



Monty's Bike Hub is an exciting social enterprise supporting all things cycling on the east of Southampton, while enabling local people to be empowered with new skills and opportunities

@MontysBikeHub





07411 517 900  
bikes@montys.org.uk  
www.montys.org.uk/bike-hub

### OPENING HOURS

**Wednesday / 6-8pm**  
Adult Bike Workshop (16+)

**Thursday / 12-5:30pm**  
open for sales and repairs

**Thursday / 3:30-5:30pm**  
Youth Bike Workshop

These opening hours are term-time only, and liable to change. Please check social media for up to date info  
**@MontysBikeHub**



**You can find us in our workshop at Scout HQ  
between Montague Ave & Stanford Court  
Sholing, Southampton, SO19 0QX**

We are part of Monty's Community Hub  
59 Montague Ave, Southampton, SO19 0QB  
*Registered Charity Number 115564919*

### Learn to Ride

We teach kids to 'ditch the stabilisers', help all ages gain confidence on the road, and organise fun group rides

### Bike Workshop

Come along and use our tools, while learning how to repair your own bike

### Bike Repairs

We can repair you bike for you, if you'd prefer

### Bike Sales

We sell a wide range of second hand bikes suitable for all ages

### Parts & Accessories

Tyres, inner tubes, cables, brakes, locks, lights, helmets, and more

### Bike Doctor

Hire our services for your group, workplace or community

### Bicycle Recycling

We accept donations of good quality bicycles and spares

### Volunteering/Training

Make friends, make a difference, learn new skills, and gain qualifications