



E-MAGAZINE

Cycling initiatives

Project Social A.C.T. under ERASMUS SPORT programme

1st ISSUE | 2022



Partners



Co-funded by the Erasmus+ Programme of the European Union



Introduction

“Social A.C.T. – Active Cycling Team” project aims to develop social inclusion by practising cycling in a group as well as promote sport education, particularly on skills development and cycling beneficial to health, through non-formal education activities that enrich physical activity and equal access to sport for all.

This issue of E-magazine contains articles on local cycling initiatives implemented by project partners.

Online learning platform:
www.sportsocialact.com

Partners





Within the Project "Social A.C.T. Active cycling team", Bulgarian partner "Champions Factory" has organised a basic cycling training in Dolna Banya for a total of 15 youth under 14 years old. This training on how to ride a bike was provided for children from orphanage ("Home for Children Deprived of Parental Care "Konstantsa Lyapcheva").



URLA BISIKLET TURU

Urla, Izmir, Turkey

Implemented by ENVERÇEVKO

8 hour route (difficulty level of 3) with the aim to pedal with pleasure on a hot day in Izmir and cool off in the sea implemented by Enverçevko in collaboration with IBUS.

Route can be done by anyone who can ride a bicycle (over the age of 16, provided that they obey the traffic rules and wear a helmet). Can be from 1 to 50 participants, but going with a group is recommended for safe driving in traffic.



ROUTE

- Konak Square
- Bike path to Sahilevleri
- Güzelbahçe
- Zeytinalanı
- Çeşmealı
- Tangerine groves
- Urla Gelinkaya
- Going back

There is no bike path, it is pedaled straight from the main road, controlling the vehicles. Apart from the small water breaks along the way, it is possible to swim in the sea and have a pleasant meal at the cafes at the destination. Round trip 124 km. So you can go in the morning and come back in the evening. Or it is possible to take a short lunch and sea break and return at noon. It depends on the breaks and your performance.

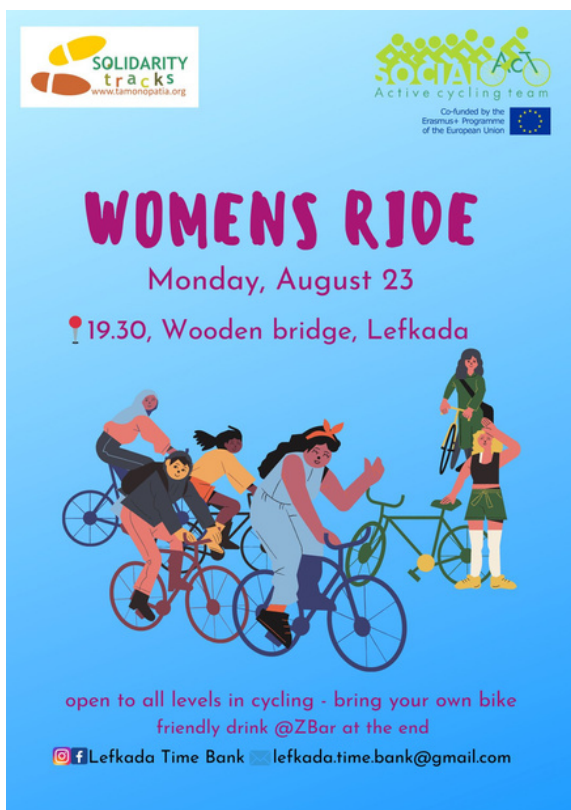
Necessary materials: Preferably mountain bike, city bike, touring bike, swimsuit and towel, apart from the repair kit etc.



WOMEN'S RIDE

Lefkada, Greece

Implemented by SOLIDARITY TRACKS



On August 23, 2021, Solidarity Tracks organised a bicycle tour where they invited women for an easy, inclusive, non-competitive, bicycle ride (duration: approx. 45min-1 hour) in a supportive and friendly environment.

With this ride, Solidarity Tracks aimed to promote active lifestyle, group cycling and use of bicycles among local women.

