

Cycle activities at the Sustrans Active Travel Hub

Ditch the stabilisers for children

- Tues. 16 April—10.30 to 11.30am
- Wed. 24 April—10.30 to 11.30am
- Thurs. 25 April—10.30 to 11.30am

Child developing cycle skills

- Tuesday 16th April – 2.00pm to 3.00pm
- Wed. 17th April – 2.00pm to 3.00pm
- Wed. 24th April—12 noon to 1pm

Adult cycle training

Beginner

- Tuesday 16th April –12 noon to 1pm
- 23 May—4.30 to 5.30

Adult beginner moving on, skills session on square and short cycle—

21 May—11.30am to 1.30pm

Confidence building on-road refresher training—intermediate level

- Saturday 16th February – 11 am to 1.00pm
- Thurs. 11th April—6pm to 8pm
- Thurs. 23rd May—5.30 to 7.30pm
- Tuesday 28th May—5.30 to 7.30pm
- Thurs. 30th May—10am to 12 am

Advanced level, tailored to your commute—contact Pamela to arrange a day and time.

Bike maintenance

- Saturday 30th March—1.30 to 3.00pm
- Tues. April 16th 1.30 to 3.00pm

Women into cycling - 6 week programme from cycle training and bike maintenance to choosing a bike and route planning — evening or daytime

- 28 March— 5.30 to 7.30pm
- 4th June— 10.00am to 12.00 noon

Explore the greenway (evening, 6pm to 7.30pm) group cycle rides for women— 5/6 miles. Running in March, April and May.

Couch to cycle

Short bike rides of up to 30 minutes to get you back cycling. Daytime—13th March 11am and evening sessions to be confirmed.

Saturday, sociable group led rides easy going—2 to 3 hours— February and March (see website and facebook).

Short family cycles along the greenway— Easter holidays

Get ready for Spring—21 March at the hub, lots to find out about to get you cycle ready for Spring. 5.45 to 7.15pm

For all of these find more details on our website (see below) or facebook.com/sustransNI

all free, but please book

www.sustrans.org.uk/events/active-travel-hub-cycling-activities

