



Bike Minded

Well-being through cycling

Cycling is a great way to improve your fitness, well-being and confidence

Come and join us on friendly, relaxed group rides

All abilities welcome!

All rides are free and lead by a trained ride leader

We also offer:

- 1-1 cycle training
- low cost bikes
- bike maintenance sessions



“Bike Minded has helped my health and well-being, feeling more connected with nature and the environment, plus getting fitter”

If you would like to join a ride or find out more visit: www.lifecycleuk.org.uk

Life Cycle UK

start cycling • keep cycling • love cycling

Call: 0117 353 4580 Text: 07403 415 052

Email: bikeminded@lifecycleuk.org.uk

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