

Free Adult Cycle Training



Want to learn to ride a bike for work or pleasure?

Or maybe just brush up on your previous cycling skills!

If you live, work, or study in South East Northumberland and are 16 or over then we are providing free one day (or two half days) intense cycle training courses.

Benefits for you:



- Get fitter and healthier, lose some weight, learn how to cycle to work, save on car running costs, and help the environment
- Training will take place at WATBike's premises in West Sleekburn and surrounding roads and tracks of this area. Group sessions will be held weekly including weekends
- South East Northumberland is a very easy (mostly flat) place to cycle around with a number of high quality dedicated cycle ways.

The training is delivered by WATBike's Bikeability accredited instructors, who have vast knowledge and experience of leading group rides around Northumberland.

Courses will cover:

- How to check your bike and equipment
- Basics of cycling efficiently, steering, braking, signalling and stopping
- Cycling on quiet roads and tracks, then graduating to busier and more complex road and traffic situations
- Building your confidence on the road
- How to find good local cycle routes



After training each candidate will receive the South East Northumberland cycle map, and also be offered a free place on one of WATBike's regular guided rides (valued at £15).

Note: all candidates joining the training must turn up with a safe roadworthy bike, and a cycle helmet is strongly recommended.

To book a place or get more details contact

cycletraining@watbus.org.uk or visit

<http://www.watbus.org.uk/adult-cycle-training/>

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