

## Inverness Campus Cycling Group Upcoming Activities

### Social Cycle

Join us for a short ride around the area of Inverness Campus between 5:15pm – 6:15pm, dates below. This ride has a relaxed pace, with plenty of time to chat, to take in the sights and gain confidence. Each week will vary depending on who attends.

February 5 <sup>th</sup> February 19 <sup>th</sup>	March 4 <sup>th</sup> March 18 <sup>th</sup> April 22 <sup>nd</sup>	May 6 <sup>th</sup> May 20 <sup>th</sup>
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### Cake, Coffee, Cycle

Join us for a slightly longer ride with a **FREE** coffee and cake stop in the middle on the last Saturday of every month between 1:30pm – 4:30pm, dates below. This will be a very relaxed ride, with plenty of time to enjoy the views and to chat. For this ride, we ask that you can confidently ride for an hour and can ride uphill. The route is mainly on cycle paths with one or two sections on busier roads. If you're not sure, please contact us and we'll send you a copy of the route.

February 1 <sup>st</sup> Merkinch Nature Reserve (9.25 miles)	February 29 <sup>th</sup> Ness Islands (10.5 miles)	March 28 <sup>th</sup> Culloden Woods (10 miles)
May 2 <sup>nd</sup> TBC Merkinch Nature Reserve (9.25 miles)	May 30 <sup>th</sup> TBC Ness Islands (10.5 miles)	June 13 <sup>th</sup> TBC Culloden Woods (10 miles)

### Need to Know

All the activities start and finish at Inverness College UHI, 1 Inverness Campus, IV2 5NA. Meet outside the main entrance. Please ensure you have a bike in good condition, a helmet (if you don't own one, we can provide you with one), a bottle of water and a rain jacket, as the weather can be unpredictable. Upon arrival, you'll be asked to fill out a Medical Information and ICE (In Case of Emergency) Form and a Photography Permission Form. All activities are FREE. Booking is advisable by emailing [cycling.ic@uhi.ac.uk](mailto:cycling.ic@uhi.ac.uk) as places are limited.

### Contact Details

Claire Sutherland - Inverness College Cycling Officer: [cycling.ic@uhi.ac.uk](mailto:cycling.ic@uhi.ac.uk)

