

Get Into Cycling

- Save money
- Improve health
- Reduce your carbon footprint

There are several FREE programmes to help you into cycling



Learn to ride
Professional training

Find a Buddy
Help with riding and routes

Ride
everywhere!

Go on easy led rides
Learn more routes, meet other cyclists



Learn to ride. Cycle Confident, <https://www.cycleconfident.com/>
Cycle Buddies, <https://lcc.org.uk/groups/cycle-buddies/>
Led rides for beginners, e.g. Southwark Healthy Rides, <https://southwarkcyclists.org.uk/healthy-rides/>

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