

## 1 to 1 local bike rides

The WinG Outdoor Club is offering 2 hour One-to-one local bike rides – Cost £6. The WinG Outdoor Club is still able to help you get out, exercise and socialise. Offering guided and supported local bike rides. Bikes, cycling equipment provided, all outdoors and socially distanced and complying with Government Lockdown rules. Available weekdays throughout Tyne and Wear.

To arrange see website: [www.wingoutdoorclub](http://www.wingoutdoorclub) or Telephone or Messenger via Facebook to arrange date and time.

Last updated: January 13, 2021

**Organiser:** Wayout in Gateshead (WinG)

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## Useful Organisations

### WinG Outdoor Club

**Email:** [nickcoates.wing@gmail.com](mailto:nickcoates.wing@gmail.com)

**Website:** [www.wingoutdoorclub.org](http://www.wingoutdoorclub.org)

**Telephone:** 07506 176 888