

Free bike discovery rides from Everybody's Cycling



**Borrow
a bike and
helmet**

Join us for a leisurely guided ride along local traffic-free cycle routes in York. A great way to meet new people, learn how to safety check your bike, and improve your cycling confidence and fitness levels.



Start/finish:

Get Cycling car park
22 Hospital Fields Road, Fulford YO10 4DZ

MORNING SESSIONS:

Meet at 9:45am for 10am start, ride up to 12 noon

AFTERNOON SESSIONS:

Meet at 12:45pm for 1pm start, ride up to 3pm

Note: Ride lengths and duration dependent on group ability. Ages 18+ only.

Ten ride dates on alternate Thursdays and Fridays throughout summer 2023.

JULY: Thurs 13th, Fri 21st & Thurs 27th

AUGUST: Fri 4th, Thurs 10th, Fri 18th & Thurs 24th

SEPTEMBER: Fri 1st, Thurs 7th & Fri 15th



or a bike for two!



Choose a bike to suit you...



Try adapted cycles such as trikes, tandems, companion cycles, handcycles and wheelchair transporters. Companion riders available too.

For more info and to book,
please contact York Mind



activities@yorkmind.org.uk



01904 643364 (option 5)



Thanks to funding from



Delivered by local charity



**Everybody's
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