

WOMEN INTO CYCLING

Six week cycling programme
for women

Experienced Sustrans staff will help you with:

- Traffic free/quiet rides
- On-road cycle training
- Planning a route
- Cycling in all weather
- Keeping your bike secure
- Fixing common mechanical issues.



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JOIN THE MOVEMENT

Course runs every Friday for six-weeks, 10am – 12 noon

28th January (Zoom)

4th February (CS Lewis Square)

11th February (Connswater Community Centre)

18th February (CS Lewis Square)

25th February or Saturday 26th February (CS Lewis Square)

4th March (CS Lewis Square)

Bikes & helmets can be provided on request [BOOK HERE](#)

BACK ON YOUR BIKE

Training for adults returning to cycling

NO BIKE? NO PROBLEM.
Bikes and helmets can be supplied.



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JOIN THE MOVEMENT

- Gain confidence
- Develop basic cycling skills
- Traffic free location

Saturday 19th February 10am – 12 noon [BOOK HERE](#)

Sunday 20th March 10am – 12 noon [BOOK HERE](#)

Sustrans Active Travel Hub, CS Lewis Square, Belfast

Bikes & helmets can be provided on request

ELECTRIC BIKE TRIALS

Free trial on one of our electric bikes



- Demonstration provided
- Includes short led ride
- Find out the benefits of an e-bike

Book a one hour slot for a time that suits you.

Saturday 5th February 11am – 3pm [BOOK HERE](#)

Friday 11th February 1pm – 4pm [BOOK HERE](#)

Saturday 12th March 11am – 3pm [BOOK HERE](#)

Sustrans Active Travel Hub, CS Lewis Square, Belfast
Bikes & helmets provided

BIKE FIX BASICS

Training to keep your
bike safe and maintained

NO EXPERIENCE IS NEEDED



- Safety Checks
- Brake Adjustment
- Tyres & Wheels
- Cleaning & Lubricating
- Puncture Repair

Monday 7th February 6.30pm – 8.30pm [BOOK HERE](#)

Monday 21st March 6.30pm – 8.30pm [BOOK HERE](#)

Connswater Community Centre, CS Lewis Square, Belfast

Friday 4th March 1pm – 3pm [BOOK HERE](#)

Sustrans Active Travel Hub, CS Lewis Square, Belfast



Funded by:



Public Health
Agency

Fancy leading the way in your workplace?

Do you get satisfaction from powering your own every day journey? Ditching the car more and choosing to walk, wheel, cycle car share or use public transport? Maybe you enjoy staying active, made a pledge to travel more sustainably this year or encourage those around you to do the same?

Sustrans Leading the Way with Active Travel programme is seeking to bring together a bunch of like minded people to help encourage, promote and champion active travel within their workplace.

Through a 'pick n mix' of free, practical learning sessions running throughout **February & March** will help you learn more about active travel, develop new found skills or interests, meet new people, feel empowered, confident and supported to spread the word to colleagues as Active Travel Champions.

Find out more:

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Sustrans Active Travel Officer, Leading the Way Belfast programme

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For more information on Cycling at Belfast Trust visit [Cycle to Work | B Well](#)