

## FREE BIKE DOCTOR & ADULT GUIDED RIDE IN YORK

## Thursday 20<sup>th</sup> October 2022 Nestle Thief Lane car park

(on the left after Product Technology Centre when heading north along Haxby Road)

## **Drop in Bike Doctor 10am to 1pm**

Bring your bike for a free safety check & basic repair.

Look for the Bike Doctor sign & gazebo.

## Adult (18+) Guided Ride at 1:30pm

Small group guided ride up to 30 mins to help regain your cycling confidence, ideal for new and novice cyclists.

No bike? No problem! Borrow one for free.

Pre-booking via Eventbrite is essential as places are limited:

www.eventbrite.co.uk/e/free-adult-guided-ride-nestlethief-lane-car-park-tickets-430831928897

Delivered by local charity, Everybodyscycling.org.uk









