

Group Bike Rides

Around the Embankment



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

**1st Monday & 3rd Monday
of each month**

**Meet: 1:00pm at Portland Leisure
Centre, Muskham St, Nottingham, NG2 2HB**

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

Donna Perry (Change of Heart Health Trainer)

0115 8834233 or 07837 717752

**Safe Cycling - 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

NHS
Nottingham City



bike 4 life

