

Be Active by Bike Calendar - Led Rides

Rides are suitable for beginners, covering a distance of approximately 5 miles and will be led by British Cycling qualified ride leaders. Rides will last approximately 1 hour. Please arrive 15 minutes before the ride starts to ensure you are allocated a bicycle for the ride start time of 10am*

HUB	Handsworth Leisure Centre	Court Road Health and Fitness	Ward End Park	Nechells Community Sports Centre	Ackers Adventure
	Saturdays 10am	Saturdays 10.30am	Thursday 10am	Saturdays 10am	Thursday 10am
February	18 th	18 th	16 th	18 th	16 th
March	3 rd	3 rd	1 st	3 rd	1 st
April	7 th	7 th	5 th	7 th	5 th
May	5 th	5 th	3 rd	5 th	3 rd
June	2 nd	2 nd	7 th	2 nd	7 th
July	7 th	7 th	5 th	7 th	5 th
August	4 th	4 th	2 nd	4 th	2 nd
September	1 st	1 st	6 th	1 st	6 th
October	6 th	6 th	4 th	6 th	4 th
November	3 rd	3 rd	1 st	3 rd	1 st

*Please note you must have Be Active membership to book on a led ride. For details of how to register see <http://www.birmingham.gov.uk/beactive>

*You will be required to fill out a wavier form and led ride terms and conditions before being able to access a bicycle.

If you would like to book onto a ride please contact the following:

- Handsworth Leisure Centre – Tel. 0121 464 6336
- Court Road Health and Fitness – Tel. 0121 303 1700
- Nechells Community Sports Centre – Tel. 0121 464 4373
- Ackers Adventure – Tel. 07799 454181
- Ward End Park – Tel. 07834 517347

Please note that some of the hubs also provide additional led rides, information of these rides can be found by asking the Hub direct.