

Swindon Guided Sunday Bike Rides

The rides are free of charge and are open to all abilities every Sunday. They are an opportunity to get out with the family, make new friends, or just relax and discover the local cycling networks and the joys of cycling.

All our routes are targeted at people of average fitness rather than racing cyclists and you can register on the day. Most rides will be completed within 2 hours, but this will depend on the ability of the whole group. No one will be left behind or asked to go faster and shortcuts are available. The only rule is to relax and enjoy the ride. Please bring appropriate clothing and a spare tube if you have one. Children under 16 must wear a cycle helmet and be accompanied by a responsible adult.

To ensure your safety and the safety of all the riders in the group please ensure your bicycle is roadworthy. Go to

www.doitbycycle.com/maintenance/bikecheck for advice

Please see the timetable inside for details. Registration is 1.30pm every Sunday and set-off is at 2pm. If you have any queries about the ride, please contact Anna Cipullo on 01793 511033 or 07717 696 672 or email: anna.cipullo@ctc.org.uk



working for cycling

Social Bike Rides

Free to all the public

