



Broxtowe Cycle Centres

RideWise is a Nottingham based charity, committed to providing practical solutions that make cycling an enjoyable and safe form of everyday transport. RideWise have cycle centres in the Broxtowe area which provide weekly advice, training, free bike loans and information about routes and journey planning, as well as a weekly bike ride. For enquiries please call RideWise on **0115 955 2288** e-mail customerservices@ridewise.org.uk web www.ridewise.org.uk

LOCATION	DAY	TIMES
Eastwood Cycle Centre DH Lawrence Centre Mansfield Road Eastwood, Nottinghamshire, NG16 3DZ Location to change 31 st March 2016	Tuesday	10am - 11am Learn to ride/improvers 11am - 1pm Gentle social guided group ride
Beeston Cycle Centre Hetley Pearson Recreation Ground Queens Road West Beeston, NG9 1RL	Wednesday	10am - 1pm Gentle social guided group ride
Beeston Cycle Centre Hetley Pearson Recreation Ground Queens Road West Beeston, NG9 1RL	Saturday	9am - 10am Learn to ride (families) 10am - 11am Learn to ride (adults and older children) 11am - 12noon Cycling skills on quiet roads 11am - 1pm Gentle social guided group ride (first Saturday of the month only)
Stapleford Cycle Centre Hickings Lane Recreation Ground Pavilion Hickings Lane Stapleford, NG9 8PB	Saturday	9am - 10am Learn to ride (all ages) 10am - 11am Cycling skills on quiet roads 11am - 12noon Gentle social guided group ride

RideWise also offer bike maintenance courses. Please ring the office on **0115 955 2288** or contact Vera on vera@ridewise.org.uk for further information on dates, times and course content.

These cycle centres are being funded by Broxtowe Borough Council.