations. And, as a former European City of Culture, and being a World Heritage Site, Sibiu is experienced in catering for the needs of travellers from around the world. So, join Tudor at this new and exciting gathering of bikers, and ride the best trails in Europe, in the undiscovered forests and mountains of Transylvania.



# Trilogy of the Trails





# Bormio: Unveiling the Cyclist's Paradise

## Where Beauty and Adventure Merge

Imagine a place where picturesque landscapes, a charming town, soothing spas, delectable cuisine, and exhilarating cycling routes intertwine seamlessly.

Welcome to Bormio, a hidden gem nestled in the heart of the Italian Alps, offering an experience like no other for cycling enthusiasts. As a passionate cyclist myself, I can confidently say that Bormio is one of the best places I've ever been. Let me take you on a journey to discover the wonders that await in this cyclist's haven.

### Location & Town

Located in the Lombardy region of northern Italy, Bormio is a small town that exudes a unique blend of history, culture, and natural beauty. Surrounded by majestic mountains, including the Ortler Alps and the Stelvio National Park, Bormio offers a perfect starting point for exploration.

The town itself is characterised by its medieval architecture, quaint streets, and warm, welcoming locals, creating an inviting atmosphere that adds to the overall charm of the place. next cycling adventure.



# Lose Your Heart & Find Your Soul

## Spas and Relaxation

After an exhilarating day on the bike, what better way to unwind than by indulging in some well-deserved relaxation? Bormio is renowned for its thermal spas, boasting natural hot springs that have been revered for centuries. Immerse yourself in the warm, healing waters and let the soothing properties melt away any fatigue or tension. The experience is simply rejuvenating and will leave you ready for your next cycling adventure.



## Culinary Delights

No visit to Bormio would be complete without savouring the local culinary delights. The region is famous for its mouthwatering cuisine, offering a delectable array of traditional dishes that will satisfy even the most discerning palates. From hearty mountain specialities like pizzoccheri (buckwheat pasta) and bresaola (air-dried beef) to delicate pastries and gelato, Bormio's food scene is a treat for all the senses. Be sure to fuel your cycling escapades with these delightful culinary experiences.





# Cycling Routes and Stunning Views

Now, let's talk about the real reason why Bormio is a cyclist's paradise - the breathtaking cycling routes and views that will leave you in awe. Here are just a few highlights:

1. **Legendary Stelvio Pass:** Ascend the iconic Stelvio Pass, one of the most challenging and awe-inspiring climbs in the world. With its 48 hairpin bends and stunning vistas around every turn, conquering this legendary route is a thrilling achievement that will be etched in your memory forever.

2. **Gavia:** Another legendary climb, the Passo di Gavia, will test your limits and reward you with panoramic views of snow-capped peaks and alpine meadows. The serenity and grandeur of this route make it an unforgettable experience.

3. **Cancano Lakes:** Embark on a scenic ride to the Cancano Lakes, where shimmering turquoise waters nestled amidst the mountains create a postcard-perfect setting.

The tranquility and beauty of these lakes will leave you captivated.

4. **Mortirolo:** Brace yourself for the challenge of Mortirolo, a steep and demanding climb that is often dubbed as one of the toughest in professional cycling.

The thrill of conquering this mountain and the stunning vistas from the top make it an absolute must for any cycling enthusiast.

You can literally lose yourself in the spectacular scenery - so spiritual.







**CAMELBAK®**

# EXPERIENCE THE BEAUTY OF ITALY

In Bormio, the convergence of nature's beauty, a charming town, soothing spas, delectable cuisine, and exhilarating cycling routes create an experience that is truly unparalleled.

As I reflect on my own personal experiences, Bormio stands out as one of the best places I've had the pleasure to visit as a cyclist. It simply overwhelms you with its beauty and sublimity, and the sheer majesty of the Italian mountains. It's a place that I've wanted to visit for so long now, and I have - riding some of the most spectacular road climbs in the cycling world!

And, the after-ride experience is as Italian as you'd expect - unequalled and luxurious where required, and relaxed when you just want to chill. Yes, Bormio is a kind of special place, and I know that I'll be back again some day.

So, if you're seeking a destination that will ignite your passion for cycling, while offering unforgettable memories and stunning views, look no further than Bormio. It's a cyclist's paradise waiting to be explored.

[Click here for more great cycling routes on our website!](#)



We've got a selection of some of the best cycling routes in the world for you to ride, all with maps and downloadable GPX files. Simply click here and plan your own adventure in the mountains!



