

# The BIG BIKE Revival

we are  
cycling  
UK

## Free events in York encouraging cycling

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](#).

### MAY 2024 EVENT DATES

**Fri 10 May:** 11am – 2pm Bike Doctor at Foxwood Community Centre alongside ‘pay as you feel’ Friday hub. Followed by guided ride at 2:30pm.

**Sat 11 May:** 10am - 1pm Bike Doctor at Tang Hall Community Centre alongside Food Circle Market. Followed by guided ride at 1:30pm.

**Mon 13 May:** 10am – 1pm Bike Doctor at New Earswick Folk Hall. Followed by guided ride at 1:30pm.

**Tues 14 May:** 9am – 12 noon Bike Doctor at Lidgett Methodist Church in Acomb alongside community foodbank. Followed by guided ride at 12:30pm.

**Wed 15 May:** 1:15pm – 2:45pm Women’s basic bike maintenance session at Get Cycling in Fulford. Followed by women’s guided ride at 3pm. Part of [Kyra Women’s Project](#) wellbeing project. Both activities must be pre-booked via [contact@kyra.org.uk](mailto:contact@kyra.org.uk)

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

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