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**Wheels around Witton**

**Cycling for all abilities in Blackburn with Darwen**

**CONNECT Community Group Cycling**

**Whether you have ridden a bike recently or not for 50 years, your group will have a wonderful visit. It includes a short ride within the park on a tramper for those with low mobility, a trike or a bicycle. Those who do not wish to try a bike can enjoy the scenery and fresh air by walking alongside; see and learn interesting facts about the park and the visit concludes with refreshments. (these must be paid for by participants) Must be booked with Cheryl at The Connect Project.**

**Dates and times are ad hoc and arranged with individual groups**

**Learn to Ride**

Never learnt to ride a bike? Why not come and give it a go? Even if you’ve never been on a bike before it’s never too late to start. We offer one-to-one instruction for adults giving you the confidence to get going on our bikes and trikes.

**Monday, Thursday, Saturday** 10.00am-11.30am

**Pedal around the Park**

Build up your confidence and improve your stamina and skills at your own pace following the one mile circuit around the Witton Park Cycle Way. Staff will be on hand to supervise.

**Monday** 2.00pm-4.00pm

**Wednesday, Friday** 1.00pm-3.00pm

**Towpath and Weaver’s Wheel Trail**

For the more confident cyclist, join our instructor led cycle ride exploring the Leeds and Liverpool Canal and sections of the Weaver’s Wheel cycle trail. These moderately paced rides will last around 1.5 hours and will involve some gradients and road sections.

**Wednesday** 10.00am

**Community** **Cycling Club**

Witton Park Cycle Centre is now the home of the Community Cycling Club. Join in on your own, with friends or bring your family and learn to ride, improve your skills or just take the opportunity to enjoy a ride around the park or the one mile circuit along the cycle way. Our resident British Cycling coach and BMX champion will be able to offer support and advice during some weekday summer sessions. Children’s bikes are limited, so bringing your own may be advisable.

 **Tuesday** (ladies and girls) 4.30pm–800pm April to September

**Wednesday, Thursday** 4.00pm-8.00pm April to September

**Saturday** 12.00noon-4.00pm All year round

**Trampers**

Trampers are available to use at Witton Park. These are specifically designed vehicles for off-road terrain giving people with low mobility access to the countryside. Book a tramper induction to get you started. Telephone for availability.

**Motivate Cycling Sessions**

Blackburn with Darwen’s Motivate Project provides weekly cycle sessions at Witton Park for adults with learning disabilities. Specially adapted bikes and trikes are available.

**Basic Bike Maintenance Course**

Want to cycle but don’t know what to do if you get a flat tyre? We offer a basic bike maintenance course aimed at resolving some of the common bike problems you may face on a journey. The course includes: altering the seat; putting the chain back on; brake re-adjustments; taking the wheels off; repairing punctures and minor bike repairs.

**Delivered on an ad hoc basis when requested**

**Bikeability Course**

We can help develop your cycling skills and give you the confidence to cycle on roads and deal with traffic on short journeys such as commuting to work. Our National Standard Instructors offer training courses at Levels 1, 2 and 3. Courses can be delivered as a 1-2-1 or as a group.

*Level 1: You must be able to ride a bike already. Learn to control and master your bike. The training takes place off-road. 1 hour session*

*Level 2: How to deal with traffic on short journeys and gives a real cycling experience. The training takes place on-road. 2 hour session.*

*Level 3: Improving confidence and awareness of busy traffic and other road users. Ideal for those who wish to commute at peak times. The training takes place on-road. 2 hour session.*

**Delivered on an ad hoc basis when requested**

**Blackburn with Darwen Sky Rides and Family Cycling**

Weekend rides exploring our local towns and countryside in the company of British Cycling instructors take place through the summer months. Some of these are ideal for families ranging from flat easy paced rides to longer challenging rides. You can also register to find a buddy to ride with or join *Breeze*, the bike rides for ladies. For further information and to sign up visit: [www.goskyride.com/Blackburn-with-Darwen](http://www.goskyride.com/Blackburn-with-Darwen).

Join an all year round cycling group and meet new friends, such as the Bus Stop Bikers; families welcome, rides from 5 – 50 miles. Bring your ‘Young Weavers’ for activities, walking and cycling. Visit [www.busstopbikers.co.uk](http://www.busstopbikers.co.uk) for information.

**All learning sessions start at the Cycle Centre situated in Witton Park, Preston Old Road, Blackburn, BB2 2TP. Bikes and helmets are provided should you need to borrow them. The sessions are FREE to beeZ card holders. For non-beeZ card holders each session costs £2.00.**

**For further information please contact Cheryl Sandford, The Connect Project, Blackburn with Darwen Borough Council, on 01254 588814**

 **or email cheryl.sandford@blackburn.gov.uk**

**If you wish to book any of the Witton Park sessions please contact Re:fresh at**

 **Witton Park Cycle Centre on 01254 54855 or 07966 776114**