

# Learn to Ride Courses

Our **Community Cycle Hubs** are located at Story Wood School and Pagets School.

With a committed team of male and female volunteers, and a brand new set of our own bikes and equipment, we can offer the following high quality training:

**Children's Ditch the Stabilisers**

**Adult Learn To Ride**

**Adult Intermediate Riding**  
(first time on the road)

**Adult Advanced Riding Techniques**

**Practice Rides for beginners**

**...all FREE of charge!**

So whether you are a complete beginner, haven't cycled for a while or already ride but want to boost your confidence,

**we can help you.**

You can even borrow one of our bikes for your lessons.

Our Bikeability instructors are trained to National Standards.

For further details of courses and events, and to book a place on a course please see our website:

[www.bnbcommunitycycling.co.uk](http://www.bnbcommunitycycling.co.uk)



## About Bike North Birmingham Community Cycling

From April 2015, the Bike North Birmingham project has changed hands. Formally a Birmingham City Council owned cycling initiative, it has transformed into a volunteer run organisation called **Bike North Birmingham Community Cycling**.  
Run by the community – for the community!

The same ethos remains – to promote cycling in the North Birmingham area, by offering a range of **FREE** cycling based services including:  
Led Rides, Adult Learn to Ride Sessions, Children's Ditch the Stabilisers Classes, Cycle Maintenance activities and much more!

For more details of who we are and what we do please visit our website:

[www.bnbcommunitycycling.co.uk](http://www.bnbcommunitycycling.co.uk)



**Bike North Birmingham Community Cycling** is proud to work in partnership with Big Birmingham Bikes, Witton Lodge Community Association, StoryWood School, Pagets School, Sustrans and CTC (the National Cycling Charity).

To find out more about Big Birmingham Bikes visit  
[www.birmingham.gov.uk/bbb](http://www.birmingham.gov.uk/bbb)

Terms and conditions:

Full terms and conditions are available on our website.  
Please read these before taking part in any of our activities.



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## Spring 2015 Cycling Programme



**FREE  
PLEASE  
TAKE ONE**

**FREE Led Rides**  
**FREE Adult Learn to Ride courses**  
**FREE Kids' Ditch the Stabilisers sessions**  
**FREE Basic Maintenance classes**

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**PLUS**  
**Many more FREE cycling  
events and activities**

# FREE Led Rides

**Bike North Birmingham Community Cycling** rides are led by friendly and trained Ride Leaders, suit a range of abilities and help build your cycling confidence and experience in a relaxed and sociable atmosphere.

## Ride Grades/Key:

### B = Beginners

Mostly flat and traffic free, usually less than 5 miles in distance.

### L = Leisurely

Flat or a few hills, a little traffic, 4-8 miles.

### M = Moderate

Some hills, moderate traffic, 8+ miles.

### F = Family friendly

Rides suitable for families with children.

### BOAB = 'Back on a Bike'

A beginners' and returners' ride.

### CTC = Cyclists' Touring Club

An invitation ride from the local "Cyclists' Touring Club".

To book your place on a ride call

**0121 464 1020**

For more details about any of the rides please see our website:

[www.bnbcommunitycycling.co.uk](http://www.bnbcommunitycycling.co.uk)

## March

Date:	Start:	Ride Name:	Grade:
Sun 1	Brookvale	BOAB	B + F
Sat 7	Wyndley LC	Sutton Park	L + F
Thurs 12, 6.30pm	Wyndley LC	Sutton in the Dark	L + F
Sun 15	Brookvale	City Centre	M
Thurs 19	Brookvale	BOAB	B + F
Sat 21	Pagets School	New Hall Valley	L + F
Thurs 26	Brookvale	BOAB	B + F
Sat 28, 9.30am	Wyndley LC	CTC (Invitation)	M

## April

Date:	Start:	Ride Name:	Grade:
Thurs 2, 6.30pm	Wyndley LC	Evening Energiser	L + F
Sun 5	Brookvale	BOAB	B + F
Thurs 9, 6.30pm	Wyndley LC	Evening Energiser	L + F
Sat 11	Wyndley LC	Sutton Park	L + F
Thurs 16	Brookvale	BOAB	B + F
Thurs 16, 6.30pm	Pagets School	Evening Energiser	B + F
Sun 19	Wyndley LC	Shenstone	M
Thurs 23	Brookvale	BOAB	B + F
Thurs 23, 6.30pm	Wyndley LC	Evening Energiser	L + F
Sat 25	Pagets School	New Hall Valley	L + F
Thurs 30, 6.30pm	Story Wood	Evening Energiser	B + F



## May

Date:	Start:	Ride Name:	Grade:
Sun 3	Brookvale	BOAB	B + F
Thurs 7, 6.30pm	Wyndley LC	Evening Energiser	L + F
Sat 9	Wyndley LC	Sutton Park	L + F
Thurs 14, 6.30pm	Wyndley LC	Evening Energiser	L + F
Sun 17	Pagets School	Middleton Hall	M
Thurs 21	Brookvale	BOAB	B + F
Thurs 21, 6.30pm	Pagets School	Evening Energiser	B + F
Sat 23	Pagets School	New Hall Valley	L + F
Thurs 28	Brookvale	BOAB	B + F
Thurs 28, 6.30pm	Wyndley LC	Evening Energiser	L + F
Sat 30	TBC	CTC (Invitation)	M

## Easy Riders group rides

Every Wednesday morning starting at 10am there is a longer ride open to all who want to come along.

Please check our website for start locations and ride details:

[www.bnbcommunitycycling.co.uk](http://www.bnbcommunitycycling.co.uk)

## FREE Basic Cycle Maintenance Course

5-Week Course session dates:

Wednesday evenings from 7pm – 8.30pm on the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> May & 3<sup>rd</sup> June

**FREE Basic Cycle Maintenance Workshop**  
2 hour workshop: 7pm – 9pm on 10<sup>th</sup> June

Location:

Sutton Coldfield Fire Station, entrance on Anchorage Rd.

**Bookng Essential! Call 0121 464 1020**