

'COUCH TO 10 MILES'

Community Cycle Club

Inclusive Pedals

Join us and get cycling!

Our first 'Couch to 10 miles' programme starts on

Wednesday April 21st 2.00pm

**Build up from just a couple of laps of the
Queen's Park cycle track to 10 miles over 6,
weekly rides**

More details and register:

www.inclusivepedals.org.uk or 07834 838076

Need a bike? Get in touch, we have a number of bikes for loan.

Joining one of our programmes will help you to;

- Starting to meet physical activity guidelines
- Feeling healthier, happier and better connected to your community
- Start to use a bike for short journeys and commuting

We have three programmes in 2021:

Programme

1

WEDNESDAYS

2.00pm 21st April until
26th May

Programme

2

WEDNESDAYS

6.00pm 9th June
until 14th July

Programme

3

SATURDAYS

2.00pm 11th
September until 16th
October

**we are
cycling**
The cyclists' champion **UK**



We're inclusive!

Everyone is welcome
and a ride 'leader' will
always accompany the
rides

Punctures repaired on rides!

Family rides

Look out for our
programme of led
family rides around
the local area

