

# Gear Up for Spring with Sustrans



## March into Spring 12-day Step Challenge 14<sup>th</sup> – 25<sup>th</sup> March 2022

Need a little or a big dollop of encouragement to add more steps into your daily routine? Sign up to challenge yourself and put a spring back into your day.

Lots of prizes up for grabs too!

Registration now open: [March into Spring 12-day step challenge Registration, Mon 14 Mar 2022 at 06:00 | Eventbrite](#)



## Back on Your Bike

Gain confidence back in the saddle with other like-minded people eager to get cycling again.

Sunday 20<sup>th</sup> March at CS Lewis Square 10am – 12 noon

Book here: <https://www.eventbrite.com/e/243068984877>



## Electric Bike Trials

Thinking about buying an e-bike? Come and experience a traffic free session on one of Sustrans e-bikes at CS Lewis Square

**Saturday 12th March between 11am - 4pm.**

Book here: <https://www.eventbrite.com/e/243047430407>

Weekday/lunchtime sessions can be arranged on request

Need advice? [Where to start with e-bikes](#)



## Bike Fix Basics

Unsure of how to fix a puncture? It's easy when you know how. Gain new knowledge, skills and pick up some complimentary saddle bag essentials for your journey.

[Bike Fix Basics - CS Lewis Square, Belfast Registration, Fri 4 Mar 2022 at 13:00 | Eventbrite](#)

[Bike Fix Basics - Connswater Community Centre Registration, Mon 21 Mar 2022 at 18:30 | Eventbrite](#)