

Welcome to the Bicycle Week events

Saturday, 7 May

Opening of the Bicycle Week and Kidical Mass

Hepo and its cooperation partners will hold the opening event of the Bicycle Week in Kansalaistori Square in Helsinki on Saturday, 7 May from noon to 5 p.m.

The opening event includes the Kidical Mass bike parade around central Helsinki. The name Kidical Mass is a pun that references the Critical Mass movement, which is an internationally known movement demanding better cycling conditions. The purpose of the parade is to highlight the importance of safe cycling infrastructure so that cycling can be a safe mode of traffic for families. Kidical Mass will depart from Kansalaistori Square at 1.30 p.m. and it will last for an hour. Throughout the event, there will be all kinds of activities in Kansalaistori Square: music, relaxation with friends, and the opportunity to have the condition and safety of your bike checked (free of charge) by a bike maintenance professional from Haagan Pyörähuolto Oy.

At the opening event, family bike owners and people interested in family bikes will have the opportunity for networking in relation to selling and buying family bikes. Representatives of Helsinki Region Cyclists will also be present at the event. The Kansalaistori Square events will provide you with tips and information about cycling, bike maintenance, traffic rules and the city's bike traffic infrastructure.

The event will end on a bike picnic during which the music will be provided by Wauhtiorkesteri. Bring your picnic blanket and treats with you!

Sunday, 8 May

Bicycle ride for the whole family

To celebrate Mother's Day on Sunday, 8 May, there will be a bicycle ride for families departing from Kansalaistori Square, Helsinki. The adventure will be suitable for all family members.

Experience the joys of cycling in a group by participating in the free and instructed trip. The trip will start from Kansalaistori Square at 10.30 a.m. The route is about 25 kilometres long and will take about 3 hours. The pace will be calm so that everyone can keep up. The ride will include seeing nature and culture sights and one longer break. You can also use a city bike to participate in the ride.

Tuesday 10 May, Wednesday 11 May, Thursday 12 May

Breakfast for cyclists and local orienteering

After a few years' absence, the very popular breakfast event for cyclists will make a comeback to the Bicycle Week programme! From Tuesday to Thursday, the Hepo volunteers will serve breakfast to cyclists in Helsinki, Espoo and Vantaa.

On Tuesday, 10 May, the breakfast will be served in Baana, Helsinki, under the Porkkalankatu bridge. On Wednesday, 11 May, those suffering from hunger and thirst will be served in Keilalahti, Espoo by Laguuni, and on Thursday, 12 May, at Maalitori Square in Tikkurila, Vantaa. Breakfast and coffee will be served 7–9 a.m. on each day.

On Thursday, 12 May, the Bicycle Week's local orienteering route will also be published. The local orienteering event is an urban event that will take place in the Helsinki Metropolitan Area. The event encouraging local tourism is suitable for participants of all ages who are looking for interesting new activities for the summer. You can participate according to your own schedule, either with your own bike or a city bike. The orienteering targets include an exciting selection of the nature, culture and cycling infrastructure in the Helsinki Metropolitan Area.

Friday, 13 May

#kuormahaaste

The bike to store event encouraging people to make their shopping trips by bike will involve a social media challenge. The challenge invites city residents to share pictures of the loads they have transported on their bikes and the distances they have travelled by bike. In these times of expensive fuel, it benefits nature and your wallet and physical health to replace your car with a bike! Share your pictures on social media with the hashtag #kuormahaaste

Saturday, 14 May

Bicycle touring day

On the bicycle touring day, the veterans of bicycle travelling will share their experiences in and tips for bicycle touring – be the tour local or further away. The interviews can be watched live and later on the Facebook page of Hepo.

The events and activities will be announced at hepo.fi/pyorailyviikko/ and on Hepo's Facebook page.

More information:

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Helsinki Region Cyclists

Helsinki Region Cyclists (Hepo) is a non-government organisation focused on the promotion of cycling and has over 1,500 members. We are a community and lobbyist for the people cycling in the Helsinki Metropolitan Area. Our aim is to improve the conditions for cycling and to make the Helsinki Metropolitan Area a more pleasant place to live and move in. Become a member: hepo.fi/liity

Network of Finnish Cycling Municipalities

The Network of Finnish Cycling Municipalities coordinate the national Bicycle Week which is the largest and most diverse cycling event in Finland. The Bicycle Week moves thousands of Finnish people and attracts new cyclists. The network of bicycle municipalities wants to double the amount of cycling in Finland and to ensure safe and high-quality cycling conditions for all. Another central objective is strengthening the cooperation between cyclists and cycling advocates.