

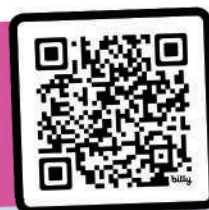


New! Join us for a series of **FREE** guided rides in Carlisle.

Short, easy, gentle rides suitable for all.
An opportunity to increase your cycling confidence and meet people to 'Pedal Together'

Dates and meeting places vary,

Follow the QR code to visit the website for more information and booking



- 13 August 10:30am Bitts Park & Stony Holme
- 21 August 10:30am Harraby
- 26 August 2pm Morton
- 1 September at 10am River Path
- 17 September 10:30am Bitts Park & Stony Holme
- 25 September 2pm Harraby
- 29 September 10am Morton
- 7 October 2pm River Path



Visit travelactively.co.uk or find us on



Bring your own bike and helmet.
Under 18's to be accompanied by an adult.