

# Oxford Mail



## News



Can you get all you need within 15 minutes?

By [Oxford Mail](#)



Cyclists using a variety of bikes in Oxford. Picture: Alison Hill/ CycloX

Most read

Commented

[f](#) [t](#) [in](#) [envelope](#) [Comments](#) 7 comments

### Jonny Ives of CycloX on the idea of the '15-minute city'.

How far can you walk in fifteen minutes?

How far from home could you be if you hopped on a bike and pedalled for a quarter of an hour?

And if you drew these two circles on a map with your home at the centre, how much of your day-to-day needs would be within reach?

This is the theory of the 15-minute city, a concept developed by Professor Carlos Moreno at the Sorbonne that has been embraced by, among others, the mayor of Paris.

**[Read also: 'Elderly people should use their common sense and stay at home' says Oxford student](#)**

The idea is that our cities should be shaped to enable people to meet their daily needs, including work, education, shopping, entertainment and healthcare, within a 15-minute journey on foot or bike.

If you live within, or near, the **Oxford** ring road, the chances are that you already live in a 15-minute city, but it is a concept that has captured the imagination of many interested in developing liveable, more sustainable cities.

During the **coronavirus** crisis it has also found a host of new advocates, so our traditional understanding of urban land use and demands for work-based travel is being rapidly rewritten.

The bike is central to the 15-minute idea, particularly in order to cut down on the need for journeys by car.

As Professor Moreno acknowledges, "We need to reduce the presence of cars on the streets."

So what do you need to prepare for the 15-minute city?

Try walking for 15 minutes and see how far you get.

**[Read also: Dangerous driver pleads with judge: 'Don't jail me - I've met someone'](#)**

Chances are it will be further than you think.

Try cycling for 15 minutes and you will get a lot further.

Think about what you do that takes 15 minutes, like waiting for a bus or a train, or sitting in a car in traffic.

The 15-minute city means that you will probably need a bike – but what sort of bike?

The distinctive Dutch bike is growing in popularity around Oxfordshire and beyond but their weight (they are very heavy) and their approach to gearing (Holland is very flat) might make them less than perfect for anywhere with a hill.

by Taboola

Le nouveau jeu de construction qui rend tout le monde accro. Pas d'installation

FORGE OF EMPIRES - JEU EN LIGNE GRATUIT | SPONSORED

Finally - New Clear, Comfy, Sociable Mask, With Anti-Fog Arrives In France

CLEAR SHIELD | SPONSORED

It is no accident that the hybrid bike has come to dominate the UK commuter market.

-  [Road clears after multi-vehicle crash](#)
-  [LIST: the Oxford shops staying open during lockdown](#)
-  [LOCKDOWN: How many people were in Oxford today?](#)
-  ['Loud bang' as electricity pylon catches fire in village](#)
-  [People form huge queue outside Tesco store](#)
-  [Bungling gang of masked burglars caught 'red-handed' in phone shop raid](#)
-  [Man attacked in Oxford nightclub toilets](#)
-  [Huge boa constrictor on the loose in Oxford](#)
-  [Pervert caught in online sting asked 14-year-old 'girl' what colour bra she was wearing](#)
-  [Boutiques at Bicester Village still open as it launches virtual shopping experience](#)

[Read more >](#)

## [Read also: Meat thief caught with syringe in robbery](#)

They are practical, stable and versatile, with plenty of gear options to make light work of the most demanding terrains – including hills – and plenty of carrying options should you need them.

The e-bike is now a well-established option that is transforming the bike market.

Not only does it make the steepest of hills something of an afterthought, but it also makes the 15-minute city a reality for anyone who might not think of themselves as a cyclist.

Alternatively it can extend the boundaries of the 15-minute city for those who do.

Just as significant as the e-bike is the development of the cargo bike, the two-wheeled equivalent of the estate car. Add an e-assist option to your cargo bike and you really do have a vehicle that can change your life and change your city.

With a commitment to the 15-minute city, all things are possible.

[f](#) [t](#) [in](#) [✉](#) [7 comments](#) [v](#)

### Promoted Stories

Le nouveau jeu de construction qui rend tout le monde accro.  
Pas d'installation

FORGE OF EMPIRES - JEU EN LIGNE GRATUIT | SPONSORED

Finally - New Clear, Comfy, Sociable Mask, With Anti-Fog Arrives  
In France

CLEAR SHIELD | SPONSORED

Chauffez au gaz ? Passez aux énergies renouvelables

CHAUDIÈRE SOLIDAIRE | SPONSORED

“À 61 ans, cette Bretonne fait bien plus jeune que son âge !  
Essayez ce truc anti-rides, ça marche !”

JUVECIA | SPONSORED

Nouvelle SEAT Leon Urban sans engagement et sans apport

SEAT | SPONSORED

Si tu aimes jouer, ce jeu de construction de ville est pour toi.  
Pas d'installation

FORGE OF EMPIRES | SPONSORED

Ce Vendredi: -30% sur les parfums et -25% sur tout le site

NOCIBÉ | SPONSORED

Panneaux solaires : La nouvelle loi qui profite aux propriétaires

DEVIS PANNEAUX SOLAIRES | SPONSORED

Votre T-Roc avec 3 ans d'entretien offerts

VOLKSWAGEN - OFFRE DU MOMENT | SPONSORED



Get involved with the news  
in your community

Send your stories and photos now