**Sustrans Leading the Way programme events/activities March 2023**

Make a point of getting away from your desk at lunchtime more, join us every Tuesday during March for a **historical lunchtime walk** in Belfast City Centre.  Each 45-minute walk will export you back in time to learn more about the city’s known and lesser familiar tales.  Reserve your place today for 7th March walk [Historic lunchtime walking tour in Belfast (#3) Registration, Tue 7 Mar 2023 at 13:10 | Eventbrite](https://www.eventbrite.com/e/historic-lunchtime-walking-tour-in-belfast-3-registration-564748456837)  
  
Sustrans has teamed up with Our Place in Space to offer a **journey through the solar system on wheels!** The cycle tour begins from Ulster Transport Museum to Bangor Pier (suitable for age 10+) Various dates, book for free  [https://ourplaceinspace.earth/whats-on/cycle-the-solar-system-2](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fourplaceinspace.earth%2fwhats-on%2fcycle-the-solar-system-2&c=E,1,mJUUNfw8D_mO59nlT5LOuXg3Em7F-3OCDe4e2SGPdAEIyqVSHSmW2MWU5ErBdU2piBhw_-8AWSjIRfGgcZyMUqK78EHn5Q8A0uqZ1JxebcyYCulUtG0WkQ,,&typo=1)  
  
Get to grips with basic bike maintenance solutions, including inner tube replacements, punctures, cleaning and carrying out simple adjustments to keep your bike roadworthy.  Pick up some saddle bag freebies too.  Saturday 25th March 10am - 12 noon, EastSide Visitors Centre, East Belfast.  Book here [Bike Fix Basics Registration, Sat 25 Mar 2023 at 10:00 | Eventbrite](https://www.eventbrite.co.uk/e/bike-fix-basics-registration-566382002817)

Sustrans **6-week Women into Cycling programme can**help you regain cycling confidence in time for spring. It's fun, free and fabulous! Starts Thursday 23rd March 6.30pm - 8.30pm, CS Lewis Square, East Belfast.  Bikes, helmets and encouragement provided!

'Put any self-doubt to the side and go for it!  I highly recommend the course, I now have the skills, confidence and knowledge to cycle the roads to work' **Jen - Belfast Trust**

'I enrolled to help me overcome my fears, I honestly can’t believe the transformation. You'll feel incredibly empowered and I’m now happy to cycle to places I never been before'  **Kate - Belfast City Council.**

**Book here**[Women into Cycling 6-week programme Registration, Thu 23 Mar 2023 at 18:30 | Eventbrite](https://www.eventbrite.com/e/women-into-cycling-6-week-programme-registration-565210338337)

**Other ways to make your move....**  
**Back on your Bike**  
Let Sustrans help rebuild your confidence to get back cycling again with one to one tuition.  Sessions are max 1 hour, traffic free Belfast location, bikes provided.  Arrange on request.   
**Helping you get from A to B**  
One to one advice & support to help you navigate active travel options, plan journeys & routes to work.  
**Come and try an e-Bike**  
Thinking of changing your existing bike, moving to electric or getting back into cycling?**Experience the brilliance of electric powered cycling. 1 hour traffic free session, Belfast locations vary**  
**Borrow a Bike Scheme**  
Short term loans to try out your work, community or leisure commute (min. 2 weeks). Choose from standard city bikes, folding commuter, e-folding commuter or hybrid e-bikes. Helmet, panier & full kit provided.  Pick up/return from Sustrans Active Travel Hub, CS Lewis Square only.  
  
**Open to all workplace staff and can be arranged anytime, choose date/time that suits you by contacting**[dianne.whyte@sustrans.org.uk](mailto:dianne.whyte@sustrans.org.uk)  
  
**Remember ALL activities are FREE. T&C's apply.**