



parkride

fun. free. flexible.

Free access to adapted and mainstream bikes for you and your family to enjoy the great outdoors together.

Regardless of need or age, come and take part in led rides & fun activities, meet new friends or come and have a go at times that suit you and your family!

Peddled by
midland mencap
The voice of
learning disability

Supported by
SPORT ENGLAND

 Birmingham
City Council



SCCT
Sutton Co-operative Charitable Trust





fun.
friends.
family.

access to open spaces.



parkride is about providing people of all abilities and their families the opportunity to enjoy the great outdoors together as a family! Inclusive Family Cycling is a great way to stay active but more importantly it's great fun! We want to make sure that everybody gets to enjoy this fantastic family activity in the amazing Sutton Park!



adapted &
mainstream bikes

there will be a wide range of adapted and mainstream bikes to suit all needs



fun for all

this is for the whole family, regardless of need and will always be free



sutton park

Inclusive Family Cycling is a great way to connect to all the activities that take place within Sutton Park

get in touch



@ParkRideMM



parkride.co.uk



@ParkrideUK



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