



Nottingham City Cycle Centres



Nottingham
City Council

RideWise is a Nottingham based charity, committed to providing practical solutions that make cycling an enjoyable and safe form of everyday transport. RideWise have five cycle centres within the City area which provide weekly advice, training, free bike loans and information about routes and journey planning, as well as a weekly bike ride.

LOCATION	DAY	TIMES
St Ann's Cycle Centre The Sycamore Centre 31 Hungerhill Road St Anns, NG3 4NB	Monday	1pm – 2pm Learn to ride 2pm – 3pm Cycling skills on quiet roads
AMC Gardens Cycle Centre Arkwright Meadow Community Gardens Kirkby Gardens The Meadows, NG2 2HZ	Thursday	9.30am – 10.30am Learn to ride 10.30am – 11.30am Cycling skills on quiet roads 11.30am – 12.30pm Gentle social guided group ride
Bulwell Cycle Centre Bulwell Riverside Main Street Bulwell, NG6 8QJ	Saturday	10am – 11am Learn to ride 11am – 12noon Cycling skills on quiet roads 12noon – 1pm Gentle social guided group ride
The Lenton Cycle Centre The Lenton Centre Willoughby Street Nottingham, NG7 1RQ	Saturday	9.15am – 10.15am Learn to ride 10.30am – 11.30am Cycling skills on quiet roads 11.30am – 12.30pm Gentle social guided group ride
Birchover Cycle Centre Birchover Community Centre 83 Birchover Road Bilborough, NG8 4BW	Sunday	1pm – 2pm Learn to ride 2pm – 3pm Cycling skills on quiet roads 3pm – 4pm Gentle social guided group ride

For enquiries please call RideWise on 0115 955 2288 or e-mail customerservices@ridewise.org.uk

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. www.ridewise.org.uk

These cycle centres are being delivered as part of the Nottingham Urban Area's successful Local Sustainable Transport Fund programme which since 2011 has established Nottingham as an exemplar for integrated sustainable transport. For further details visit www.nottinghamcity.gov.uk/1stfprojects