

Sofa to Saddle

The programme starts with four weeks of fun cycle training. This will give you the opportunity to improve your general cycling skills, such as, stopping with control, using gears efficiently and being able to control the bike with one hand. Once you're confidence is up to speed you can then then work on improving your cycling fitness!

Contact yvette.dungworth@newcastle.gov.uk for more information.

This will be followed by 6 weeks of energising rides, putting your skills into practice, exploring new routes and gradually increasing your cycling distance. If you have already completed cycle training you can join in with the rides.

Bike hire is available at £5.00 for the duration of the ride.

Contact Heather.West@newcastle.gov.uk for more information

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Organiser: Active Newcastle

Useful Organisations

Active Newcastle

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