In the end of the bicycle ride, participating women were invited for a friendly drink in a ZBar, located next to the Solidarity Tracks office.

Women's ride

" No need to be an Athlete, no need to have the fanciest of bicycles, just come with you bicycle and as you are for a fun and empowering group cycling session ! "



GASTRONOMY AND HISTORICAL TOUR IN GAZİANTEP

Gaziantep, Turkey

Implemented by ENVERÇEVKO

On September 29, 2021 Gastronomy and historical biking tour was organised by Enverçevko in collaboration with Gaziantep Büyükşehir Belediyesi with the aim to raise awareness on healthy lifestyle, as well as introduce and taste unique flavors of Gaziantep gastronomy.

The event started in historical Station Square and gathered 20 participants including Gaziantep Metropolitan Municipality Transportation Department Workers for a 2 hour biking tour.



ROUTE

- Station Street
- Nail Bilen Street
- Mithat Enç Street
- Dr.Ömer Asım Aksoy Street
- Ali Şir Nevai Street
- Muhsin Yazıcıoğlu Street

Before the start of a route, city's bicycle coordinator introduced the rules regarding the use of bicycles in urban traffic in practice to the friends who have just started using the bicycle. Coordinator, who offered solutions to questions and problems related to driving experiences at stopovers, noted that the use of bicycles is important in terms of the benefits it adds to human health and increases the quality of life.



BÜYÜKŞEHİR
GAZİANTEP
GAZİANTEP BÜYÜKŞEHİR BELEDİYESİ

ACTIVE YOUTH IS CYCLING

Vilnius, Lithuania

Implemented by ACTIVE YOUTH

Two-thirds of car journeys are less than 8 kilometers!

Every single person's choices can help protect the planet and its people... On a World Car Free Day, Active Youth Association shared moments from previous biking event to encourage the public to choose wisely – bike, walk or take public transport whenever it's possible. During the cycling event the community of organisation had opportunity to get to know each other better and enjoy active time in nature.



The cycling initiative occurred on 9 of July, 2021. It served not only as an initiative among the general public but also as a team building for Active Youth organisation as many members of it decided to join. The group overcame more than 20 kilometers around Vilnius City. The members of AY and the guests found out more about cycling paths in the capital and how to reach facilities more efficiently without any cars. This initiative showed that everyone can have a great time while exercising in fun and involving people from their community.

FOCUS POINTS:

- 9th of July, 2021
- 15 participants (Active Youth Association members and guests)
- More than 20 kilometers around the city of Vilnius



[Click to watch video on Facebook](#)

MUĞLA AKKAYA SOLIDARITY CYCLING TOUR

Mugla, Turkey

Implemented by ENVERÇEVKO

On August 22, 2021 15 people including families with children went on a 35km round trip on a road with plenty of ramps.

Biking tour was open to everyone, including children (under 13 could attend with parents). Their aim was to have a nice day together, accustoming people to active life, popularizing the use of bicycles, showing everyone that bicycles are an alternative means of transportation and that you can go anywhere by bicycle.



NECESSARY MATERIALS:

- ✓ Helmet
- ✓ Gloves
- ✓ Goggles
- ✓ Spare inner tube
- ✓ Pump
- ✓ Crowbar

The difficulty of the tour is that a route has some serious ramps.

It is a route for those who already have a good performance at cycling, but since it is a Solidarity Tour, everyone are welcome to participate in the tour and can accomplish the route with the support of each other.



AUTUMN WITH BICYCLES

Vilnius, Lithuania

Implemented by ACTIVE YOUTH

"Autumn with bicycles" was organised on 3rd of October 2021 with the aim to spread awareness about a healthy lifestyle and introduce Vilnius citizens to new bicycle paths leading from the city to nature and natural reservations around the city as well as show how bicycles can serve as tools to spend more time in nature and together with that have exercise sessions.

