

## Adult Cycling for free

Learn to ride a bike. Improve your confidence. Anyone who lives, works or studies in Newcastle can take part.

Also available 1 – 3 pm Mon to Thursday

and on Saturdays 10 to 12 noon or 1 – 3 pm.

Last updated: November 12, 2019

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## Useful Organisations

### Active Newcastle

**Email:** [info@activenewcastle.co.uk](mailto:info@activenewcastle.co.uk)

**Website:** [www.activenewcastle.co.uk](http://www.activenewcastle.co.uk)

**Telephone:** 0191 278 3129