



Funded by
UK Government

Discover the benefits of cycling

Free cycle training and
guided rides for adults
in Brighton & Hove.

- New to cycling?
- Returning after a break?
- Looking to build confidence?

**We'll support you every
step of the way**

- Free sessions
- Bikes and helmets provided
- Friendly qualified instructors
- All abilities welcome
- Meet others and enjoy cycling
at your own pace



Book your free session

email volunteer@brightonbikehub.org

visit Brightonbikehub.org



Brighton Bike Hub offers free cycling sessions for adults referred by
local GP practices and community support services.

