

Sofa to saddle

An opportunity to take part in a fully instructed cycling programme. You can borrow a bike and helmet. Build your confidence to go on longer bike rides. There are a range of venues so get in touch with the organisers.

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Useful Organisations

Active Newcastle

Email: info@activenewcastle.co.uk

Website: www.activenewcastle.co.uk

Telephone: 0191 278 3129