

RIDE THIS WAY

Bolton Bike Rides

Get back on your bike!!

Leisurely rides for beginners or returning cyclists.

Join our led programme to make new friends, socialise and improve your health.



Cost £2 per person

Bolton
Council

Riding a bike is a great way to increase your physical activity levels.

One-hour ride: Tuesday at 10am (beginners ride)

Two-hour ride: Monday at 10am – 12noon (approximately)

Two-hour ride: Wednesday at 10am – 12noon (approximately)

These rides start from the car park at Bolton Diabetes Centre on Chorley Street, BL1 4AL (Free Parking) Café stop included on the 2hour bike rides.

Wheels for All: On the track at Leverhulme Park, Thursday at 10am-12noon

Things you might want to know....

- **Do I need to wear lycra?**
No. Just wear comfortable loose clothing and training shoes
- **What else do I need?**
Bring a small rucksack that you can carry water and a snack in. Bring a pair of warm gloves in winter.
- **Do you cycle if it's raining?**
Yes, bring a waterproof jacket, or we can provide a light jacket for you to borrow.
- **Can I bring my own bike?**
Yes.
- **Is it Safe?**
The ride has been checked for possible risks.
- **Do you go fast?**
We go at a steady pace and take into account the needs of everyone in the group.
- **Will the bike be the right size for me?**
We have a range of sizes and at the start of each ride we adjust the bike to fit you.
- **What happens if I get a puncture?**
The leader will repair it.
- **Do I need to book?**
No, just turn up.

For more information about other rides and cycling activities please email sportandactiveliving@bolton.gov.uk or contact the Sport & Active Living team on 01204 332323



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