It was expected to attract a wide range of people from Vilnius interested in sports and Active Youth association organised activities



The cyclists made more than 15 kilometres, so the bike path was suitable for both - more professional cyclists and beginners. The driven route connects one of the most beautiful natural oases in Vilnius - initially, participants moved through the Vilnius Valley. Then they reached Belmont Falls and saw the layers of the Puckoriai outcrop from below. Then participants return to the city through a village full of life, Pavilniai and Markuciai, where they found not only a hilly park but also the heritage of the family of the famous poet Alexander Pushkin. After the cycling initiative, participants drove back to the meeting point, Vilnius cathedral. The event served as a way to exercise and spend more time in nature on the weekend.

ROUTE:

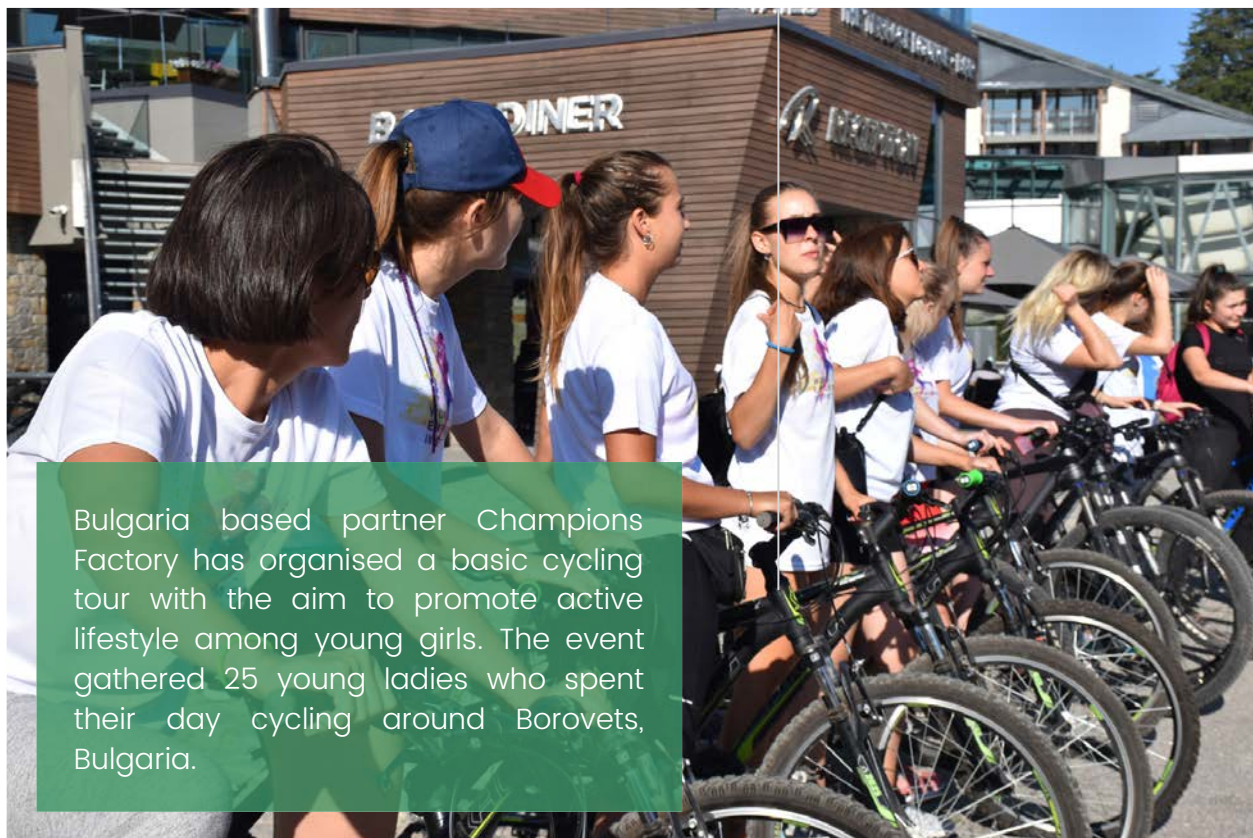
- Vilnius Cathedral
- Vilnius Valley
- Belmont waterfalls
- Puckoriai outcrop
- Pavilniai
- Markuciai
- Back to Vilnius Cathedral



GIRLS CYCLING

Borovets, Bulgaria

Implemented by CHAMPIONS FACTORY



Bulgaria based partner Champions Factory has organised a basic cycling tour with the aim to promote active lifestyle among young girls. The event gathered 25 young ladies who spent their day cycling around Borovets, Bulgaria.

