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#travel

Promoting Cycling in the Île-de-France Region

Structure : Getting Around Better by Bike

Île-de-France

Mieux se Déplacer à Bicyclette (MDB) is the leading cycling association in the Île-de-France region. We firmly believe that cycling is the solution for getting around the entire Île-de-France region. Our goal is for everyone to be able to use their bicycle efficiently, enjoyably, and safely—whether commuting to work, running errands, riding with their children, or simply going for a leisurely ride.

We've been advocating since 1974, making MDB one of the pioneering organizations in cycling advocacy. Today, we have over 2,500 members in Paris and across all Île-de-France departments thanks to our network of local chapters. If you'd like to get involved in your area, check out our interactive map to find the MDB group nearest you!

We're working for cycling

From the local to the regional level, we work every day to:

- **advocate for cycling and the development of high-quality bike infrastructure** designed by and for cyclists, through dialogue with elected officials and by organizing protests when necessary.

- **provide advice to cyclists and anyone looking to start cycling** to make their commutes easier, through our awareness campaigns and our drop-in service at the Maison du Vélo in Paris.

- **teach** everyone how to ride a bike through our **bike schools**, how to **repair** their bikes in our **workshops**, how to **protect** their bikes against theft with **Bicycode marking**, and how to map cycling infrastructure online.

Joining Mieux se déplacer à Bicyclette gives you the chance to participate in **new rides** every week to get away from it all while exploring the Île-de-France region. It's also an opportunity to contribute to Convergence francilienne**, a festive event promoting cycling** that brings together thousands of cyclists every year.

Liens

https://mdb-idf.org/

Galerie d'images

