

## WOMEN INTO CYCLING

Six week cycling programme  
for women

Experienced Sustrans staff will help you with:

- Traffic free/quiet rides
- On-road cycle training
- Planning a route
- Cycling in all weather
- Keeping your bike secure
- Fixing common mechanical issues.



**sustrans**  
JOIN THE MOVEMENT

Course runs every Friday for six-weeks, 10am – 12 noon

28<sup>th</sup> January (Zoom)

4<sup>th</sup> February (CS Lewis Square)

11<sup>th</sup> February (Connswater Community Centre)

18<sup>th</sup> February (CS Lewis Square)

25<sup>th</sup> February or Saturday 26<sup>th</sup> February (CS Lewis Square)

4<sup>th</sup> March (CS Lewis Square)

Bikes & helmets can be provided on request [BOOK HERE](#)

## BACK ON YOUR BIKE

Training for adults returning to cycling

NO BIKE? NO PROBLEM.  
Bikes and helmets can be supplied.



**sustrans**  
JOIN THE MOVEMENT

- Gain confidence
- Develop basic cycling skills
- Traffic free location

Saturday 19<sup>th</sup> February 10am – 12 noon [BOOK HERE](#)

Sunday 20<sup>th</sup> March 10am – 12 noon [BOOK HERE](#)

Sustrans Active Travel Hub, CS Lewis Square, Belfast

Bikes & helmets can be provided on request

## ELECTRIC BIKE TRIALS

Free trial on one of our electric bikes



- Demonstration provided
- Includes short led ride
- Find out the benefits of an e-bike

Book a one hour slot for a time that suits you.

Saturday 5<sup>th</sup> February 11am – 3pm [BOOK HERE](#)

Friday 11<sup>th</sup> February 1pm – 4pm [BOOK HERE](#)

Saturday 12<sup>th</sup> March 11am – 3pm [BOOK HERE](#)

Sustrans Active Travel Hub, CS Lewis Square, Belfast  
Bikes & helmets provided

## BIKE FIX BASICS

Training to keep your  
bike safe and maintained

NO EXPERIENCE IS NEEDED



- Safety Checks
- Brake Adjustment
- Tyres & Wheels
- Cleaning & Lubricating
- Puncture Repair

Monday 7<sup>th</sup> February 6.30pm – 8.30pm [BOOK HERE](#)

Monday 21<sup>st</sup> March 6.30pm – 8.30pm [BOOK HERE](#)

Connswater Community Centre, CS Lewis Square, Belfast

Friday 4<sup>th</sup> March 1pm – 3pm [BOOK HERE](#)

Sustrans Active Travel Hub, CS Lewis Square, Belfast



Funded by:



### **Fancy leading the way in your workplace?**

Do you get satisfaction from powering your own every day journey? Ditching the car more and choosing to walk, wheel, cycle car share or use public transport? Maybe you enjoy staying active, made a pledge to travel more sustainably this year or encourage those around you to do the same?

Sustrans Leading the Way with Active Travel programme is seeking to bring together a bunch of like minded people to help encourage, promote and champion active travel within their workplace.

Through a '**pick n mix**' of free, practical learning sessions running throughout **February & March** will help you learn more about active travel, develop new found skills or interests, meet new people, feel empowered, confident and supported to spread the word to colleagues as Active Travel Champions.

Find out more:

[Dianne.whyte@sustrans.org.uk](mailto:Dianne.whyte@sustrans.org.uk)

Sustrans Active Travel Officer, Leading the Way Belfast programme

Tel: 07812 470791