



*Young girls walking home after collecting firewood near Patriensa, Konongo, central Ghana.*

“Headloading” is often by far the predominant means of goods conveyance in rural areas of Africa, including water, and is associated with many spinal problems. (Hine et al 1983).

**Many African’s spend four-hours per day walking,  
or a quarter of their income paying for transport.**

A bicycle, especially converted for load carrying or with trailers, can save time every day, helping people to escape the poverty trap.

