

FREE ADULT CYCLE TRAINING

Call 0300 123 1675 or go to www.tfgm.com/cycling to find out more and book your training



Whatever your level, we can help you get the best from your bike

Our expert instructors offer a choice of two **FREE** courses

Learn to Ride

If it's been a while since you've ridden a bike, or maybe you've never had the chance to try, **Learn to Ride is the course for you.**

Held in friendly, accessible venues across Greater Manchester, Learn to Ride group courses are led by a qualified instructor.

Bikes and helmets are provided, but you can bring your own if you'd prefer.

Over two hours, you'll learn the basics of the bike, including using gears, how to look, signal and turn, and steering your bike and stopping quickly if you need to.

On the Road

Already cycle, but want the extra confidence or knowledge to take your bike onto the road? This one-to-one course is for you.

Our expert instructors offer tailored training at a time and place to suit you, so you'll have the personal support to feel confident cycling on the road.

We'll take you through real-life situations, offer advice on route planning, confidence tips and how to get the most from your bike.

Before you know it you'll be breezing through the jams on your way to work.