

Cycling for all abilities in Blackburn with Darwen



# WITTON PARK CYCLE CENTRE

## LEARN TO RIDE

Never learnt to ride a bike? Why not come and give it a go? Even if you've never been on a bike before it's never too late to start. We offer one to one instruction for adults giving you the confidence to get going on our bikes and trikes.

*To book a session time please contact  
Tember Walsh on 07966 776114*

## PEDAL AROUND THE PARK

Build up your confidence and improve your stamina and skills at your own pace following the one mile circuit around the Witton Park Cycle Way.

**Monday 9.30-10.30am, 2.00-3.00pm**

**Wednesday 1.00-3.00pm**

**Friday 1.00-3.00pm**

## TOWPATH TRAIL

For the more confident cyclist, why not join our instructor-led cycle ride exploring the Leeds and Liverpool Canal and the quiet lanes beyond Witton Park. These moderately paced rides will last around 1.5 hours and will involve some gradients and road sections.

**Wednesday 10.00am Friday 10.30am**

## TRAMPERS

Trampers are available to hire at Witton Park. These are specifically designed vehicles for off-road terrain giving people with low mobility access to the countryside.

Book a Trumper induction to get you started!

*Please note that sessions may be cancelled at short notice due to severe weather conditions.*

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## MOTIVATE CYCLING SESSIONS

Blackburn with Darwen's Motivate project provides weekly cycle sessions at Witton Park for adults with learning disabilities. Specially adapted bikes and trikes are available.

## BASIC BIKE MAINTENANCE COURSE

Want to cycle but don't know what to do if you get a flat tyre? We offer a basic bike maintenance course aimed at resolving some of the common bike problems you may face on a journey. The course includes setting up the bike, planning your journey, repairing punctures and minor bike repairs.

## BIKEABILITY COURSE

We can help develop your cycling skills and give you the confidence to cycle on roads and deal with traffic on short journeys such as commuting to work. Our National Standard Instructors offer FREE training courses at Levels 1, 2 and 3.

## COMMUNITY CYCLING CLUB

Wednesday evenings at Witton Park Cycling Centre are now the home of the Community Cycling Club. Come down anytime between 4.00pm & 8.00pm to learn to ride, improve your skills with our resident British Cycling coach or just take the opportunity to enjoy a ride around the park. Bikes and helmets are provided free of charge.

**Wednesday 4.00-8.00pm**  
(May to September)

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**All sessions start at the Cycle Centre situated in Witton Park, Preston Old Road, Blackburn, BB2 2TP. Adult bikes and helmets are provided. The sessions are free to beeZ card holders. For non-beeZ card holders each session costs £2.**

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**For more information contact the Wellbeing Service**  
**01254 682037**  
**[wellbeing@blackburn.gov.uk](mailto:wellbeing@blackburn.gov.uk)**



**re:fresh**  
your health and wellbeing

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