



Bikeability Family – Free Cycle Training

Cumbria County Council has successfully secured funding from the Department of Transport to deliver FREE Bikeability Family courses during the summer holidays. These sessions will be delivered by Cyclewise who have been providing Bikeability cycle training in Cumbria for over 15 years.

Bikeability Family is a brand-new free training package to help people living in the same household to cycle together. The training will enable families to develop cycling skills, grow confidence and plan enjoyable/safe group rides. The sessions will be provided by fully qualified instructors and complement the Bikeability training available in schools.

Whether you and your family are relative novices to cycling or you all ride already your instructor will tailor the session to meet your 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 independently before the training course (i.e., Set off, pedal, slow down and stop) Please be aware that where groups have very different ages or abilities, instructors need to pace training to suit the least able.

All riders will need to provide a roadworthy bike and helmet. We can also include e-bikes, adaptive bikes, cargo bikes and bikes with child seats on the course.

The course consists of an initial conversation (maybe by telephone or email) to gauge the level of experience of all the riders and to get an idea of what the family wants to get out of their sessions.

The training will last for 3 x hours with the first part taking part on a playground area and then progressing onto the local roads.

This training will take place at Newlathes School (Carlisle) the week of the 19th – 23rd July and Ghyllside School (Kendal) the week of the 26th – 30th July. Sessions available from 9am – 12pm and 12.30pm – 3.30pm.

If you would like to know more about the training or to book a place for you family, please call Cyclewise on 01768-89755 or e-mail bookings@cyclewise.co.uk.

Places and time slots are limited and will be offered on a first come first served basis.

Cyclewise Bikeability Office

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