SOCIAL ACT VRATSA

Vratsa, Bulgaria

Implemented by CHAMPIONS FACTORY



A basic cycling training in the northwestern Bulgarian city Vratsa was organised by Champions Factory. During the one day activity in total 30 youngsters had the chance to learn how to ride a bike and 60 more young persons gathered to practice and participate at the relay activities.

CRITICAL MASS. OCTOBER

Vilnius, Lithuania

Implemented by ACTIVE YOUTH



Critical Mass is..

a form of direct action in which people meet at a set location and time and travel as a group through their neighbourhoods on bikes. The idea is for people to group together to make it safe for each other to ride bicycles through their streets, based on the old adage: there's safety in numbers. The other goal of the parade is to promote urban cycling and raise attention to better cycling infrastructure in designated cities.

On October 29, 2021, Active Youth, together with Bike Ride Vilnius, organised the cycling initiative "Critical Mass. October".

The initiative lasted approximately 2 hours and attracted people from various age groups. 23 participants passed the prominent landmarks in the old town of Vilnius while blocking the streets from cars and riding as one big group.



[Click to watch video](#)

BIKE & SWIM. FIRST DAY CYCLING TOUR AND SWIMMING

Mugla, Turkey

Implemented by ENVERÇEVKO

On the first day of the year (01.01.2022), a group of 10 cyclists got up early and pedaled for about 60 km. 8 km is 8-10% descent and ascent.

The cycling and swimming event is traditionally held every year (8 years now) for the New Year as a symbolic opening of the cycling season and sea season. Healthy life motivation and a good start of the New Year is aimed.



ROUTE

- Muğla
- Gülağzi
- Akyaka beach
- Coming back

Muğla - Gülağzi - Akyaka is 30 km. The round trip is 60 km. There is a descent from 700 meters to zero sea level and then climbing back. There are beautiful views of Gökova Bay on the Sakar route. It is necessary to be very careful on the landing route and pay attention to the following distance. The descent takes 8 km.

The return climb is optional. On the first day of the new year, Akyaka - Muğla vehicle traffic is calmer than other days. The minibus departs from a place close to the beach every half hour.



RIDE AND TASTE

Lefkada, Greece

Implemented by SOLIDARITY TRACKS



Solidarity Tracks in collaboration with Dantilles et Dailleurs and BAAT in regards of common "Go Responsible" project, organised a Ride and Taste initiative where those participating took the bikes and went on a cultural biking tour full of local tastes and history.

[Click to watch video on youtube](#)



MBG 594 BIKE TOUR – BREAKFAST & CARETTA

Mersin, Turkey

Implemented by ENVERÇEVKO

On January 16, 2022, in cooperation with Mersin Biking Traveler's Association, a bike tour to introduce and create mindfulness on the rehabilitation center, where sea turtles are being treated, was implemented. Turtles are the symbol and theme of Mersin Caretta Biking Festival which the association has been organizing since 2014.

As this tour was planned on an easy level (97m altitude), the opportunity to participate was given for all attendees who use bicycle for transportation, socializing and sport.



The bike tour gathered 30 participants, who biked along Mersin shores, had breakfast at Mezitli Woman Labour Market, got educated about treatment of turtles in the Rehabilitation Center, visited Stone School & had Turkish tea/coffee at local village cafe.

Distance between Mersin and Davultepe is about 16 km. Cycling to and back is nearly 36 km. After cycling up to altitude of 97m, they cycled back to the sea level. Throughout the route they rode on secure biking roads, main roads and village roads. During the breaks and breakfast, social contacts, healthy foods and support of the labor of villager women were promoted.

