

The Big Bike Revival – Free Community Cycling Sessions for Adults

Free, friendly cycling sessions for adults aged 18 plus at Benfield Sports Centre. Sessions include:

- – Led social rides at a gentle pace
- – Learn to ride support for beginners
- – Confidence-building for those returning to cycling
- – Free use of bikes and helmets, but participants can bring their own bike if they wish

Perfect for anyone looking to get active, boost confidence, and enjoy cycling in a supportive group. Open to adults of all abilities.

The sessions are free for adults (18+) and are designed to be welcoming, inclusive, and supportive of those with low confidence, inactive lifestyles, or barriers to getting started with cycling.

All welcome from any area in Newcastle Upon Tyne.

- Saturday 2nd August – Led Ride
- Saturday 9th August – Learn to Ride or Skills Refresher
- Saturday 16th August – Led Ride
- Saturday 6th September – Led Ride
- Saturday 13th September – Learn to Ride or Skills Refresher
- Saturday 20th September – Led Ride
- Saturday 27th September – Led Ride
- Saturday 4th October – Led Ride
- Saturday 11th October Led Ride

Programme funded by Cycling UK

Last updated: May 24, 2026