**Family cycling is something that both myself and my partner always dreamt of when our two girls were younger. We bought the clip-on Burleys and lived on a remote hill in Scotland with oodles of right to roam tracks available. We lived the dream whilst the kids were tiny and you could scoop them up and pop them into their ‘princess’ carriage.  Reality kicked in a few years later living in a rural town in England with very few, if any, cycle lanes, an adrenaline-fueled eldest daughter aged 10**

Cycling:

**Family Games**

**Who craves Ten challenges (along with her dad) And a younger daughter, aged 7, who fears anything that moves or isn’t flat due to her being hypermobile and dyspraxia, which affects her coordination. For us, the forest forms the perfect traffic-free and calming backdrop for both kids learning to cycle and enjoying carefree days cycling as a family. Bicycling was first introduced in the 1800s, and it quickly became very popular. However, the basic bicycle design can be traced back to 1493, when Gain Giacomo Carotid sketched out the idea. Another version was built in France in 1791. However, what many people consider the first practical bicycle was created in 1817 by Karl von Drays, a German civil servant. In 1868, the first documented bicycle race was held. Bikers racked 1,200 meters in the Park of Saint-Cloud in Paris. In the U.S., bicycles were incredibly popular in the early 1900s Today, though, more and more people are biking to work as a way of saving on gas, getting exercise, and because it’s fun.**

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