



Women

ON WHEELS

From April to September - on the first Sunday of every month - we'll be running our new programme of cycle rides for women.

These relaxing & interesting rides will follow routes from our Cycling for All Guide (call 01524 582086 or your copy).

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.

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

April 6th - Glasson Dock & Lune Estuary

May 4th - Crook o'Lune & Lune Valley

June 1st - Sunderland Point

July 6th - Carnforth

August 3rd - Halton

September 7th - Hest Bank & Morecambe

Contact Us: www.celebratingcycling.org - 01524 582086 / 582392 - celebratingcycling@lancaster.gov.uk