



Funded by
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Discover the benefits of cycling



Book your free session

email
visit

volunteer@brightonbikehub.org
Brightonbikehub.org



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



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



Whether you've never ridden a bike, want to build confidence on the road, or simply want to cycle socially, these sessions are for you.