

# Free Adult Cycling Courses



[www.leicester.gov.uk/cycletraining](http://www.leicester.gov.uk/cycletraining)



# Free Adult Cycling Courses

- We are offering free sessions to teach you to cycle or increase your confidence.
- You will be taught by qualified cycling instructors who will work at your pace.
- We will supply you with a helmet and a high-vis vest if you need one during the training.
- You will need to make a booking before you attend for the first time.
- We will book you in for 5 sessions at a time.

If you would like to take up this offer, contact us direct:

**W:** [www.leicester.gov.uk/cycletraining](http://www.leicester.gov.uk/cycletraining)

**E:** [cycletraining@leicester.gov.uk](mailto:cycletraining@leicester.gov.uk)

**T:** 0116 252 6536

## Information About Cycle Training

We are able to take complete beginners or those that can already ride.

Level 1: This is taught somewhere off-road like a playground or park.

Level 2: We will go to quiet residential streets where you will begin to learn about side roads, how to pass parked cars and road positioning.

Level 3: This level is meant for more advanced cyclists.

## Practice, practice, practice

Your lessons are weekly but we encourage you to get as much practice as you can. Even if you just borrow your child's bike, you will find you learn much quicker.



# Post Training – What to do Next...

## Social Cycling Groups

- **Spokes:** [www.leicesterspokes.org.uk](http://www.leicesterspokes.org.uk)
- **Breeze Rides for Women:** [www.goskyride.com/Leicester](http://www.goskyride.com/Leicester)

## Sports Cycling Groups

- **Leicester Forest Cycling Club:** [www.leicesterforest.org.uk](http://www.leicesterforest.org.uk)
- **Leicestershire Road Club:** [www.leicestershireroadclub.org.uk](http://www.leicestershireroadclub.org.uk)
- **Leicester Monarchs Cycle Speedway:** [www.leicestermonarchs.wordpress.com](http://www.leicestermonarchs.wordpress.com)
- **Western Park Freeriders:** [www.westernparkfreeriders.co.uk](http://www.westernparkfreeriders.co.uk)

**Skyride:** Annual ride and also local rides throughout the year:  
[www.goskyride.com/leicester](http://www.goskyride.com/leicester)

**Mechanics Training:** [www.leicester.gov.uk/cycleworks](http://www.leicester.gov.uk/cycleworks)

**The Bike Park:** [www.leicester.gov.uk/bikepark](http://www.leicester.gov.uk/bikepark)

**Bike Shops:** Type “bike shop Leicester” into a search engine

**Sustrans:** [www.sustrans.org.uk](http://www.sustrans.org.uk)

**CTC:** [www.ctc.org.uk](http://www.ctc.org.uk)

**British Cycling:** [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

**Cycle Challenge:** [www.leicestershirecyclechallenge.org.uk](http://www.leicestershirecyclechallenge.org.uk)

**Taking your bike on public transport:** [www.atob.org.uk/bike-rail/](http://www.atob.org.uk/bike-rail/)

**Route planner:** [www.transportdirect.info](http://www.transportdirect.info)

**Bike maps:** Pick one up in bike shops, the Bike Park and Tourist information Centres. Bike maps also have information on considerate cycling.



# Buying a Second Hand Bike?

Do you want to try out cycling but don't want to spend a lot of money? Or do you just want a cheap bike to get around on?



If you would like to purchase a second hand bike we recommend you go to a cycle shop. This means that the bike will have been checked by a qualified mechanic and made safe. If you have a problem with it, you can take it back to the shop.

There are two Social Enterprise Businesses in Leicester who sell refurbished second hand bikes:

## **Bikes4all**

52 Sanvey Gate  
Leicester  
LE1 4BQ  
T: 0116 242 0800

## **Future Cycles**

1-3 St Martins' Walk  
Leicester  
LE1 5DG  
T: 0116 242 5959  
[info@futurecycles.org.uk](mailto:info@futurecycles.org.uk)

You could also try your local cycle shop.

