



Living Well North Tyneside

Supporting Health and Wellbeing

Available now to book for adults, charities, NHS Referrals etc. wishing to improve and develop cycling skills, confidence and knowledge. Take part in 16 free sessions during this summer. We provide all the necessary bicycle equipment, tools and bicycles or bring your own.

Ideal for people wishing to either re-learn cycling skills or begin cycling for the first time. We will be delivering 16 introductory guided bicycle rides throughout Tyne and Wear. See our Calendar page for postcode locations.

To book or find out more please email or telephone.

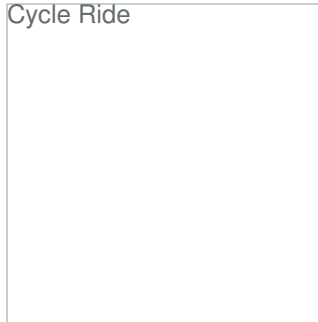
Email: info@wingoutdooractivities.org

Tel. no. 07 506 176 888



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Cycle Ride



info@wingoutdooractivities.org



<https://www.wingoutdooractivities.org/news>



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