



Healthy Cycle Rides

Come on free easy-paced Rides

Cycling is great exercise
AND can save you time and money

Southwark Cyclists run guided cycle rides on quiet roads or paths every Saturday morning. Gain experience. Learn local routes. Meet other cyclists. Everyone welcome.

Start/Finish Times, Dates and Locations plus more information at www.southwarkcyclists.org.uk/healthy-rides/

or contact Bruce Lynn at
healthy.rider@mailfence.com

Riders must be over 18 or accompanied by an adult. Southwark Cyclists is part of the London Cycling Campaign.

Supported by Southwark Council



SOUTHWARK
CYCLISTS 