# Trails that never end



## Add spice to life

Being a sort of artisan's workshop for cycling writers, where like-minded Wordsmiths can sit a while and compose freely, we love the ethos and cooperative nature of Orbea. This dynamic brand from the wild and beautiful Basque region of Spain aren't however new kids on the block.

Orbea made their first bikes, way back in 1840. What is refreshing though, is to find a brand that still likes to think outside the box, and who have come full circle, with their altruistic approach to manufacturing. Maybe that's what makes their bikes so special - that they're made by a very special group of people.

Anyway, we thought that we ought to go riding with Orbea and see if any of their adventure seeking rubbed off on us - and it did! The result: a new series of extra-special remote rides, seeking those trails where adventure never ends, and where the day is as long as you want it to be - the longer the better.

## ORBEA REMOTE RIDES

Adventure is never out of fashion, and at heart, we all seek it. With modern mountain bikes taking so much of the risk out of riding; suspension seat posts, longer travel, improved materials and lighter bikes, alongside the power or the E-bike, it's refreshing to see riders looking for something unique and special.

This year's 'Ard Rock festival, deep in Swaledale in the Yorkshire Dales National Park, was one of those special events where the adverse weather actually helped to reflect the passion of the riders, heading out into the misty rain, along remote trails.





# Just Ride

with

# ORBEA

The one thing that Nidderdale has in abundance is wild and remote trails. Better still, on a bleak autumn day, with hanging grey clouds and rain that teases you, only the brave head out into these hills, where the foreboding mass of Great Whernside looks down on you.

Nidderdale is one of those valleys where the road fools you into the belief that you're heading into a one-way destination. It's extremely narrow in the main valley, with steep sides that rise endlessly, and small hamlets and farmsteads scattered intermittently across the hills. You get a feeling of entering another time, many years ago, and it's quite inviting - save for the narrow road that you imagine will suddenly stop around the next bend.

However, just at the right moment, the narrow lanes then turn off into the unexpected road that climbs Lofthouse Bank and twists an escape route upwards, guiding you once more towards civilisation, via one of the most beautiful stretches of open moorland road you'll ever encounter .

Thankfully though, the hard packed gritstone trails are not so easy to escape, which we like - a lot! They cover every available inch of this landscape, guiding generations of lead miners, sheep and cattle drovers, shepherds and many lost souls on Duke of Edinburgh expeditions into the sublime countryside.

These rugged tracks now form the foundation of some of the most scenic and technical trails in the Yorkshire Dales.

As we headed out to find our own adventure, we made sure to avoid the obvious and the well-known starting points, instead opting for the harsh-sounding and historic hamlet of Dallowgill, where we knew that we'd be starting from isolation, save for the tough sheep who live in this unrelenting landscape.

It's a favourite place of mine, hidden away on a road that eventually becomes a bridleway that sweeps over the hills and drops you down into a sublime valley.

Joined by Lee Williams, U.K. Marketing lead for Orbea, and a former Welsh national XC, we were soon opening the van and choosing our bikes for the day.

Lee chose the fantastic Orbea Rise E-Bike, which I've ridden several times myself, and which is the perfect powered mountain bike for the Yorkshire Dales terrain.

Me... well, I was riding with a former national XC champion, and so there was only one choice - the totally awesome Orbea Oiz, fitted with XTR and a carbon wheel-set. It's a bike that literally floats along these rocky trails.



Visit the Orbea  
website





# Refresh your cycling soul

We often think too much about the places to ride. Not in the beauty of the adventure, but in terms of the facilities and how easy it is to get there. What matters ultimately is that we should just ride.

Life is not a dress rehearsal, and we're all reminded far too often that age is a privilege. Yes, we want to explore that trail over in the north, but we put invisible barriers in our way - including the weather. Today was to be different, and we removed all barriers, parked up at Dallowgill and just rode off into the misty hills.

As we reached the upper edge of the valley, where glorious views normally await the ride, it was simply a case of letting loose and sweeping down the rocky track, with small stones spitting out in all directions and we swooped downwards. With Lee in tow, this was a day to enjoy the technical aspects of the trail and to let the Orbea Oiz bike do its thing - simply floating over the ground.

Before long we were bouncing off the rocks and flying over the edges as we approached Ramsgill and the trail allowed us a rest. Grassy meadows now guided us, as we climbed the shingle to isolated farmsteads, with Lee stopping several times to take in the sublime splendour of the rugged landscape, bathed in mist.

