

NORTH TYNESIDE SUMMER OF CYCLING



www.northtyneside.gov.uk

  **NTCouncilTeam**



North Tyneside Council

NORTH TYNESIDE SUMMER OF CYCLING



Look out for our Summer of Cycling when we will be inviting you to explore North Tyneside on two wheels!

Cycling is growing in the borough and the council is committed to promoting a better cycling environment – investing in improvements, learn to ride training and regional schemes to support sustainable, active travel.

Whether pedalling for fun or as an alternative to the car, cycling is low impact, lifts your mood, puts a smile on your face and improves your general health and wellbeing.

You can get in touch with us by email on sport@northtyneside.gov.uk or call us on 0191 643 7446.

Thank you to our Summer of Cycling partners:

British Cycling

Key Enterprises

WATBike Cycling Services

The Cedarwood Trust

Phoenix Detached Youth Project

The Bikeability Trust

Active North Tyneside

Sport North Tyneside



Big Bike Day launch event

Tuesday 28 May, 11am to 2pm
Richardson Dees Park, Wallsend

FREE

Join us for a day of FREE family fun
to launch our Summer of Cycling!

- Balance bikes
- Adapted bikes
- Make a tasty smoothie with pedal power on the smoothie bike
- Get a bike health check with Dr Bike
- Bikeability and Learn to Ride training (see pages 6 & 7)
- Northumbria Police will security mark your bike
- End the day with a guided off-road family bike ride



Not got a bike? Or got one to donate?

Key Enterprises, based in Benton, refurbish bikes and find them a new home. We have some pre-loved bikes available if you'd like to start riding but don't have a bike yet. Or do you have a spare bike that you've outgrown?

Simply arrange a time to come and try some out before choosing the one you'd like to buy. These are excellent value for money and you'll be supporting a local charity and local volunteers with your purchase.

You can donate bikes at:

- The Parks Sports Centre, North Shields
- The Cedarwood Trust, North Shields
- Key Enterprises, Benton
- Or contact Key Enterprises to arrange collection

Tel: (0191) 270 1138

f @KeyEnterprisesBenton



KEY
ENTERPRISES
UNLOCKING POTENTIAL

Family Fun Days



Get the family active at our fun days with games, challenges, music and much more! There'll be bike activities here too, with Dr Bike's health checks, the smoothie bike, plus pick up a pre-loved bike at a bargain price.

- Fri 26 July, 11am – 2pm Springfield Park, Forest Hall
- Fri 2 August, 11am – 2pm Richardson Dees Park, Wallsend
- Fri 9 August, 11am – 2pm Churchill Playing Fields, Whitley Bay
- Fri 16 August, 11am – 2pm Northumberland Park, North Shields



Skatepark

FREE

Join other enthusiasts to show off your latest stunts and tricks – or even learn new ones! A DJ will be on hand to play the latest tracks; all you need is your BMX, scooter or blades.

All sessions are at The Phoenix Bowl, next to The Parks Sports Centre in North Shields, from 11am – 2pm on:

- Wed 29 May
- Mon 29 July
- Wed 14 August

Provided in partnership with the Phoenix Detached Youth Project, Meadowell Connected and The Cedarwood Trust.



Disability Cycling

Sport North Tyneside

We are delighted to introduce adapted bikes for all ages at weekly sessions at The Parks Sports Centre in North Shields, on Mondays from 4.45pm – 5.45pm (3 June – 19 August).

These will include tricycles, a hand cycle and a twister side-by-side bike.

Sessions are outdoors (weather dependent) and led by qualified instructors who can adapt the session to suit your needs. We do envisage sessions to be popular, so please be prepared to share the bicycles with others. Call (0191) 643 7447 for more details.

Booking is essential – visit www.eventbrite.co.uk and search 'adapted bikes @ The Parks Sports Centre'.

FREE





Learn to Ride

Children can wave goodbye to their stabilisers during these one-hour sessions.

Various time slots available on:

Richardson Dees Park, Wallsend

- Tues 28 May

Northumberland Park, North Shields

- Tues 23 July
- Wed 24 July
- Thurs 25 July

Booking essential – visit www.eventbrite.co.uk and search 'Learn to Ride'



FREE

Bikeability Level 1 off road (age 8+)

Half day session

Learn to control and master your bike in a traffic-free space. Children will be taught how to prepare for cycling, pedal and stop with control, use gears and avoid objects and share space with pedestrians and other cyclists safely.

Shiremoor Adventure Playground

- Tues 23 July
- Tues 6 August

Richardson Dees Park, Wallsend

- Tues 28 May
- Tues 30 July
- Tues 13 August

The Cedarwood Trust, North Shields

- Mon 12 August
- Mon 19 August

Booking essential – visit www.eventbrite.co.uk and search 'Bikeability'

Bikeability Level 2 (age 8+)

Full day session

Training takes place on local streets, allowing young people to learn how to deal with traffic on short journeys such as cycling to school. Training includes recognising hazards, knowing where to ride on the road and passing parked vehicles.

Rising Sun Country Park, Benton

- Wed 29 May
- Wed 24 July
- Wed 31 July
- Wed 7 August
- Wed 21 August

The Cedarwood Trust, North Shields

- Tues 20 August

Shiremoor Adventure Playground

- Tues 27 August
- Wed 28 August

Booking essential – visit www.eventbrite.co.uk and search 'Bikeability'



FREE



NORTH TYNESIDE
**SUMMER
OF CYCLING**

Guided Rides

FREE

WATBike 

 **HSBC UK
BRITISH
CYCLING**

For adults

Watbike is running guided rides every Wednesday (5.30pm) and Sunday (9am) leaving from Silverlink Biodiversity Park car park (opposite the Village Hotel). These are social rides with experienced guides at a relaxed pace, designed for most abilities (please note: there is a £5 charge for Sunday rides).

No need to book, just turn up!

Watbike also offer cycling trips to locations including Holland, Norfolk, Northumberland and Yorkshire.

www.watbike.co.uk
Email: cycling@watbus.org.uk
Tel: (01670) 522111

For families

British Cycling is excited to work alongside North Tyneside Council to bring you a series of Guided Family Rides. These are suitable for all ages and abilities – even those using stabilisers.

Rides will start from Shiremoor Adventure Playground every Tuesday evening during term-time starting on 11 June and every Thursday morning during school holidays (weather dependent). Your bike must be in a roadworthy condition and don't forget your helmet.

Book online: www.letsride.co.uk
Email: rideleaders.ne@outlook.com



Our Summer of Cycling will draw to a close on Thursday 29 August – join us for our final ride of the summer from Shiremoor Adventure Playground at 10.30am. On returning from your ride, stay at the playground for a picnic with music, games, family karaoke and a BBQ too!