

Fun cycling activities for all ages at Sustrans Active Travel Hub, C.S Lewis Square.

Halloween at the Hub – Tuesday 30 October 2018, 4pm to 7pm at C.S. Lewis Square.



Free 'spooktacular' family fun - Brighten up your bike and yourself and come down to CS Lewis Square for cycle information and fun.

For more information contact Dianne at 028 90 434 569



Women and cycling programme – 20% of women in Belfast Cycle, we want you to join them!

Sustrans is offering a free 6 week cycling programme for women covering different aspects of getting back into cycling from choosing a bike, cycle training, simple bike maintenance, route planning, tips of clothing and luggage.

Courses start on Thursday 1 November 5.30 to 7.30pm or Tuesday 15 January 10 am to 12 noon.

Venue, EastSide Visitors Centre.

For more information or to book contact Martha – Martha.robbsustrans.org.uk or phone 028 9073 8513

Or still thinking about cycling but don't have the time or energy? We are running a free **Couch to Cycle 30 minutes**, with weekly group meetings and some 'cyclework' (homework) for during the week. This would be perfect for people who haven't cycled for a while, it's getting you back on the bicycle for fun and short trips. Starting Friday 26 October 7.30am to 8am or Monday 5 November 5.30 to 6.00pm.

Venue; Sustrans Active Travel Hub, CS Lewis Square.

For more information or to book contact:

Pamela – pamela.grove-white@ustrans.org.uk or phone 028 9073 8513

For more information about any of these you can also check out our webpage:–
Sustrans.org.uk/chips