We then rejoined the rocky descents; this time guided by limestone walls that snaked alongside, leading to the cobbled 25% drop of Studfold Bank, on route to tea and cake at the magical carved alpine river at How Stean Gorge.

Once suitably refreshed, away from the elements, we headed up the steep road climb to the end of valley hamlet of Middlesmoor, where the road becomes a bridleway and leads you further upwards for a mile, before dropping steeply over technical drops and rock gardens to the reservoir at Scar House. It was a simple ride over the arched bridge, before the long and challenging climb began - one of the best and most challenging in the Dales.

The climb normally leads to spectacular views down the whole of the Nidderdale Valley. However, on today's ride the skies were filled with mist, and our focus was on staying the course on the unrelenting slope, which includes the 30% steep section that crosses the tumbling stream at Woo Gill. Lee raced up the climb, while I struggled and let him fade away into the distance.

Once we reached the upper Nidderdale edge though, it was sublime, with the wild and rugged moorland surrounding us, and hard-packed stony trails to speed along. We soon reached the shooting hut at Thorpe Edge, then crossing the top of Lofthouse Bank, and enjoying the super-long and super-fast descent to the trail junction above Ramsgill once more.








# Speed is your friend

On days such as this, you can keep your trail centre's and their sculptured tracks. I'd rather be wet and covered in mist in the open hills, with a wide expanse of heather moorland before me and no other riders in sight.

There's something quite unique and special about Nidderdale. Officially, it sits outside of the National park, being instead an 'Area of Outstanding Natural Beauty' through choice - an apt title. It looks and feels remote, and yet in truth is quite easy to reach.

Mountain biking should be about adventure and finding your soul in the hills. Being alone and at one with your bike is a simply wonderful feeling - especially when that bike is an Orbea Oiz, and born for trails like this.

Check out more  
great routes 

All that was left, as we stopped to take in this epic, loose and high adrenaline descent was the final climb, back up the edge that overlooks Dallowgill, and a long and straight descent at speed. Cake and coffee was on our mind, and we'd soon be at Masham and the famed Johnny Baghdad's Cafe.

Despite the weather, the ride had been wild, remote and absolutely glorious. As with all the tracks in the awesome valley, it's thankfully rideable in all conditions, as the only risk is the spitting out of stones as the tyres crunch into the ground. Yes, despite the weather, the terrain was on our side, and we soon reached the gate that makes the summit.

Racing downwards to the van, parked by the start of the locally known 'Mosaic Trail' walk, we were accompanied only by the moorland grouse and the cacophony of shingly trail, as we sped along at full gas, living by the motto - speed is your friend!





# INDOOR CYCLING = OUTDOOR FUN

Ignore the rules and make  
up your own!

Winter isn't fun for cyclists. Admit it. However stylish that Italian cut jacket looks, you'd rather be wearing a form fitted, lightweight short sleeved jersey in 30 degree heat and catching the rays - we all would.

The bike also needs more attention and more cleaning, because you can no longer rely on the roads being dry, or you staying dry - and warmth, that's history folks!

Yes, I know, 'the rules' stipulate hard riding outside, but in truth, it's a damn stupid book, filled with utter nonsense, and only an idiot follows it religiously. Why be wet, cold, uncomfortable and unhappy!





# Let Elite Lead Your Ride

## Train around the world - with interactive excellence

Thankfully, the cycling Gods do actually exist - and unsurprisingly, they're Italian too! You can find them in the north-east corner of this magical country, operating under the brand name 'Elite', making the world's best interactive cycle trainers. Don't take my word for it though; take a look at many of the leading world tour teams, as they warm up and warm down.

These days, indoor cycling isn't just a case of hooking up the turbo trainer in the garage and wearing out a dozen cheap tyres as you struggle to motivate yourself through the cold, damp days of winter. Indeed not, it's quite different, and some people may say it's all about A.I. - which I suppose it is in a way. Ultimately, things have gotten a whole lot better, with a video screen in front of you - mine is even curved and wraps around me as I ride!

Yes, the Elite 'My E-Training' system comes with a superb selection of some of the best road cycling routes in the world for you to hook up to, connect your chosen Elite trainer, and let the technology do the rest. I generally use the Elite Suito, which easily folds away.

I also have their top of the range Elite Justo, working in harmony with their Elite Rizer, indoor climb simulator, which takes me to heaven and back as I tackle the climbs, rising and falling perfectly with the gradients, as it lifts the front of the bike. All of this means that, when I do get outside to ride, I feel so much better, fitter and happier. I enjoy the ride more.

