



Would you like to cycle more in 2022 but something's holding you back?

Maybe you haven't cycled in years, lack confidence or have no bicycle.

Worried about personal or road safety, fitness levels, getting out of breath or a sore bum?

Let Sustrans help you ease back into the saddle and get those feet back on the pedals. We've a wide range of confidence building, progressive cycling sessions on two wheels, no matter whether new, returning or already cycle.

Whether to tootle for leisure or pleasure, or glide your ride for every day journeys we'll take care of what you need to get started; bike, helmet, encouragement, fun.....

We've so much on offer, and yes it's all **FREE**.

- Adult Beginners (1:1 session, traffic free location)
- Back on your bike* (max group size 6 persons. Traffic free location)
- Led rides on greenways* (max group size 6. Low/traffic free locations)
- Commute with Confidence - Level 2* (max group size 2. Low/moderate traffic locations)
- Commute with Confidence - Level 3* (max group size 2. Moderate/busy traffic locations)
- Bike Fix Basics – learn basic maintenance techniques (max group size 6)
- Women into Cycling programme (6 week programme, 2 hours per week. Includes sessions marked *)
- Better by Bike Cycling programme – adults. (6 week programme, 2 hours per week. Includes sessions marked *)
- Bike ready webinar series (weekly drop-in's on Zoom)
- Borrow a bike – city slicker & e-bike for loan
- Try an e-bike – feel the difference before considering buying

For more information or just a chat contact Dianne Whyte (Leading the Way Belfast, Sustrans Active Travel Officer) on 07812 470791 or Dianne.whyte@sustrans.org.uk.

All sessions take place within the Belfast area.

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