

# CYCLING SKILLS



**Would you like to try an EBike?**

**Brush up on cycling skills?**

**Discover traffic free routes locally?**

Perhaps you haven't ridden a bike for a while and would like a 1:1 confidence building session.

For any of the above or to join a small group or family ride, please contact me to arrange a session

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For more info or to book a session please contact: [Annick.laroque@sustrans.org.uk](mailto:Annick.laroque@sustrans.org.uk)

**or call / text 07824 863 032**

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