



BIKE 4 LIFE

FRIDAYS

19TH APRIL -27TH SEPT

(EXCLUDING 31ST MAY, 7TH JUNE, 5TH JULY & 23RD AUG)

WEEKLY 'BIKE 4 LIFE' CYCLING SESSIONS IN A FUN, SAFE & FULLY INCLUSIVE ENVIRONMENT

Manx Sport & Recreation in conjunction with the Road Safety Team are offering weekly cycling sessions to help improve your confidence whilst cycling.

PAY AT NSC OUTDOOR OFFICE / NSC RECEPTION OR BOOK ONLINE:

MSR.GOV.IM

WIDE RANGE OF MOUNTAIN BIKES & SPECIALISED CYCLES AVAILABLE TO HIRE (INCLUSIVE OF HELMET)

SEE OVERLEAF FOR MORE INFORMATION



DAY

FRIDAYS

TIME

1:30-3PM

VENUE

NSC RACEWAY

COST

Adults: £4.20

DLA: £2.10

Social Ride:

FREE

(If you require no bike / guidance)

For any more information, contact:

Zoe Crowe: 688575 / Zoe.Crowe@gov.im





SUITABLE FOR ALL ABILITIES

- Are you an inexperienced cyclist?
- Do you have low confidence?
- Do you have poor balance?
- Do you just want to keep active?
- Do you have a fear of cycling on the road?
- Are you recuperating from ill health or after an operation?
- Do you have a long term health related issues?
- Do you have a disability?

If YES...

Instructors will be on hand to ensure individuals receive the right tools and coaching points required to meet their needs.

If required, a selection of bikes and helmets will be available to rent:

- Children's Bikes / Trikes
- Adult Bikes / Trikes
- Quad Cycle
- Adult Mountain Bikes
- Hand Cycles
- Recumbent Bike
- Wheelchair Transporter
- Tandem Bikes

Or Bring Your Own...

SOCIAL RIDE:

If you do not require a bike / guidance then please come along and enjoy a social bike ride in a safe and enjoyable environment FREE of charge

DAY

FRIDAYS

TIME

1:30-3PM

VENUE

NSC RACEWAY

COST

Adults: £3.95

DLA: £2.00

Social Ride:

FREE

(If you require no bike / guidance)

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