



FREE support to help you cycle locally

For adults who are beginners, improving, or returning to cycling

- Learn to ride and build confidence
- Join short rides and explore local routes
- Pick up maintenance tips and repair skills
- Get bike checks and safety advice

Improve your wellbeing and save money
Come along, meet new people, bring a friend

Next event:

Active 50plus Saturday 14th June

Delivered locally by:



Call 07810 385355



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Ladies Day Saturday 28th June

Delivered locally by:



Call 07810 385355

