

# Cycling in the City

How can electric bikes and bike sharing schemes be successfully implemented in Lebanon? How can we encourage cycling safely? What are the available solutions and challenges?

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**Expert Name:** Nadim Abdo

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**Short Profile:** Nadim Abdo is the Programs Director in charge of Strategic Development at Arcenciel, an NGO operating in Sustainable Agriculture and Environment, Youth Empowerment, Social Support, responsible Tourism, Mobility and Health. A Sociologist and Town Planner, board member of the Lebanese Federation of Youth Hostels and Secretary General of “Les Scouts du Liban”

**Expert Name:** Karim Sokhn

Founder

Cycling Circle & Deghri Messenger



**Short Profile:** Karim Sokhn, B.A in Social Work, is an entrepreneur in tourism, sports, transport and mobility sectors.

For over 5 years, Karim worked with local and international organizations in the psychological, physical and humanitarian fields.

Passionate about cycling, he established Cycling Circle in 2012, that specializes in developing cycling services, projects and activities in Lebanon.

His first initiative was to organize bike touring activities around Lebanon, as well as a cycling school for adults and kids to teach them how to ride a bicycle.

In 2013, he launched his second initiative - Deghri Messengers, a green courier service that provides and operates deliveries by bicycle of goods and packages within Beirut. Deghri Messengers is the only bicycle delivery service available in Lebanon and the region.

In 2016, he launched The Bike Kitchen - Beirut, an engaging bicycle shop and coffeehouse featuring bikes and accessories, combined with a cozy space for hangouts and gatherings. The Bike Kitchen has become the main hub for cyclists in Beirut where several cultural cycling events are taking place on a monthly basis.

Along with his initiatives, Karim is currently working with several institutions to implement bike parking racks and mini-bike stations.



Definition / Benefits	Constraints / Challenges / Barriers
<ul style="list-style-type: none"> <li>✓ Health benefits (exercise, air cleaner)</li> <li>✓ Reduce pollution/ traffic/ noise</li> <li>✓ Social interactions</li> <li>✓ Discover streets</li> <li>✓ Bike sharing scheme</li> <li>✓ Sharing awareness</li> <li>✓ Delivery service by bike</li> <li>✓ Financial benefit</li> <li>✓ ..</li> <li>✓ Economical aspects (reduce gasoil)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Road infrastructure make bike lanes impossible to implement</li> <li>✓ Cars occupy sidewalks and roadsides</li> <li>✓ Narrow roads</li> <li>✓ Air pollution</li> <li>✓ Security</li> <li>✓ Take initiative to do it</li> </ul>
Best Practice / Solutions / Tools	Resources / local Availability
<ul style="list-style-type: none"> <li>✓ Make pedestrian &amp; biking streets instead of "only bike" lanes</li> <li>✓ Train children and adults to use bikes on roads (awareness/ bike culture)</li> <li>✓ Make multiple commuting possibilities available (reach the city with a car, park it then take the bike inside the city)</li> <li>✓ Look for alternatives (electric bikes/ bicyclette portable)</li> <li>✓ Make pilot projects in sample cities &amp; villages to promote bike culture</li> <li>✓ Solar powered stations</li> <li>✓ Work with university students</li> </ul>	<ul style="list-style-type: none"> <li>✓ Secondary roads</li> <li>✓ Students are willing to participate</li> </ul>