



PHOTOS: SEICHO-NO-IE USMHQ

The
**Seicho-No-Ie
Bicycle Club**
will continue
riding bicycles
towards
the goal of
building
a new
civilization.



For more information,
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**SNI
BICYCLE
CLUB**

What are the GOALS of the SNI Bicycle Club?

CREATE A “NEW CIVILIZATION”
WHERE HUMAN BEINGS AND NATURE
ARE IN HARMONY

STRIVE FOR CYCLING TO PEACE



PHOTOS: PIXABAY.COM

The Seicho-No-Ie (SNI) Bicycle Club

is trying to encourage people to use bicycles as a resource-savings, low-carbon way of life. We are aiming at building a new civilization that can become a standard lifestyle all over the world. We hope that our efforts to increase the number of people doing the same will overcome the competition for natural resources and peace will be achieved.

SOME EXAMPLES OF THE SNI BICYCLE CLUB ACTIVITIES

COMMUTING TO WORK/SCHOOL BY BICYCLE

GOING SHOPPING

LEISURE CYCLING FOR FUN

HILL CLIMBS

“CLEAN CYCLING”
(Street cleaning while biking)

Bike riding is a means of transportation by which a person can be one with nature. It is the most effective way to reduce CO₂ emissions and fossil fuel consumption when commuting. The more people ride bikes, the safer it becomes as well. In addition, riding bikes has many health benefits.

Commuting by bicycle is an excellent way to exercise as it strengthens the body and sharpens the mind. Daily exercise creates natural endorphins to help you feel more motivated and optimistic. Thus, it prepares oneself to work more efficiently and in harmony with others.

Recreational bicycling, especially in rural areas, is also healthful for the body and mind. Varied terrains can be an exciting challenge for endurance and determination. And seeing the natural beauty of trees, flowers, rocks, and ocean by the roadside, backdropped with an open sky, gives one a calming effect and a real connection to nature.

Once one starts riding a bicycle, one sees the world differently. Getting closer to nature and realizing that you are a part of nature helps to satisfy one of the guidelines for a “new civilization” in the religious sense by the appropriate control of desire.

The Seicho-No-Ie Bicycle Club, will continue to be grateful for nature’s blessings, keep using bicycles in our daily life, and, together with members worldwide, continue riding our bicycles towards the goal of building a new civilization.



Riding a bicycle for fun can become a meaningful activity in life.



SNI Bicycle Club members are finding that their life has become more enjoyable and meaningful since joining. They have become more active and healthy. And they are awed by nature while commuting, thereby making it more fun to go to work.

Conditions in city areas and in the countryside are very different. It is important to be aware of how to utilize them to the best advantage.

KEYS TO RIDING A BIKE IN URBAN AREAS

KNOW AND FOLLOW THE TRAFFIC RULES CAREFULLY

BE MINDFUL OF SLIPPERY AREAS ON RAINY DAYS

PLAN YOUR ROUTE IN ADVANCE

AVOID RIDING IN DANGEROUS PLACES

ADVANTAGES OF RIDING A BICYCLE IN RURAL AREAS

BECOME CLOSER TO NATURE

ENJOY THE SERENE LANDSCAPES

BREATHE BETTER QUALITY AIR

BECOME MORE RESOURCEFUL