

Exercise your

TRAVELCHOICE

in Peterborough

Cycling



Adult Cycle Training in Peterborough

Whatever your ability, get back in the saddle with Travelchoice's National Standard Adult Cycle Training. If you have never ridden a bike before, or if it has been a while since you last cycled around Peterborough, Travelchoice can help - you don't even need your own bike!

If you would like to gain confidence so that you can cycle to work, or just to go on leisurely rides on the Green Wheel, the Travelchoice Adult Cycle Training programme can cater for you. There are three different training options:

Level 1 is taught in a traffic-free environment and pupils learn the basics of how to control their bike and make an off-road trip, on cycle paths for instance - suitable for people that have never ridden a bike before.

Level 2 is held on quiet roads but in real traffic conditions. Pupils achieving Level 2 will be able to make a trip in light traffic.

Level 3 introduces more advanced traffic systems (such as roundabouts and multi-lane roads), incorporates other road features (for example; traffic lights), and takes place on busier roads.

Cost:

First lesson (up to 90 minutes): FREE

Further lessons:

- Group lessons: £10 per person per hour
- One-to-one lessons: £15 per hour

Our trainers can also offer:

- Free personalised journey planning (highlighting the on and off road routes available)
- Advice on bikes, locks, lights, clothing and more

This training is open to anyone living in Peterborough and can take place at a location suitable to your needs.

For more information, or to book a place on one of our courses email travelchoice@peterborough.gov.uk, call 01733 747474 or visit www.travelchoice.org.uk



1st
lesson
FREE

Adult Cycle Training

your city, your move
www.travelchoice.org.uk

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CITY COUNCIL