

Like to get more active, join the family for a cycle ride or try cycling to work?

Cheshire West & Chester Council  
are offering

# Free Adult Cycle Training

- Taking place throughout the year
- Beginners to more experienced cyclists
- Group and 1:1 sessions
- Various locations



If you are over 18 and live, work or study within the Borough you can get up to 3 hours free cycle training.  
Book online at [www.CycleExperience.com/bookacourse](http://www.CycleExperience.com/bookacourse)  
**1:1 sessions** [www.cycleexperience.com/cheshirewestchester](http://www.cycleexperience.com/cheshirewestchester)  
email [lorraine@cycleexperience.com](mailto:lorraine@cycleexperience.com)  
or call Cycle Experience on 0845 434 8451



Cheshire West  
and Chester