



Bikeability Family

We are excited to announce that free Bikeability Family Cycle Training is here at Active Tameside.

Bikeability Family is a training package to help people living in the same household to cycle together. The training will enable families to develop cycling skills, grow confidence plan enjoyable group rides. The sessions will be provided by fully qualified instructors.

Whether you and your family are novice cyclists, or you all ride already, the instructor will adapt the session to your family's needs. Sessions are for up to 6 people from one family and at least one trainee must be an adult. All riders must be able to cycle (i.e. Set off, pedal, slow down and stop).

All riders will need to provide a roadworthy bike and helmet. We do also welcome adaptive bikes and bikes with child seats onto the course.

The training will last for 3 hours with the first part taking on an off-road environment and then progressing onto local roads.

If you would like to discuss the course further or look to book onto the course, please email Mike.Jones@activetameside.com

