

RIDE THIS WAY

Bolton Bike Rides

Leisurely rides
for beginners or
returning cyclists,
along the traffic-free
Middlebrook Trail.

£2
per ride




get
active

5 times a week

Riding a bike is a great way to increase your physical activity levels.

Join our led ride programme to make new friends, socialise and improve your health.

Bikes & helmets are provided.

One hour ride:  Tuesday at 10am and Wednesday at 1pm
Including a **café stop** at Queens Park

Two hour ride:  Monday at 10am
Including a **café stop** at Middlebrook Tesco
These rides start from the car park at Bolton Diabetes Centre on Chorley Street, BL1 4AL (Free parking).

Beginners session: On the track at Leverhulme Park,
Thursday at 10am - 12noon

Things you might want to know...

- **Do I need to wear lycra?**
No. Just wear comfortable loose clothing and training shoes.
- **What else do I need?**
Bring a small rucksack that you can carry water and a snack in. Bring a pair of warm gloves in winter.
- **Will I get a sore bum?**
Our bikes have comfy saddles.
- **Do you cycle if it's raining?**
Yes, bring a waterproof jacket, or we can provide a light jacket for you to borrow.
- **Can I bring my own bike?**
Yes.
- **Is it safe?**
The ride has been checked for possible risks.
- **Do you go fast?**
We go at a steady pace and take into account the needs of everyone in the group.
- **Will the bike be the right size for me?**
We have a range of sizes and at the start of each ride we adjust the bike to fit you.
- **What happens if I get a puncture?**
The leader will repair it.
- **Do I need to book?**
No, just turn up.

For more information about other rides and cycling activities please visit

www.getactivebolton.co.uk


or contact the team on **0800 458 9029**

or via email at **getactive@bolton.gov.uk**

**Bolton
Council**

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