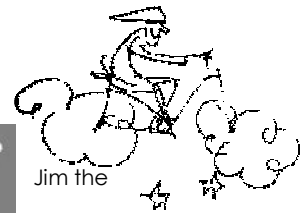


We're a *Community Bike It Hub*
Join the movement.



All our local primary schools are Sustrans Bike It schools, where children gain the essential skills and confidence to fully access the National Standards on road Bikeability training before secondary school.

Now there are some great cycling opportunities for **adults** in our local community.

If you would like to have a go at any (or all) of the following **cycling** opportunities, the majority of which are free, simply **choose from the list and get in touch.**

Adult - Learn to ride a bicycle (for complete beginners):	www.letstravelwise.org	0151 482 5700	Free
Adult - Basic cycle confidence (away from the road):	www.letstravelwise.org	0151 482 5700	Free
Adult - Learn to fix a bike (inc punctures, gears, brakes):	www.letstravelwise.org	0151 482 5700	Free
Adult - Basic cycle skills on quiet roads :	www.letstravelwise.org	0151 482 5700	Free
Adult - Advanced cycle skills on busier roads :	www.letstravelwise.org	0151 482 5700	Free
Adult - Guided rides across Merseyside listed on	www.letstravelwise.org	0151 330 1253	Free
Adult - Need help getting to your new job :	www.letstravelwise.org	0151 330 1253	Free
Adult - Cycle maps and safety info sheets:	www.letstravelwise.org	0151 330 1253	Free
Adult - Local 'Breeze' rides (women) :	www.breezebikerides.com	Fiona: 0151 637 6434	Free
Adult - 'Belle' rides (women) :	Janet: 07719282243	www.wirralbicyclebelles.blogspot.com	Free
Adult - For local guided rides :	www.wirralcycling.org.uk		
Adult - For local Triathlon :	www.merseytri.org.uk		
Adult - For local mountain bike tuition :	www.realrides.co.uk	Jon: 07876156136	
Adult - For general cycle sports enquiries :	www.britishcycling.org.uk		
Adult - For local cycle racing :	Geoff : 07770 577784	www.bnecc.co.uk	or www.letstravelwise.org

About Sustrans: www.sustrans.org.uk (the charity that brings you Bike It)

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() / () www.letstravelwise.org 0151 330 1253