# ELITE



One of the issues that we all feel when indoor cycling, is that we miss our favourite routes; and yes, we miss the feeling of being outside. I get it, I truly do. And, apart from having a friend stand by and hose you down while you ride the trainer, and put a huge fan in front of you, there's not a lot that we can do to simulate the winter weather.

We can however now film our favourite rides, using the Elite 'my real video' software and play it back on the screen and trainer at home as we ride it interactively - without the cold and wet ;)

Yes, with such a dramatic selection of cycle routes here in the Yorkshire Dales and North Yorks Moors, I can still suffer them on the Elite training system, with a cup of oat milk coffee and cake close to hand! Now, in my book, that's a winter success story! You can wrap yourself in sixteen layers if you like, and freeze your nads off, and get wet through as a rain cloud comes unexpectedly up the valley - I'll be riding the Justo at home, with the Elite Rizer raising the forks and my spirits, and with a slice of home-made carrot cake waiting for me on the side!



**ELITE**  
CHANGE YOUR RIDE



Visit the Elite website





**ELITE**  
CHANGE YOUR RIDE



# ELITE JUSTO INTERACTIVE TRAINER

It's time for us to take a closer look at the Elite Justo, and to tell you why we think it's so good







**ELITE**

## Be the best, with the Elite Justo

There's a new kid on the indoor training block and it's really cool. It's both technically superb and stylishly cool. What's better is that it works in conjunction with even more new tech from Elite, creating an indoor cycling experience that is second to none.

Okay then, what is this golden egg of interactivity, you may ask. It's the Elite Justo interactive trainer, and it works either independently or in conjunction with the new Elite Rizer. When taken together, and when used with the Elite 'Real Video' app, with a screen in front of you, then you've got a superb way to train through autumn and winter.

The Justo itself, simulates slopes up to 24%, which in practice has meant that even the steepest roads here in the Yorkshire Dales national park have been accessible on a trainer. Yes, I know that some are signed at 25%, but the Justo works on accuracy and reality, and by using the GPX geo data and converting this into the necessary resistance, with a 1% accuracy that gives you a smooth and effective ride.

Adding the Elite Rizer to the front, also means that the trainer set-up reacts to slopes going up... and going down, with the front of the bike also being raised or lowered when required, giving that added reality to events. The pinpoint accuracy of the Justo inclines up to a 24% slope, with the integrated power meter kicking in to take the relevant measurements and display them on the screen. It also has an auto-calibration, meaning that setting it up is as easy as simply plugging in and pressing a button.



Over recent weeks, we've been hammering the alpine classics, with up to 4 alpine passes a week on the video from Elite 'Real Video', and it's been as good as you'd expect from this technically superb Italian brand. One aspect of the Rizer that is worthy of note is the flexibility and softening around the area where the bike fork is fixed. Its rubberised and softened and designed to move with you, allowing you to steer the front of the bike as you use the interactivity of the combined trainers. The Rizer says it can move your bike uphill at +20% and downhill at -10%. In practice, we simply found it to be smooth, realistic and very fluid.

## Integrated power meter: max precision

Its accuracy is particularly appealing to us here at Pedalnorth. The Justo measures the actual power delivered with an integrated power meter, the OTS (Optical Torque Sensor). Thanks to its internal power meter, the trainer can immediately measure the power you exert on the pedals with an extraordinary accuracy of < less than 1%. In addition to added accuracy, the Justo features new ERG Mode data smoothing options, including the "Easy Start" feature to make it easier to start and resume an interval after you stopped pedalling. When the flywheel stops rotating, this feature will automatically remove the resistance until you start pedalling, giving you a few seconds to move your legs before re-applying the resistance that you set for your intervals. Viola - simple, smooth and effective indoor training.

In summary then, we'll be looking at both the Elite Justo and the Rizer more frequently, as we train indoors through winter, and giving you more information and training tips. Our next blog will focus specifically on the Rizer and its development. In the meantime, we definitely recommend both the Justo and the Rizer. As the ultimate indoor cycling combination for a great interactive experience.



# ELITE

CHANGE YOUR RIDE





Empower yourself at  
[Pedalnorth.com](https://Pedalnorth.com)

**CAMELBAK®**



# CAMELBAK PODIUM

## Cycling Hydration

If you're looking for a super robust, strong, well made and reliable bottle, with an easy flow, then the Camelbak Podium could be just for you. We tested both the smaller 620 ml bottle and the larger 720 ml.

Camelbak have a new design and improved cleaning ability for the Podium® bottle, helping to maintain its position at the top within the cycling industry.

