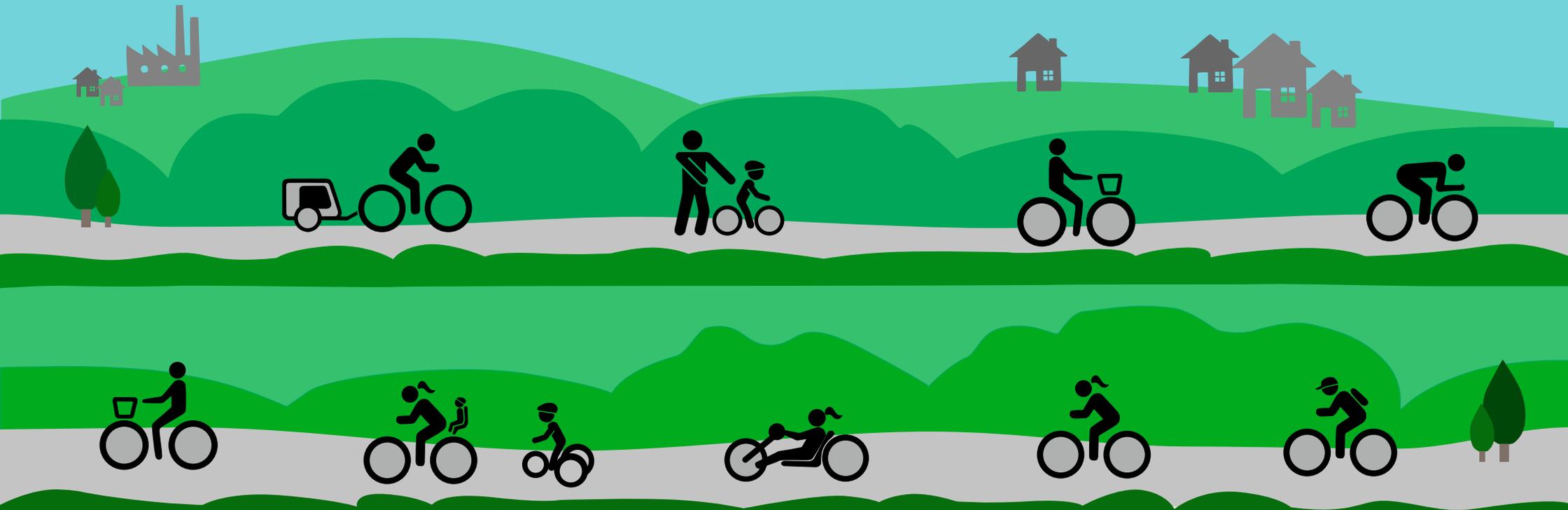


Cycling in GM for all ages

Support and resources

Greater Manchester
Moving > ^ < v



Led
Rides

Cycling
Groups
Cycle training

Bike Maintenance
Cycle
confidence

Family activities
Adapted Cycles

Making Greater Manchester a great place to...

Grow up, get on, and grow old, on a bike!

Cycling Support and resources



For children, young people and families

> **TfGM** - provide family confidence training

> **Cycling UK** - includes support for 30+ GM Community bike projects, e.g. BikeHive, CeraCycloan, BambinoBiking, offering led family rides & events, cycle training, bike maintenance & access to bikes.

> **Bikeability** - cycle training for children & young people run through schools

> **Cycling Projects, Simply Cycling** providing all ability, inclusive cycling opportunities.

> **British Cycling** - activities including Let's Ride Pop-up, Guided Rides, Go-Ride clubs, and Let's Ride Manchester for families, Ready Set Ride for children & various clubs e.g track, BMX, mountain biking, road riding.



For adults wanting to cycle

> **TfGM** - 1:1 & group cycle training, Learn to Ride & Road Rider Ready. Back to work, Bike maintenance. Cycle maps.

> **Cycling UK** cycle touring clubs & GM Community bike projects, e.g. BikeHive, ChainLink. offering led rides, cycle training, bike repairs & access to bikes.

> **Cycling Projects & Simply Cycling** providing all ability, inclusive cycling opportunities.

> **British Cycling** - Breeze women's rides, Guided Rides, disability hubs, cycle coaching & clubs e.g track, BMX, mountain biking, road riding.

> **BikeRight** - cycle training & bike maintenance



For older adults to get around by bike

> **TfGM** - 1:1 & group cycle training, including Learn to Ride & Road Rider Ready. Bike maintenance training. Cycle maps & routes.

> **Cycling UK** cycle touring clubs & GM Community bike projects.

Cycling Projects & Simply Cycling providing all ability, inclusive cycling opportunities

> **British Cycling** - social rides, Breeze women's rides, disability hubs, cycle coaching & clubs.

> **Cycling without Age** - a community group providing rides in their trishaws.

> **BikeRight** - cycle training & bike maintenance

Campaigning & advocacy groups, providing helpful resources, advice & campaigns supporting walking & cycling:

WalkRideGM - with a network of hyperlocal groups across GM, runs regular events and provides updates and advice.

Love Your Bike - website includes a useful directory of bike shops, calendar of events, advice and campaigning information.

Sustrans - a national walking & cycling charity. Useful guides and support including information on school streets, play streets and Bike to School days.

Playing Out - a parent & resident movement campaigning for children's right to play out in the streets and spaces where they live.

Living Streets - the UK charity for everyday walking. Resources, advice & campaigns to support walking including helpful materials to tackle pavement parking.

Wheels for Wellbeing - advice, activities and campaigning to support disabled people of all ages and abilities to enjoy the benefits of