

Group Bike Rides

Around Colwick Park



Be active...
Build
confidence...
Have some
fun!!

Every Friday morning

11:00am meet outside Victoria Leisure Centre

And also meet 11:15am at Greenways Community Centre, Trent Lane Sneinton

Cost: Free

Duration: allow 60 mins

Easy ride, gentle pace.

Mainly on cycle paths and tracks around the park

Suitable for people who have a basic level of cycling

- Please wear suitable clothing, footwear and bring a drink
- Ensure your bicycle is safe to ride before attending

No bike? No problem, we can usually provide you with one
Want to learn to cycle? We can provide free training

For further info please contact

Alice Faricy (Change of Heart Health Trainer)

0115 8525370 or 0781490162

Bike Rides are led by Health Trainers, Cycle Instructors and volunteers who have been trained or have experience of leading rides



Cycling For Health Project