

Bike Minded

Well-being through cycling

Cycling is a great way to improve your fitness, well-being and confidence.
Come and join us for a friendly and relaxed group cycle ride!

All rides are free and lead by a trained ride leader. All abilities welcome.

January—March 2018 programme

DATE	ROUTE	TIME	START POINT
Sat 13th Jan	Joint ride: Free Wildlife Photographer of the year exhibition at M Shed - . Free entry into exhibition.	10am	East Bristol
Mon 22nd Jan	Well-being Café! Come and meet other Bike Minded participants and volunteers for a chat and a cuppa at The Kitchen cafe. Everyone welcome. First tea/coffee free!!!	10.30am -12pm	The Kitchen, Silver Street, BS1 2AG
Fri 26th Jan	River Avon ride - off road following the Avon River then cross onto Feeder Road, through Netham Park and over to St Annes for lunch at the Riverside Café.	11:00 & 11:30	Central Bristol
Fri 9 th Feb	Bradley Stoke loop – a ride up to Bradley Stoke and then a loop of the area passing through Easter Compton, Awkley, Alveston and Earthcott Green. Stopping for lunch.	10:30 & 11:00	East Bristol
Tues 20 th Feb	Joint ride: Clifton Loop & Hi-Viz Workshop - Cycle route up through Ashton Court across the Suspension Bridge, around the Downs & along the Portway. Workshop starting at 1:30pm/2pm.	10:30	Central Bristol
Mon 19th Feb	Well-being Café! Come and meet other Bike Minded participants and volunteers for a chat and a cuppa at The Kitchen cafe. Everyone welcome. First tea/coffee free!!!	10.30am -12pm	The Kitchen, Silver Street, BS1 2AG
Thurs 1 st March	Festival Way to Nailsea - Cycle path and quiet roads all the way to Nailsea for lunch. Flat ride, perfect for those wanting to go a little further.	11:00 & 11:30	Central Bristol
Thurs 8th March	Joint ride: International Women's day: Ride to celebrate! Women only ride. Ride TBC and will tie in to an event celebrating International women's day!	10am	Central Bristol
Mon 19th March	Well-being Café! Come and meet other Bike Minded participants and volunteers for a chat and a cuppa at The Kitchen cafe. Everyone welcome. First tea/coffee free!!!	10.30am -12pm	The Kitchen, Silver Street, BS1 2AG
Thurs 22 nd March	Saltford Loop via Whitchurch Way – an alternative route to Saltford mainly on quiet roads and cycle paths, stopping for lunch in Saltford.	10:30 & 11:00	Central & East Bristol
Sat 31 st March	Wickwar - past Iron Acton, a lovely ride bike ride to the picturesque South Gloucester village of Warwick. Long but not hard. Quiet route on cycle path and country lanes – very little traffic and mainly flat. Pub lunch	10:30 & 11:00	East Bristol

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

Life Cycle UK

Start cycling • keep cycling • love cycling

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