

have fun  
get fit  
feel free!



# Bike Week Local Events 16-24 June

National Bike Week will see thousands of cycling events all over the country. We're doing our bit, so please show your support for Cycle Hereford and cycling in general by coming along to as many of the following events as you can. They're mostly free and everyone is welcome (where suitable).



## **Sunday 17 June - 'Mark's KKK ride' - 10am start**

That's Kivernoll, Kilpeck and Kentchurch to you, with a possible run on to Skenfrith if we're up for it! A 40 or 50 miles round trip with a pub lunch. If we're really lucky we might possibly even meet up with one of the Herefordshire Walking Festival Walks somewhere along the route. Come and explore NCN 46 - 10am start from Cathedral Close, Hereford, finish about 5pm. Tel 07971 291102 or email [cycling@image.cix.co.uk](mailto:cycling@image.cix.co.uk) for more details

## **Monday 18 June - 'Breinton Lanes' leisure ride - 6pm start**

Start from the old railway bridge over the River Wye in Hereford on the Great Western Way, map reference 502393. Distance approximately 6 miles along country roads around the Breinton area and back. Please bring a drink and snack if you would like to enjoy a snack en route! All ages and abilities welcome including accompanied children. Leaders - 'The Pedalling Pair', tel 01432 355452

## **Wednesday 20 June - 'All About Cycling' - High Town - 9am - 4pm**

Have all your cycling questions answered and try out the Smoothie bike! Free cycle maps and cycle surgery. Further details available from Herefordshire Council on 01432 260514

## **Thursday 21 June - 'City cycle paths and quiet routes' - 6pm start**

Start from Hereford Centre for Natural Health at Belmont, approx 1.5 hours, family friendly, all ages and abilities welcome including accompanied children. For details email [tim@cyclehereford.com](mailto:tim@cyclehereford.com), tel 340107

## **Thursday 21 June - Hereford Wheelers 'Come and Try It 10-mile Time Trial', 6pm**

Allensmore Village Hall. Contact Stuart Edinborough, tel 269700. £2 entry fee, min age 12.

## **Friday 22 June - 'Connect2 Hereford' - 6pm start**

Hereford's missing bridge link from both sides of the river - come and see how much of a detour this longed for scheme will save and why you should vote for it on ITV this December. The Volunteer, Harold Street, Hereford at 6pm back by 8pm! For details tel 07971 291102 or email [cycling@image.cix.co.uk](mailto:cycling@image.cix.co.uk)

**Check our website for any last minute changes or additions - [www.cyclehereford.com](http://www.cyclehereford.com)**

All events have been registered with National Bike Week and are fully insured for public liability through them.