

FINDING PLACES TO RIDE



WWW.  
BRITISH CYCLING.ORG.UK/  
**GO-RIDE**

HERE YOU CAN FIND LOADS  
OF HELP AND SUPPORT.  
THEY CAN ALSO HELP YOU  
JOIN COMPETITIONS, RACES  
AND CYCLING CLUBS...

...THERE'S OVER 350  
GO-RIDE CLUBS, SO  
FOLLOW THE LINK TO  
FIND YOUR NEAREST ONE



**BRITISH  
CYCLING**

DID YOU KNOW, MOST  
OF THE GREAT BRITAIN  
CYCLING TEAM STARTED  
OUT IN GO-RIDE CLUBS!



**1 bikeability**

BIKEABILITY HAVE TRAINING  
COURSES YOU CAN JOIN. YOU WILL  
NEED TO BRING YOUR OWN  
ADAPTED BIKE AND LET THEM  
KNOW ABOUT YOUR LIMB-DIFFERENCE

A FEW REASONS WHY...

# CYCLING IS SO GOOD



**MAKE FRIENDS**

MEET OTHERS WHO  
ALSO LOVE CYCLING!



**FAMILY TIME**

YOU CAN ALL USE  
BIKES TO GO ON AN  
ADVENTURE TOGETHER



**CONFIDENCE**

LEARNING TO RIDE  
GIVES YOU MORE  
INDEPENDENCE



**FEEL GOOD**

BEING OUTSIDE AND  
MOVING CAN HELP  
YOU RELAX



**HEALTH**

PEDDALING IS GREAT  
FOR YOUR MUSCLES,  
HEART AND LUNGS!