This is definitely a premium bike bottle, and it prioritises performance with its high flow and self sealing cap, and the easy squeeze design, to help the flow at those vital moments on the bike. It's easy to grab, gives you the right flow and doesn't leak, and is super strong too.





# FEEL THE FLOW WITH **CAMELBAK®**

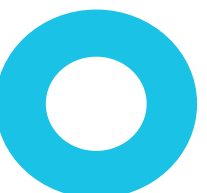


As with other bottles using the self seal technology, there's no spills, drips or leakage too. The actual bottle shape and size of both bottles mean that it's a comfortable fit in the hand, and is easy to grip on the move, plus it fits easily and securely into bottle cages - an important factor.

The Podium bottle is made by as a BPA, BPS and BPF free bottle, which is a positive direction, and the whole unit comes apart for ease of cleaning - voila. Finally and most importantly, due to the Camelbak Trutaste™ Polypropylene with Hydroguard™, all that you taste is your chosen drink and nothing else.

Design and colour wise, it's simply and stylishly finished, and comes with a variety of new colour options for 2022, meaning that it'll also look great on your bike in either size - and that's important 😊. It's priced very reasonably for the tech and performance, and the Camelbak Podium performs well on the bike, looks good and is super strong and long lasting. That's probably an ideal resume for a bike bottle this summer.

The Camelbak Podium is a classic for cyclists and also comes in a Chill version and a Podium Ice bottle, keeping things really cool all day long. You can read about these and lots more from Camelbak on our website reviews.







CHECK OUT  
OUR WEBSITE







# Lake CX 238

## Performance & Comfort

When I'm out and about on my Bianchi bike, I need a shoe that will stay comfortable all day long in the hills of the Yorkshire Dales, and which will also perform on the tough climbs.

I usually wear the Lake CX 238 road cycling shoe, which is super comfortable, has excellent power transfer and is also really stylish - yes, that's still important to me, and Lake cycling shoes are thankfully, performances orientated and stylish. My favourite ride starts here at Ripon, near the famous Cathedral, and heads through the World Heritage Site of Studley Royal Deer Park and Fountains Abbey, before climbing steeply into Nidderdale, passing the rock formations at Brimham Rocks, left behind by glacial retreat in the ice age.

Thankfully, the double BOA fastening on the CX 238 ensures that my feet stay fixed and firm, and my climbing is maximised. Most of the hills in this area are at least 15% minimum.

### All Day Cycling Comfort

I don't know about you, but I frequently leave the route to chance when I'm out. I'll simply decide how I feel and turn where the bike wants to go. This can mean a long day in the saddle, which again is where the Lake CX 238 is perfect for me, being so comfortable. Descending towards Pateley Bridge, nestled in the North Yorkshire countryside, the road requires excellent control, and the stability and support that the CX 238 gives me is perfect, allowing me to really open things up. Once I've descended, I often climb towards the isolated village of Heathfield, where friends live, as their garden has the most beautiful view in Yorkshire - trust me.



# You & your feet are unique

Are these the world's best cycling shoe

After a mid-ride cup of tea, it's time to think about more climbing, as I ascend Church Bank or Silver Hill in Nidderdale - both, equally challenging climbs that require a shoe that stays stable and transfers the power - the Lake CX 238.

## The Tech Facts

So, what is it that makes the Lake CX 238 so damn comfortable and so eager to perform? Well, for a start, you need to be comfortable to perform at your best, and the design of the CX 238, along with the leather upper, means that it literally wraps around your foot like a second skin, due to the dual BOA design. The heel cup is also super stable and the Competition 'Last' (the base of the shoe itself) increases toe pitch and heel lift, allowing the foot to expand under high pedalling pressure.

Supporting the shoe is Lake's Race carbon fibre sole, offering impressive stiffness and power transfer while remaining low in weight. To protect the shoe from premature wear, the full-grain leather upper boasts a panel at the heel and a rubber bumper at the toe, plus mesh panels for proper ventilation. All in all, it's a well thought out shoe, with a wide toe box designed for what feet actually do - spread out. And, for me, the CX 238 also looks kind of stylish too, which is always an important factor.

## Comfort & Performance in Harmony

Finding that perfect balance in a cycling shoe is difficult. Too often brands make shoes to be stylish, and yet they pinch and cause issues, making the ride simply uncomfortable. Lake Cycling see comfort as being the number one priority, which is why the CX 238 is possibly their bestselling cycling shoe worldwide. All I can say is that it's super comfortable, performs exceptionally and looks the business too - and that's got to be the golden trilogy for cycling shoes.





