



Cycling is good for your health and fitness and it is good for your mind too. Our Guided Group Rides are all about better well-being through getting out and about and being active. You can achieve something new, feel better about yourself, improve your fitness and meet other people.

Our FREE Guided Cycle Sessions are back:

Wednesdays: 2pm

Friday 10.30am

1:1 Cycle Confidence Sessions available on request.

Please email strawberrylineprojects@gmail.com for further details or to reserve your space. Bring your own bike or use one of ours.