ROUTE

- Mersin City Center
- Breakfast at Mezitli Woman Labor Market
- Caretta Rehabilitation Center at Davultepe Nature Park
- Historical Stone School at Esenbağlar
- Break at Old Mezitli
- Soli Pompeipolis ancient city
- Back to Mersin City Center



Click to watch video on youtube

MBG 469 BIKE PATHS TOUR - THURSDAY NIGHT TOUR

Mersin, Turkey

Implemented by ENVERÇEVKO

On January 18, 2022, Thursday Night Tour was organized in cooperation with Mersin Metropolitan Municipality, under the coordination of ENVERÇEVKO and the leadership of TÜBİDEF.

The purpose of the Tuesday Night Cycling Tour is to popularize the use of bicycles and to raise awareness. Due to the easy level of difficulty of the tour (at the sea level), it was available for beginners and those who use the bicycle for transportation, sports, socialization. In addition, it is aimed to increase the use of safe bicycle paths and equipment built by Mersin Metropolitan Municipality in 2021 for cyclists.



ROUTE

- Start at Mersin Özgecan Aslan Square
- Coastal Cycling Road
- Mezitli Creek
- Özgecan Aslan Square
- Going back

30 participants biked 25 kilometer round trip at the sea level in cold and rainy conditions, on safe bicycle paths, with a rest stop in between the starting and ending points.

The tour started at Mersin Özgecan Aslan Square on the Coastal Cycling Road built by Mersin Metropolitan Municipality to visit the Culture Park, Harbor, National Garden, Mezitli Creek, and Soli Pompeipolis. Bicycle equipment on the track (particularly the bicycle path, bicycle parking stations, and stops) was used. There was a resting break next to Mezitli Creek before returning to the starting point.



T.C. MERSİN BÜYÜKŞEHİR BELEDİYESİ



Click to watch video on youtube

ESKIŞEHİR BİSİKLET DERNEĞİ VELESBİD – BIKE TO VILLAGE KARAGÖZLER

Eskişehir, Turkey

Implemented by ENVERÇEVKO

Cyclists participated in a 3 hour long biking tour in the evening – night. Biking tour had a route of 30 km through the path of both asphalt and soil leading to a village of Karagözler, where participants drank organic milk.

Both new cyclists and those who already have good performance, came together and met each other. New cyclists had opportunity to practice cycling in countryside at night in a group.



THE PARTICIPANTS WERE INTRODUCED TO FOLLOWING INSTRUCTIONS:

- Everybody must obey the traffic rules, wear helmet, glasses, gloves, reflecting outfit and have front and back lights.
- Don't forget to carry your spare tire, other materials and first-aid kit.
- Don't listen to music loudly, keep quiet while cycling and take care of the other cyclists.
- Whenever you need help, ask for the tour guide.

ROUTE:

- Doğa café in Kanlıkavak park
- Sümer Local
- Sazova Park
- Karabayır
- Karagözler Village
- Going back



PEDALA CONNOSCO ! (CHILDREN)

Angra do Heroísmo, Azores, Portugal

Implemented by AJITER

On 3rd of April, 2022 AJITER invited young children to spend a nice Sunday morning cycling.

The aim of the event was to encourage children to ride a bicycle and to make informal competitions for them to have fun.



The event attracted 35 participants.

All the participants were invited to only bring their own bicycle and a good mood.

The organisation took care of all the logistics around the place, necessary permissions and needed materials in order to implement the activity.



THE LEFKAS CULTURAL CYCLING TOUR

Lefkada, Greece

Implemented by SOLIDARITY TRACKS

In April, 2022, Solidarity Tracks together with their volunteers organised a cultural cycling tour around the Lefkas city.

The aim of a cycling tour was to promote healthy lifestyle as well as learning of culture and history in more entertaining and active way.



Participants of a training course and some tourists gathered to learn more about history of the city and the island in general.

The cultural cycling tour was guided by a staff member of Solidarity Tracks, Ioanna.

Click to watch the video down below:



PEDALA CONNOSCO ! (ADULTS)

Angra do Heroísmo, Azores, Portugal

Implemented by AJITER



On April 10th, 2022 AJITER invited young adults to spend a nice Sunday morning cycling. The aim of the event was to attract people to join informal competitions with their bikes, in this way promoting active lifestyle.

