

Free guided bike rides

These friendly and supportive sessions are ideal for anyone looking to improve their cycling confidence, develop cycling skills, become more active or simply enjoy spending time outdoors with others.

We provide:

- Free guided cycle rides
- Use of bikes and helmets if required
- Basic bike maintenance support
- Refreshments and incentives
- Friendly and experienced ride leaders

The rides take place at a gentle pace on relatively flat routes and are suitable for beginners and those returning to cycling after a break.

Call 07506 176 888 or email info@wingoutdooractivities.org

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