



women on wheels

Ride - Explore - Enjoy

2009



March 1st - Crook o'Lune & Lune Valley
April 5th - Glasson Dock & Lune Estuary
May 3rd - Sunderland Point
June 7th - Brief Encounters in Carnforth
July 5th - Hest Bank & Morecambe
August 2nd - Halton and the Bay
September 6th - Cockerham
October 4th - Mystery Ride

*All rides will start at the Millennium Bridge
(Lancaster end) at 11am.
No need to book - just turn up!*

**LANCASTER
CITY COUNCIL**
Promoting City, Coast & Countryside


celebrating cycling
In our city, coast & countryside

What is Women on Wheels?

It's a programme of women only cycle rides on the first Sunday of every month (from March to October).

The rides aim to encourage all women - whatever their ability - to get out and about with other like-minded women and explore our area by bike.

The rides mainly follow routes from our *Cycling for All Guide* (call us for your copy or download from our website).

We have a couple of bikes available for loan for these rides - these must be booked at least 3 days in advance of the ride.

These rides are not suitable for complete beginners ie you must be able to ride a bike. If you want to take advantage of free 1-2-1 training please get in touch.

*For more information call 01524 582392 -
email celebratingcycling@lancaster.gov.uk
or visit www.celebratingcycling.org*