

JOIN ONE OF OUR 6 WEEK PROGRAMMES 'COUCH TO 10 MILES!'

# Community Cycle Club

Inclusive Pedals



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

## Join us and get cycling!

We're running three 'Couch to 10 miles' programmes and a series of monthly rides suitable for all the family. 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

More details and register for our ride programmes at

[www.inclusivepedals.org.uk](http://www.inclusivepedals.org.uk) or 07834 838076

Need a bike? Get in touch and we'll see what we can do!

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're inclusive!

Everyone is welcome and a ride 'leader' will always be at the back



### Punctures repaired on rides!



### Monthly rides for anyone too

10 mile family rides  
May to September