



# Cathedral Gardens Active Travel Hub

## Activities at Cathedral Gardens Active Travel Hub August 2023

Tuesday 1<sup>st</sup> August – Level 1 Cycle Skills (Better by Bike Programme)  
– 5.15pm to 7.15pm

Thursday 3<sup>rd</sup> August - Mindfulness Walk – 5.15pm to 6.30pm

Sunday 6<sup>th</sup> August – Women into Cycling – 10am to 12pm

Tuesday 8<sup>th</sup> August – Bike Fix Basics (Better by Bike Programme) –  
5.15pm to 6.30pm

Tuesday 15<sup>th</sup> August – Led Ride (Better by Bike Programme) –  
5.00pm to 7.00pm

Thursday 17<sup>th</sup> August – Led Ride – 5pm to 7pm

Wednesday 23<sup>rd</sup> August – Bike Fix Basics – 5.00pm to 6.30pm