



Led Rides

Delivered by: Breeze and Ride Social Champions (British Cycling Volunteers)

Beginner Rides – Adults

A series of beginner rides known as 'Ride Social' will be running every Wednesday evening. If you are new to cycling and want to build confidence cycling over short distances in a social, friendly atmosphere these rides are for you.

- **Ride title:** Stevenage Starter Ride
- **Meeting point:** Decathlon, Asda store, Monkswood Way, Stevenage, SG1 1LA.
- **Day:** every other Wednesday (from June – September)
- **Time:** 6.45pm
- **Distance:** 6 miles (easy going on cycle ways)
- **Bike needed:** Any (as long as it's in good working order)

Delivered by: We are Cycling UK – Stevenage (Volunteers)

Family Taster Rides

Safe easy child friendly rides with experienced leaders.

- **Ride title:** Family Taster Rides
- **Meeting point:** Costello's Café, Fairland's Valley Park.
- **Dates:** 25 July, 1 August, 8 August, 15 August, 22 August, 29 August
- **Day:** Tuesdays
- **Time:** 2.00pm
- **Distance:** between 5-10miles (depending on the ability of the group)

- **Bike needed:** Any (as long as it's in good working order)

Please note all under 16's MUST be accompanied by a responsible adult. Rides will be cycle track based but may need to use small stretches of quiet road to join us the tracks.

Programme of courses and workshops

Back to Biking for adults

| Month | Day | Date | Description | Time | Venue |
|-----------|----------|------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------|
| July | Saturday | 1 st | A 2 hour session to boost confidence and help those returning to cycle to feel confident on local road and the cycle network. | 10.00am-12.00pm | St. Nicholas Park, Pilgrims Way, Stevenage, Herts, SG1 4PT |
| August | Saturday | 5 th | | 10.00am-12.00pm | Hampson Park, Webb Rise, Stevenage, Herts, SG1 5QU |
| September | Saturday | 2 nd | | 10.00am-12.00pm | St. Nicholas Park, Pilgrims Way, Stevenage, Herts, SG1 4PT |
| | Saturday | 30 th | | 10.00am-12.00pm | Costello's Café, Fairland's Valley Park, Six Hills Way, Stevenage, SG2 0BL |

Women's Confidence Building

| Month | Day | Date | Description | Time | Venue |
|-----------|--------|-----------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------|
| July | Sunday | 2 nd | A 2 hour session to boost confidence and help those returning to cycle to feel confident on local road and the cycle network. | 10.30am-12.30am | Hampson Park, Webb Rise, Stevenage, Herts, SG1 5QU |
| August | Sunday | 6 th | | | |
| September | Sunday | 3 rd | | | |

Fun Skills (5-7yrs)

| Month | Day | Date | Description | Time | Venue |
|--------|----------|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------|
| July | Saturday | 8 th | A 1 hour session for up to 12 children to build on the skills they have gained from learning to ride. This session uses fun games to boost confidence and advance trainees skills. | 10.30am-12.30pm | Hampson Park, Webb Rise, Stevenage, Herts, SG1 5QU |
| July | Saturday | 29 th | | | Hampson Park, Webb Rise, Stevenage, Herts, SG1 5QU |
| August | Saturday | 26 th | | | Stevenage Town Centre, Town Square |

Family Cycle Training

| Month | Day | Date | Description | Time | Venue |
|-----------|----------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------|
| July | Saturday | 22 nd | A 2 hour session to boost confidence of parents wishing to cycle with their children allowing them to feel confident on local road and the cycle network. This course is for parent and child pairs (in some cases a parent can bring two children) | 10.30am-12.30pm | Hampson Park, Webb Rise, Stevenage, Herts, SG1 5QU |
| August | Sunday | 20 th | | | |
| September | Sunday | 10 th | | | |

Beginner Biking for toddlers (3-5yrs)

| Month | Day | Date | Description | Time | Venue |
|-------|--------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------------------------------------------------|
| July | Sunday | 30 th | A 1 hour session where our experienced team of cycle instructors will help you to teach your child their first steps to riding independently without stabilisers and support. | 10.30am – 11.30am | Hampson Park, Webb Rise, Stevenage, Herts, SG1 5QU |
| Aug | Sunday | 27 th | | | |
| Sept | Sunday | 17 th | | | |

Family Fun Active Day (including cycling)

| Month | Day | Date | Description | Time | Venue |
|--------|----------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------------------------------------------|
| August | Thursday | 3 rd | Active fun for all the family with activities aimed at both parents and children. These events are run in partnership with Stevenage Children's Centres, Stevenage Football Club Foundation and Herts Cycling. | 1.00pm-3.30pm | Ridlins Athletics Stadium, Woodcock Road, Stevenage |
| | Thursday | 10 th | | | |
| | Thursday | 10 th | | | |

Come and Try it event

| Month | Day | Date | Description | Time | Venue |
|--------|--------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------|
| August | Friday | 4 th | Fun and smiles as you try returning to riding a bike or see your child try a balance bike for the first time. These activities are being run as part of 'Get Active Day'. | 10am-4.00pm | Stevenage Town Centre, Town Square |

Bookings

To request a booking form, please email: cycle.training@hertfordshire.gov.uk

Please note that all bookings must be made by email and confirmation will only be sent on receipt of a completed booking form.