



# Cycling

Activity	When	Where	Cost	Contact
<p><b>All Inclusive Cycling</b> A cycling club for all abilities with a range of two wheel and adapted bikes. Age 8+</p>	<p>Friday 17.00 – 18.00 and 18.00 – 19.00 Saturday 14.00 – 15.00 and 15.00 – 16.00</p>	<p>Worle Community School, 58 New Bristol Road, Worle, W-s-M BS22 6AQ</p>	<p>First session free of charge, then £5.00 per session.</p>	<p>Lin Thomas 07557 132 680 <a href="mailto:lin@age2age.org">lin@age2age.org</a></p>
<p><b>Return to cycling</b> Supported group ride for those who haven't cycled for a while but would like to get back on the saddle. Age 18 years +</p>	<p>Once every 2 weeks, please contact Life Cycle UK for dates. Rides run from March - Oct</p>	<p>Starting point, Create Centre, Smeaton Road, Bristol BS1 6XN Rides along the festival way into Long Ashton and towards Flax Bourton</p>	<p>Suggested donation of £3.00 Would need to book in advance but you do not need to be a member.</p>	<p>Julie Hares 01173 534 580 <a href="mailto:julie@lifecycleuk.org.uk">julie@lifecycleuk.org.uk</a> <a href="https://www.lifecycleuk.org.uk/">https://www.lifecycleuk.org.uk/</a></p>
<p><b>Tandem cycling for visually impaired</b> Two's Company opens up a new world for people who are visually impaired, giving them the opportunity to get out on a tandem and enjoy the countryside. Age 8 – 80.</p>	<p>Most weekends between March and October.</p>	<p>Starting point, Create Centre, Smeaton Road, Bristol BS1 6XN Rides are around the Bristol area, not in North Somerset.</p>	<p>Free of charge. However, a taster session is recommended, provided by us.</p>	<p>Robin Lapworth 01173 534 580 <a href="mailto:tandemrides@lifecycleuk.org.uk">tandemrides@lifecycleuk.org.uk</a> <a href="http://www.lifecycleuk.org.uk">www.lifecycleuk.org.uk</a></p>