

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



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



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!

