

Aigburth 
Community 
Cycle Club 

Free Community Cycle Rides – May 2024

We're a community cycle club affiliated to Cycling UK and offering free cycle rides led by trained volunteers. Rides start at front entrance of Greenbank Sports Academy, Greenbank Lane, L17 1AG.

To book download the free Spond app to your phone, register with a username & password & join our group using code GSDOY.

Or for more information

email: info@aigburthcommunitycycleclub.org

phone: 0151 728 7884

Bikes & helmets available to borrow for free

1-2 mile Inclusive Ride

Sat 11 May @ 12pm – 2pm

(1-2 miles) Cycle on a Trike, Side by Side cycle, Handcycle or 2 wheel bike. First part of ride in Sports Hall at Greenbank Sports Academy to get used to the cycles. Then head out to Sefton Park's wide traffic free paths.



7 - 8 mile rides

Thu 9 May @ 6pm – 8pm

Two Parks & Two Cathedrals (7 miles) Evening ride on traffic free paths through Sefton & Princes parks then quiet roads with views of the city's two cathedrals.

Thu 16 May @ 6pm – 8 pm

Calderstones Park (8 miles) Evening ride on quiet roads to Calderstones Park returning along Otterspool Prom.

12-14 mile rides

Sat 18 May @ 10am – 1pm

History Ride: Little Italy (12 miles) Explore the traces of Italian history across the city. Run in partnership with the Dante Alighieri Society.

Sat 25 May @ 9:30am – 1:30pm

Greenbank to Bidston Moss (12 miles) Otterspool Prom to the Pier Head & catch ferry to Seacombe. Cycle along New Brighton Prom & quiet roads to Bidston Moss. Train home from Birkenhead North station.

30+ mile rides

Mon 6 May (bank holiday) @ 9:30am – 3:30pm

Norton Priory (33 miles) Loop Line and Pickering's Pasture to Runcorn and along the Bridgewater Canal to Norton Priory. Back via Hale village, Speke & Garston.

Sat 11 May @ 9:30am – 4:30pm

Grappenhall Heys (51 miles) Cycle through Allerton & Hunts Cross to the old Runcorn Bridge then along quiet roads to Grappenhall Heys Walled Garden & cafe. Return via Runcorn, Hale, Speke and Garston.

Sun 26 May @ 9:30am – 3:30pm

St Helens Dream (30 miles) Circular route including the Loop Line and a mix of quiet roads & cycle paths.



**Liverpool
City Council**



**LIVERPOOL
CITY REGION
COMBINED AUTHORITY**

**we are
cycling
UK**