# SPIRITUAL CYCLING

## Find yourself on a bike

We all know the obvious physical benefits of cycling. Some doctors even prescribe it for health reasons these days - imagine.

However, just as important, especially in such difficult times as these currently being experienced globally, our mental health needs to have just as close a focus for all of us. Thankfully, there's now a wealth of evidence that points to the mental health benefits of cycling. Fundamentally, it releases endorphin's and they're really good at making you feel positive about life!

Personally speaking, in moments of despair or upset - which we all experience in truth - losing myself on a ride alone in the hills of the Yorkshire Dales is food for the soul. It allows me to think, to try to make sense of everything, with only the sheep to trouble me. Yes, the quiet single-track lanes, where I'm lucky if I even see a farmer, are breathtakingly beautiful and relaxing places to me, as I challenge myself and work out the low feelings, always coming home feeling better.

Cycling is I guess, all about exploring ourselves, as well as the amazing places that we visit. Ultimately, when we're suffering a period of mental health issues, or just really upset about one particular thing, then it's only by looking deep inside ourselves that we find a solution - and being in these wild and remote and quite beautiful landscapes helps by releasing those necessary endorphin's.



Despite the obvious physical benefits,  
cycling is also food for for soul



Out and about, we explore ourselves  
as well as the countryside





# Cycle for life

As cycling becomes more and more popular, it's increasingly difficult to find solitude on a bike. Thankfully, here in North Yorkshire I have both the North Yorks Moors and the Yorkshire Dales National Parks, both of which have hidden lanes, away from the cycling crowds.

Hitting Coverdale is a favourite of mine, as I know that I'll be riding alone and won't come across others. The challenges for me are the hills and they give me the opportunity to test my spirit, to think out any issues and, when I summit, to feel so much better. Yes, cycling alone in these rugged hills is refreshing and unburdening and kind of philosophical.

Modern life is stressful for all of us, and having an activity that's so accessible and so good for us is perfect. However, we need to first of all accept that we need to feel better, and then make an effort to do something - to get out on our bike. When I'm out and about, I'm not challenging the clock either - certainly not these days. I often take my phone purely for the images I'll take, as I stop to take in my surroundings and capture the feelings. Yes, Strava is great, and I do use it; however, mainly as a simple recording tool. I like to ride frequently, and Strava tells me when I'm being negligent.

In this way, recording my rides is also a way of reminding me to look after my mental health and find the escapism that cycling in these hills brings me. I'm no clinician, and no expert, so please, just take all of this as personal advice. What I can say though is that cycling adds life to my days - and happiness. Ultimately, that's a good reason to ride!





# YOGA FOR CYCLISTS



With Diane Vilarem

Get flexible with Diane and make the most  
of your cycling lifestyle





Diane Vilarem, Lifestyle Editor

# The core issue is simple:

## It's The Core

In a perfect world, we'd all like to be able to jump on board our bikes and to simply ride. We are however, constantly told that we need to wear these shoes, this kit, have this bike properly fitted, and so many other things too.

We buy the latest indoor trainers, ensuring that not even the weather can stop us, and yet we often forget the most important part of our bodies - that part which is literally central to everything.

Yes, in truth, our core is that part of us which defines us, shapes us, gives us strength, defines our gait, and which helps us to be better athletes and cyclists. It's not simply about balance either; it's about us, our own biomelectric patterns and how we use our body. In cycling, our legs and our feet are critical to the movement of the bike, and yet they perform so much better when we have a stronger and more flexible core.

Yoga isn't just about stretch, movement and some quite interesting body positions. It's a whole new world of discovery - a world where we discover ourselves. It's also meditative and relaxing - something which is so important in this modern world.

As both a cyclist and a person who uses yoga daily, I've been lucky to benefit from this partnership of activities, and, that's why we at Pedalnorth want to help and guide more people towards yoga, and to a better and stronger



# Why cyclists should all do yoga

Not only do we spend more and more time sitting (working on a computer, watching TV, driving, etc.) but, as cyclists, we tend to adopt a posture that pushes us to arch over our handlebars and move in a forward direction. This creates neck pain, shoulder and back strain and especially tight hip flexors.

In addition, sitting for hours on a saddle leads to a shorter and underdeveloped psoas muscle (if you don't know what or where your psoas muscle is located have a look at this). Most cyclists also ignore (or have no clue at all) that they have an anterior pelvic tilt. I'll get to that too in another article. All that you need to know for now is this - Yoga is good for cyclists, trust me!

