

Are you wasting time sitting in traffic on your way to work?
Are rising fuel prices getting you down?
Would you like to get fit but just have no time?
Are you nervous about cycling in traffic?

Consider **Cycling** **to Work**

We can help!

**FREE Cycle
Commuting to
Work courses
tailored to
your needs**

Improve your
confidence and
practical on-road
cycling skills.

Your friendly trainer
will deliver sessions
one-to-one or in
small groups of
friends and
colleagues.

Limited places
available and will be
allocated on a first come first
served basis.



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Our approved trainers are experts in helping people cycle safely and confidently.

To find out more and book your FREE 2 hour session: Contact the cycle training provider in the area that you live or work.



Chorley Preston South Ribble	Seamus CTC seamus.kelly@ctc.org.uk	Tel 07786 550658
West Lancs	Brian Sefton Council or Val brian.nener@sefton.gov.uk	Tel 0151 934 4638 Tel 0151 934 4234
Burnley Ribbles Valley	Ian I Cycles Training gibbs.ian@btinternet.com	Tel 07976 757684
Hyndburn	Kirsti Go Velo grayson.kirsti@gmail.com	Tel 07725 135554
Pendle	Wayne Pendle Leisure Trust wayne.bowman@pendleleisuretrust.co.uk	Tel 01282 661315
Rossendale	Seamus CTC seamus.kelly@ctc.org.uk	Tel 07786 550658
Lancaster	Damian CTC damian.bonsall@bikeclub.org.uk	Tel 07825 883572
Blackpool Fylde Wyre	Carol Blackpool Council cycling@blackpool.gov.uk	Tel 01253 476182
Blackburn	Nick Blackburn with Darwen Council nick.burton@blackburn.gov.uk	Tel 07739 779690

The free cycle training on offer has a value of up to £40
www.lancashire.gov.uk/cycling
cycling@lancashire.gov.uk



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