

LOVE YOUR BIKE



PLYMOTION

Make the connection!



FREE ADULT CYCLE SESSIONS

Group sessions will be held at various times and locations. These sessions are a great chance to improve cycle skills and pick up tips with our cycle instructors.

COMMUTER TUTOR

We also offer one-to-one sessions to review a route you would like to try accompanied by one of our instructors.

Bikes are available for loan. We can cater for all levels of cycling and a range of disabilities.

Visit: www.cyclessp.co.uk or call us on 01752 515385

To find out more about the wider Plymotion programme offering a range of services and opportunities visit www.plymouth.gov.uk/plymotion



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FREE OPEN ACCESS WORKSHOP SESSIONS

First Wednesday evening of each month 6pm to 9pm.

These sessions are a great chance to use the Bikespace workshop to fix your own bike supported by Bikespace mechanics.

A limited number of free Basic Cycle Maintenance Courses are also available visit www.bikespace.org.uk or call 01752 500211.

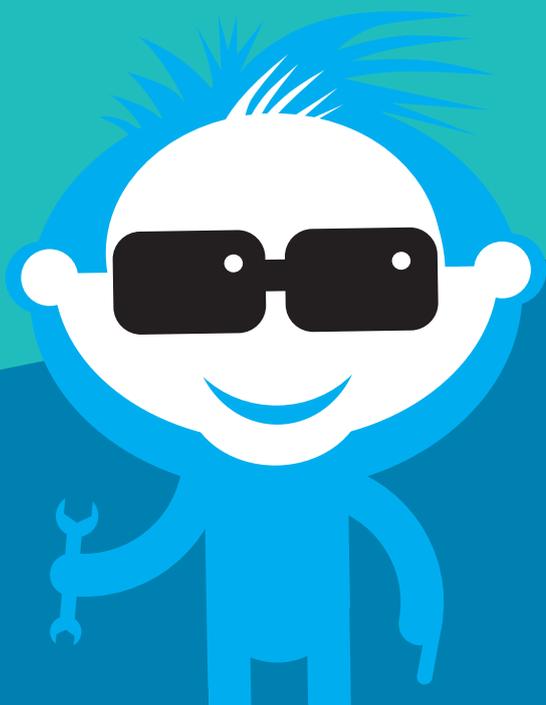
LET'S RIDE PLYMOUTH

Want to get back on your bike? Join one of our FREE friendly bike rides led by trained Ride Leaders.

- Ride Social is for anyone who wants to join a fun, informal group
- Breeze bike rides are led by women for women

Information on all rides can be found at www.LetsRide.co.uk

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Bikespace