Most cyclists unfortunately only focus on riding to the detriment of everything else. The more miles the better; right? They train a lot on the bike and don't have time or don't see the point in adding complementary activities to their cycling training such as yoga. I haven't found anything yet in the Velominati bible that prevents cyclists from doing a bit of downward dog or cow pose. And since most cyclist don't, their core strength, flexibility and upper body is generally weak. Yes, you might use cycle trainers, but they only strengthen your legs - which leaves a whole lot more of your body to think about. 😊

Shortened muscles doesn't just impact a cyclist's efficiency but can also accelerate the development of injuries. So, why don't cyclist (or triathletes for that matter) spend more time on flexibility? Why don't cyclists do Yoga?







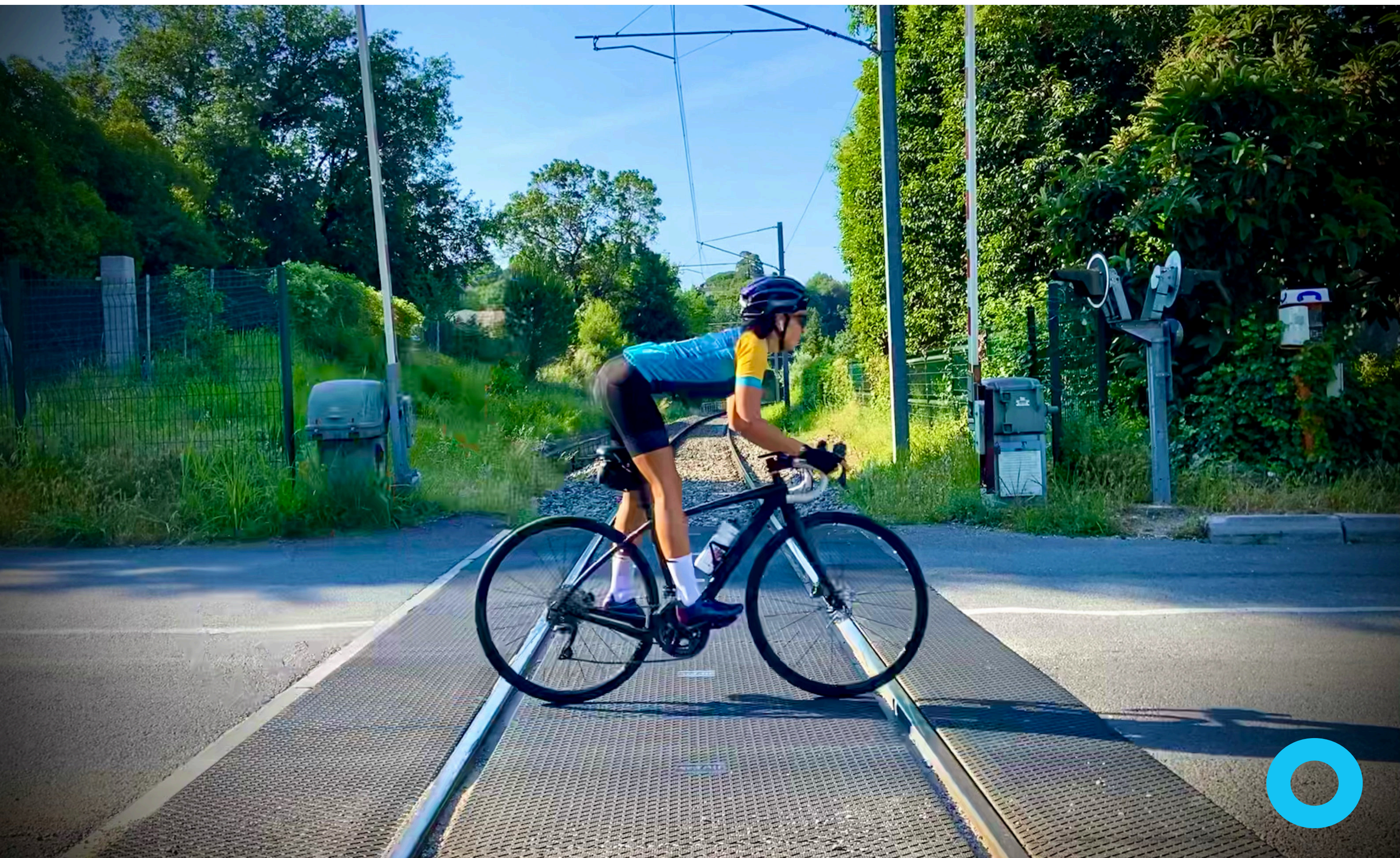
It shouldn't come as a surprise that regularly practising yoga as a cyclist will help your body develop a great range of movements and increase your general mobility.

