

# Cycle more this summer

Getting out and about on a bike is a great way to travel for business or pleasure purposes exploring the countryside with friends or your family. If you are looking to increase your cycling skills and confidence this summer then we have a course for you.

Courses last approximately 2 hours. To take part you will need a correctly sized bike in good condition with two working brakes and a cycle helmet. Courses are available for all abilities such as:

- Adult cycle training
- Family cycle training
- Adult confidence courses (*ladies only courses with female instructor or with an all-female group available on request*)



Check out  
[www.bikeability.org.uk/](http://www.bikeability.org.uk/)  
for course details and  
locations

If you're interested in joining one of our summer cycling courses, please complete the expression of interest form: <https://eu.surveymonkey.com/r/summercycling-eoi> and we can find the perfect course for you.



Or contact: [activetravel@westberks.gov.uk](mailto:activetravel@westberks.gov.uk) for more information.



West Berkshire  
COUNCIL