



Cycling for Over 55s

The Over 55s cycling project is for people who would like to get back on their bikes, get fit and meet new people.

“It’s so good to cycle with a group of like-minded people to interesting places”



Our programme of group cycle rides offers the opportunity to take part in a healthy, sociable activity, exploring the surrounding countryside and experiencing the joys & freedom of cycling.

“It’s made an amazing difference to my independence finding new ways of getting about Bristol on a bike”

Life Cycle UK
Start cycling • keep cycling • love cycling

Find out more at www.lifecycleuk.org.uk

or call us on 0117 353 4580

 facebook.com/LifeCycleUK  [@LifeCycleUKteam](https://twitter.com/LifeCycleUKteam)



What We Offer

Exercise, company and enjoyment

Whether you haven't cycled for a while, are already cycling but would like to meet up and ride with others, or would like to gain confidence with cycling on roads - we can help.

We offer:

- Friendly group rides led by an experienced cycle instructor
- Opportunities to meet new people & explore quiet routes around Bristol
- One-to-one cycle training to improve your cycling skills
- No bike? Borrow one of our loan bikes

“Definitely lifts the spirits and I feel such a sense of well-being afterwards - whatever the weather!”



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