And, because it is important to stimulate your body in many ways, Yoga can really help cyclists on different levels and help them unlock (or more accurately unblock) their athletic potential.

## Here are some of the benefits

1. Core strength: whether it is now or as we age, having a strong core is vital. Most cyclists have (some) back muscles but (definitively) weak abdominals.
  2. Breathing: yoga enhances cardiovascular and respiratory systems for higher endurance. Translation: Yoga helps your internal system function better.
  3. Flexibility and posture: improve position on the bike to be able to ride with a straighter back, leading to less neck pain, a better general mobility for better performance and reduced risk of injury.
- Now that we've got the history and reasoning out of the way, let's talk about some Yoga positions.





GET ON TRACK WITH DIANE



# A journey from the Alps to the sea

Scott Cornish







## Plans come to life

It had been in the planning for a couple of years, to bike-pack from my home in Chamonix to St. Raphael on the Mediterranean coast via off-road trails over high alpine cols through wild landscapes.

A weather and work window didn't present itself until late September, with just two refuges remaining open and most stores already closed for the season. Consequently, I was forced to set out with full cold weather camping and ride gear, expecting temperatures appropriate for the time of year, especially at the higher altitudes.

At 693 km with 24,000m of accumulated climbing the trans-alpes is a proper MTB route that minimises tarmac, using spectacular singletrack at every opportunity. Some of it highly technical, some of it flowy and fast, winding its way down mountainsides. The trans-alps is a route that requires an adventurous mindset as it isn't an entirely fluid riding route, with lengthy sections of steep hike-a-bike to crest high alpine cols. The reward, spectacular descents on the other side.

From Chamonix you're straight up into the high alpine trails, with views across to the Mont Blanc Massif. From here the big climbs, spectacular views and equally big descents don't let up until you're within 130 km of the coast, where the terrain levels out a little.

You'll pass through numerous natural reserves - Contamines-Montjoie and the Beaufortin - skirt the Vanoise national park and pass through the national parks of the Ecrins, Queyras, Mercantour and the Préalpes d'Azur, where you're riding ribbons of singletrack amongst wild and remote landscapes, with breathtaking views.

What goes up, must come down and the descents were amazing. Long, sometimes super technical and always exhilarating, often on winding singletrack. You'll experience infamous road cols in a different way, riding up them via off-road tracks, such as the cols du Lautaret and Galibier and descend off the Madeleine on dirt trails.





The last section is through the dry Esterel region of the Pre-Alpes - lots of roller-coaster singletrack and gravel tracks that meander through this region. From the last high point of 1,310m, you drop 1,100m along dirt trails down towards the coast with wide vistas out to the deep blue waters of the Mediterranean. After 9 days on quiet, mountain trails, it was a shock to be back on busy roads! A short ride along the coast takes you to a camp ground in the quieter St. Raphael.

And then, the journey is done and it's already time to think about where next, as the pleasure of the trip sinks in and I enjoy that special moment. Bike-packing alone is a great way to find your self and to refresh the soul. If you'd like a few more bike-packing trip ideas, then read more of my blogs on our website.

### Kit used:

Lake MX238 shoes (wide)

Albion Cycling kit

## Adventure for the soul

With it being at the end of the summer season, I found some quiet and spectacular spots to wild-camp (tolerated so long as you leave no trace and set up late/leave early) except for two nights; the first in a non-guarded refuge and the sixth in a shepherd's hut. Amazingly, for the time of year, the night temperatures never dropped below zero, even at the highest camp of 2,600m on the col de Peas.

You regularly pass over numerous peaks above 2,200m, with a couple over 2,600m and the highest point reaching almost 3,000m - the col de la Noire - a spectacular spot to take a moment to admire the views on both sides of the col, especially after the tough hike-a-bike; the final 450m gained in just 1.8km.









# Thanks for joining us!

It's been a while since we've put together an edition of our e-magazine, and now that life seems to be back to being as normal as it's ever likely to get, we thought that you deserved something special.



Nadezhda and Robert lead busy lives when they're away from Pedalnorth; both creating great content for leading global brands. It's an absolute honour though, to bring you this quite special edition of 'LifeCycle' - enjoy!







[Pedalnorth.com](https://pedalnorth.com)

Crank it up!



SEE YOU IN 2024!