

Whether you are someone who wants to get back on your bike or an experienced rider who can share your bike knowledge, Age UK Bexley Cycling Club could be the activity for you.



WEEKLY SOCIAL RIDES

Our guided Friday morning rides provide the opportunity to cycle in a group with like-minded people. The group is mixed ability and goes at a speed comfortable for everyone. All routes use cycle paths or quiet roads and are based in Erith and Thamesmead. After each ride there is the very important tea and coffee break!

All rides are led by a team of volunteers.

MONTHLY MAINTENANCE SESSIONS

Based at our Men in Sheds project in Erith, we have the equipment for bike repairs and maintenance. With monthly maintenance sessions, members can share and teach their bike knowledge to new riders.



For detailed route maps of our weekly rides, head to our Men in Sheds website:
www.meninshedsbexley.com

GET ON YOUR BIKE.

Over 50 and want to get back on your bike? Join our cycling club!

The club runs weekly group rides in Erith and Thamesmead. We are also hosting monthly maintenance sessions, based at our Men in Sheds project.

GET INVOLVED



TELEPHONE: 0208 300 0883



WEBSITE: WWW.AGEUK.ORG.UK/BEXLEY

