

Cycle for the century: marking a century of Bike Week celebrating everyday cycling for everyone

The 5-11 June 2023 is the 100th annual Bike Week, marking a century of celebrating everyday cycling for everyone. Guildford based charity, [Cycling UK](#), designed the [Cycle Surrey Hills](#) project to provide an opportunity to experience the stunning landscape and support mental and physical wellbeing.

As part of Bike Week, [Surrey Hills Society](#) and volunteers from the [Mole Valley Cycle Forum \(MVCF\)](#) have collaborated to upgrade the waymarking of cycle trails in the Surrey Hills, aided by e-bikes from the Cycle Collective in Dorking. These Cycle Surrey Hills loops not only provide a brilliant off-road cycling experience but help users to keep to the established route to protect the special species and habitat that we share the landscape with. The [Surrey Hills Conservation Volunteers programme](#) brings together communities to conserve and protect our National Landscape partaking in activities such as hedge planting, chalk grassland management and wildlife surveys.

The first Cycle Surrey Hills route that the Conservation Volunteers are upgrading is the Puttenham Loop which is routed around Puttenham Common and offers spectacular views and an abundance of heathland and wildlife. The webpage and GPX file download can be found [here](#), with the updated on-site signage to be completed in due course.



Team members of Surrey Hills Society, Mole Valley Cycle Forum, Hampton Estate and Deputy Cabinet Member for Environment Paul Deach

Gordon Jackson, Chair of Surrey Hills Society said: *"We are delighted to be working with Mole Valley Cycle Forum as Conservation Volunteers to improve the experience of the Cycle Surrey Hills routes. These are important improvements that will help users feel confident in enjoying the countryside and a deep connection to the landscape with inspiration to protect it for the future of the wildlife that call the Surrey Hills home."*

John Arnold, Chair of MVCF commented: *"In a time of swingeing government cuts to Active Travel and substantially reduced investment in cycling infrastructure, it is great to have the opportunity to volunteer with the SHS team in developing inter-generational off-road trails, close to Mole Valley residents, to promote safer cycling routes in the beautiful Surrey countryside."*

Deputy Cabinet Member for Environment and Surrey's Active Travel Champion, Cllr Paul Deach, said, *"We are very fortunate to have some of the UK's finest countryside on our doorsteps just waiting to be discovered. Cycling in the countryside is not just a journey on wheels; it's a transformative experience that nurtures our health and well-being. As we pedal through nature, our bodies come alive, invigorated by the rhythmic cadence of movement. The fresh air rejuvenates and invigorates our spirits, and the natural scenery calms our minds and souls. With each pedal stroke, we unlock the secrets of balance and resilience, strengthening our physical and mental health. In the countryside, greenways lead us to undiscovered vistas and inspire us to discover ancient landscapes. In these moments with nature, we find solace, find ourselves, and find a profound connection to the world around us. Cycling in the countryside is more than a pursuit; it's a gateway to a healthier, happier existence—one that embraces the freedom to explore, the release from our daily grind and the profound healing power of nature."*

The Surrey Hills National Landscape offers some spectacular cycling routes for users to experience whilst following the Countryside Code – Protect, Respect, Enjoy. Hear more from John & Nigel from MVCF about their advice on cycling responsibly [here](#).

-ENDS-

Notes to editors:

MVCF – www.mvcf.org.uk - was formed in 1996 as a cycling and pedestrian campaigning group as part of Local Agenda 21 in Mole Valley. It is a group of local residents linked by a desire to facilitate the use of bikes as a means of transport and for recreation. Its aims include to:

- Promote sustainable transport by encouraging cycling and walking for work & leisure;
- Produce proposals for cycle routes, and cycle facilities;
- Encourage and support community groups to produce ideas for their local area;
- Partner with the other stakeholders to produce Active Travel solutions.

The Surrey Hills Society is an independent charity formed 15 years ago. It promotes the positive enjoyment and care of the Surrey Hills Area of Outstanding Natural Beauty, which is in the process of being rebranded as one of the UK's National Landscapes. The charity encourages those who live, work in, or visit the area to explore and learn about the special qualities and distinctiveness of the area through walks, talks, conservation action and volunteering. Its mission is summarised by four words: Conserve, Inspire, Educate and Enjoy. The Society is a totally self-funded organisation run almost completely by volunteers, with core funding coming from membership fees, as well as any profits that are made from running events. Further information can be found on our website www.surreyhillssociety.org.

The Surrey Hills National Landscape is one of 46 nationally protected landscapes in the UK, having equal landscape status and protection to a national park. The Surrey Hills was designated on 8 May 1958, which makes it the first Area of Outstanding Natural Beauty (now known as National Landscapes) in southern England to be designated (the first was the Gower Peninsula near Swansea in 1956). The Surrey Hills National Landscape stretches across a quarter of the county of Surrey and includes the chalk slopes of the North Downs from Farnham in the west to Oxted in the east, and extends south to the deeply wooded Greensand Hills which rise in Haslemere. The Surrey Hills Board is a Joint Advisory Committee which is funded by Defra, the National Trust, Surrey County Council and the local authorities within the Surrey Hills area. For further information on the Surrey Hills please visit www.surreyhills.org

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