



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 3:00pm - 4:00pm

£
Cost: No Cost


Type: Face to Face


Inclusive sessions for adults with standard trikes (some with adapted pedals), recumbent trikes, hand cycle, side by side tandem trike, wheelchair bike, and Tomcat adaptable bike.

The free sessions take place weekly. It is recommended you register in advance.



[physical bikes](#) | [activities](#) | [inclusive sports](#)




0191 643 7171


active@northtyneside.gov.uk


The Parks Sports Centre,
Howdon Road,
North Shields


<https://www.activenorthtyneside.org.uk/adapted-cycling>

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