

# The BIG BIKE Revival

we are  
cycling  
UK

## Free events in York encouraging people to cycle

Bring your bike to one of our drop-in **Bike Doctor** events for a free safety check and minor repairs. Look out for the Bike Doctor sign and gazebo.

After the Bike Doctor events, join us for a **leisurely guided ride** to help build your cycling confidence and improve your wellbeing. Ideal for new and novice cyclists. Riders can bring their own helmets and roadworthy bikes, but both can be borrowed for free including disability cycles. Pre-booking is essential for the rides and spaces are limited to up to 6 people per ride. Ages 18+ only. Rides up to 1 hour. Book your guided ride place through [Eventbrite](https://www.eventbrite.com).

### JANUARY 2024 EVENT DATES

**Tues 23 Jan:** 9am - 1pm Bike Doctor outside Ellerbys at York Hospital (no ride)

**Wed 24 Jan:** 10am - 12:30pm Bike Doctor at Tang Hall Community Centre alongside YourCafe. Followed by guided ride at 1pm.

**Thurs 25 Jan:** 10am – 1pm Bike Doctor at New Earswick Folk Hall.  
Followed by guided ride at 1:30pm.

**Fri 26 Jan:** 11am – 2pm Bike Doctor at Foxwood Community Centre alongside 'pay as you feel' Friday hub. Followed by guided ride at 2:30pm.

**Sat 27 Jan:** 10am – 1pm Bike Doctor at Get Cycling.  
Followed by guided ride at 1:30pm.

Find out more on [everybodyscycling.org.uk/news](https://everybodyscycling.org.uk/news)

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