SOCIAL ACT
Active cycling team

SOLIDARITY
ERASMUS+
active youth

PEDALA CONNOSCO!

ADULTOS - 10 DE ABRIL - 10H00

+ INFO:
WWW.AJITER.PT

Estadão

Co-funded by the Erasmus+ Programme of the European Union



ART & CYCLE

Lefkada, Greece

Implemented by SOLIDARITY TRACKS



Art & Cycle initiative took place on April 30, 2022. The action consisted of a bicycle race around the lagoon of Lefkada, where locals with their families as well as volunteers of the association participated.

The aim of this action was to promote the cycling activity as an alternative way of sustainable development of our island and as a mean of social integration and acceptance of all different social groups.

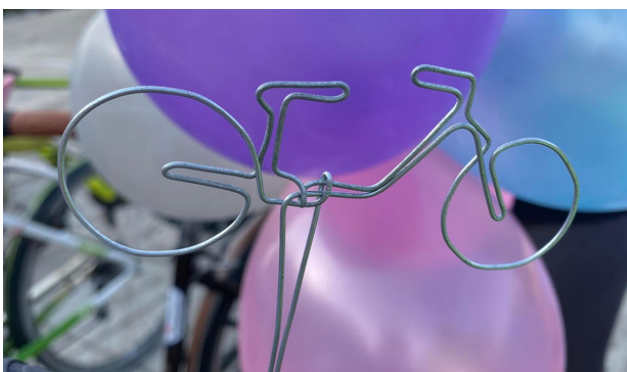
The bicycle, in addition to being a mean of transportation and sports activity, is also a mean of socializing. We wanted to promote Lefkada as a safe and open cycling place for all citizens regardless of age, physical condition, etc.

The cycling route around the lagoon (about 8 kilometers) began with the help of the Municipality and the Police, who accompanied the large group of cyclists throughout the route.

The Solidarity Tracks provided bicycles to beneficiaries of the Community Center, in order to facilitate their participation and promote their social integration.

At the end of the route, snacks and beverages were offered as well as the winner of the "most beautiful bike" announced.

On the day of the event, an art workshop was organised to decorate the bikes with paper origami, wire structures, balloons and fabrics.



CYCLING AND CLEANING

Lefkada, Greece

Implemented by SOLIDARITY TRACKS

On May 29, 2022, Solidarity Tracks and volunteers cleaned the road, beaches and areas all around the Lagoon of Lefkada while using a bicycle as a transport mean to move around.

The aim of the event was to clean the Lagoon area of Lefkada as well as promote healthy and active lifestyle, ecology and use of bicycles instead of cars.



ROUTE

- ✔ Cultural Center of Lefkada
- ✔ Lefkada Wooden Bridge
- ✔ Floating Bridge "Agia Mavra"
- ✔ Kastro beach
- ✔ Agios Ioannis beach
- ✔ Cultural Center of Lefkada

30 young volunteers and team members from the Solidarity Tracks implemented innovative action entitled "Bike and Clean".

Along the lagoon of Lefkada, they cleaned the places that were not accessible by the Municipality's services from all the waste, while cycling together as a group.

Through this activity, young volunteers demonstrated in practice the impact of group cycling on health, society and the environment.



Click to watch video on youtube





SUMMING UP VIDEO OF all cycling initiatives

Local initiatives

In the video below you can see a summary of all local initiatives implemented by 5 partner countries as follows:

- Greece (Solidarity Tracks)
- Bulgaria (Champions Factory)
- Turkey (Enverçevko - Enerji Verimliliği ve Çevre Koruma Derneği)
- Portugal (Associação Juvenil da Ilha Terceira)
- Lithuania (Active Youth Association)

Partners



Initiatives of Social ACT project (all partners)

Share

SOLIDARITY tracks

CHAMPIONS FACTORY

MUGLA ENVERÇEVKO

ajiter

active youth

Watch on YouTube

Flags: Greece, Bulgaria, Turkey, Portugal, Lithuania

Click to watch video on youtube



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