

## Back On Ye Bike

Regular introductory cycle rides and basic maintenance training to adults living in Tyne and Wear. Participants can learn about basic cycle maintenance and also undertake guided cycle rides. All fully supported by qualified cycle leader with breakdown support, First Aid and necessary tools.

Bicycles supplied, delivered around the Newcastle Quayside area and beyond.

To book or find out more contact: Nick Coates, Outdoor Activities Provider at [nickcoates.wing@gmail.com](mailto:nickcoates.wing@gmail.com).

Last updated: May 20, 2021

**Organiser:** WinG Outdoor Club

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## Useful Organisations

### WinG Outdoor Club

**Email:** [info@wingoutdoorclub.org](mailto:info@wingoutdoorclub.org)

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