

# Pedal power to a perfect forest experience

## HealthCycle at Delamere Forest

- Are you new to cycling? Do you cycle but are not fully confident yet?
- Did you used to cycle but haven't been on your bike for a while?
- Why not try HealthCycling?

### About HealthCycle

HealthCycle provides one hour gentle cycling sessions, delivered by a fully-qualified instructor, aimed at those that want to become more active and improve their health through cycling in a traffic free environment.

### 4 Week Programme - Spring Timetable

#### Start Dates:

Tues 10<sup>th</sup> January 2012 Free Introductory Session

Tues 17<sup>th</sup> January – 7<sup>th</sup> February 2012 (4 weeks)

Tues 21<sup>st</sup> February 2012 Free Introductory Session

Tues 28<sup>th</sup> February 2012 – 20<sup>th</sup> March 2012 (4 weeks)

**Times:** Session A: 10.15- 11.15am

Session B: 1.30- 2.30pm

**Costs:** £20 for programme using own bike

£30 for programme including bike hire

**Pre-booking essential**

**More information:** For more information and to book on to HealthCycle call or email Louise Hare on 07717 134 499,

[louise.hare@ctc.org.uk](mailto:louise.hare@ctc.org.uk)



### Benefits of Cycling

- Cycling regularly will improve your fitness and can help you live a long and healthy life.
- Riding a bike can help you maintain a healthy weight.
- Riding as part of a group can be social. Why not reward yourself with a group cuppa after your session at Delamere Café?



[www.ctc.org.uk/delamere](http://www.ctc.org.uk/delamere)