

Bike Week Bonanza

fun cycling games for kids

we are
cycling
UK

Competition: Design your own cycling jersey

Win a cycling jersey designed by you.
Tag a picture of your creations
online to [@wearecyclinguk](#)
using [#BikeWeekUK](#)
or email hq@bikeweek.org

**Closing date for entries is
Saturday 5 June. Winner will be
announced by Wednesday 30 June*.**



**we are
cycling
UK**


Bikeweek
delivered by Cycling UK

*Terms and conditions apply, see the website for details.

Staying fueled during your ride

It's important to keep your energy levels high when you are cycling. Ask an adult to help you make these delicious recipes.

Don't forget to lick the bowl, it's the best bit!

Cycling Parkin makes the perfect snack

Ingredients

12oz golden syrup	6oz butter or baking margarine
8oz black treacle	13oz oats
3 eggs	7oz self-raising flour
9oz dark brown sugar	3 tsp milk
3 tsp ginger powder	

Method

1. Mix together the golden syrup, butter and black treacle.
2. Pop them in the microwave for two minutes to loosen up.
3. Pour the mixture into a large bowl of oats, and stir.
4. Add the remaining ingredients (eggs, flour, sugar, milk and ginger powder) and mix well.
5. Pour into a lined tin and bake on the top shelf at 160° for 45 minutes.
6. Leave the sponge in the tin to cool, then wrap it in baking paper and foil (still in the tin).
7. Store for five days before eating (if you can wait that long!). The cake becomes stickier and softer the longer you leave it.
8. Cut into squares. Eat within two weeks.

Credit: Pete Sparks, Bank View Cafe, Sheffield

Cycling vegan chocolate fudge cake

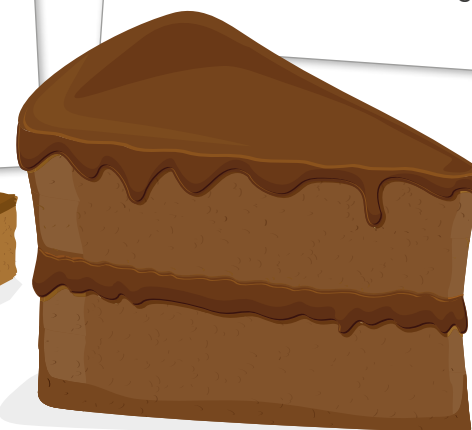
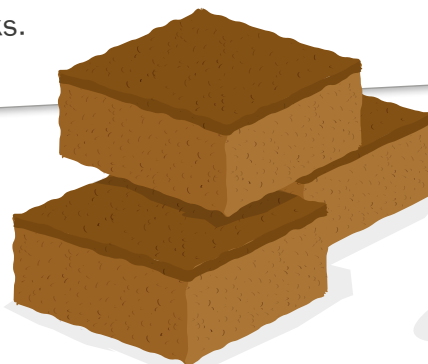
Ingredients

340g Self-raising flour	60g Cocoa powder
240g Caster sugar	2tsp Baking powder
400ml Soya milk	160ml Flavourless oil
2tbsp Vanilla extract	Soya butter for greasing

Method

1. Grease two 23cm or 25cm cake tins with soya butter.
2. Preheat oven to 180°C or 350°F or Gas mark 4.
3. In a large bowl mix the flour, cocoa powder, caster sugar, and baking powder together.
4. Add the milk, oil and vanilla stirring by hand until just combined. Do not mix the batter too much or your cake won't rise.
5. Tap the bowl on the work surface to stop the raising agents working too quickly.
6. Half the mixture into the two cake tins and tap the tins to pop the bubbles again.
7. Bake for 18-20 minutes or until inserting a knife into the middle of the cake comes out clean.
8. Cool for about 10-15 minutes in the tins and then transfer the cakes to wire racks.
9. To finish, Eureka Café uses Betty Crocker Chocolate Fudge Icing to put between the two layers of the cakes and sandwich them together, then spread the whole cake with more delicious fudge icing. You'll not want to share this one...

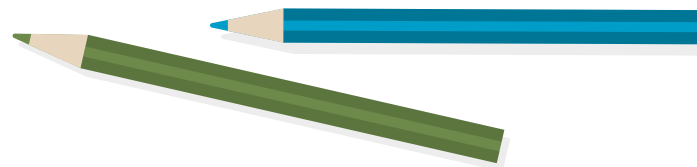
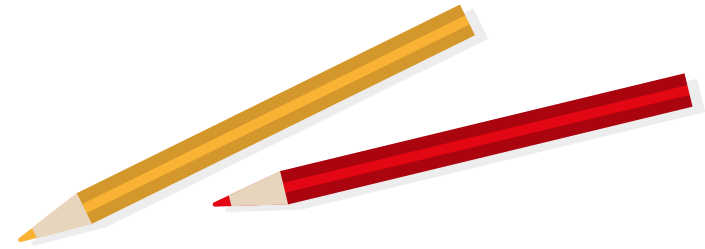
Credit: Cycling café Eureka



Spot the difference

Can you find 10 differences between these two pictures?

@wearecyclinguk #BikeWeekUK



we are
cycling
UK


Bikeweek
delivered by Cycling UK

Colour your own cycling picture

Colour in this brilliant bike picture or draw your own. Show us what your dream bike looks like. Be sure to share your creations with us by tagging us in your pictures online.

@wearecyclinguk #BikeWeekUK



we are
cycling
UK


Bikeweek
delivered by Cycling UK

Scavenger hunt

Tick off how many of these you see when you are out cycling.

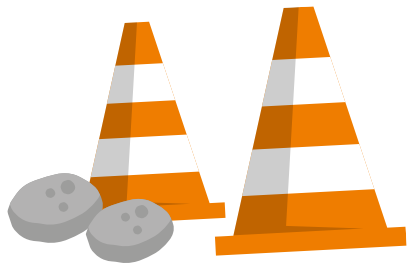


Challenges page

How many of these challenges can you do? Can you do one for every day of Bike Week?

1

Test your bike skills. Why not line up cones or rocks and see if you can weave between and around them.



3

Create your own aqua course! Fill up balloons with water and see how many you can ride over and pop!



we are
cycling
UK

2

Set up a ramp or find a mound and practice cycling over it. Ask an adult to help you to make sure it's safe.



4

Race those you live with. If you have pavement chalk, you can make this even more fun by creating lanes.



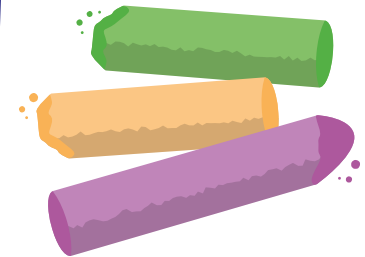
5

Test those legs! Head to the steepest hill near you and see how far you can get up it without stopping.



6

Can you ride in a figure of 8? If you have pavement chalk ask an adult to mark it out.

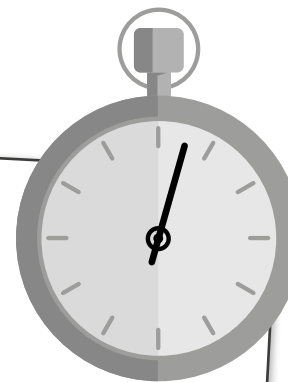


8



How long can you glide with your feet in the air?

7

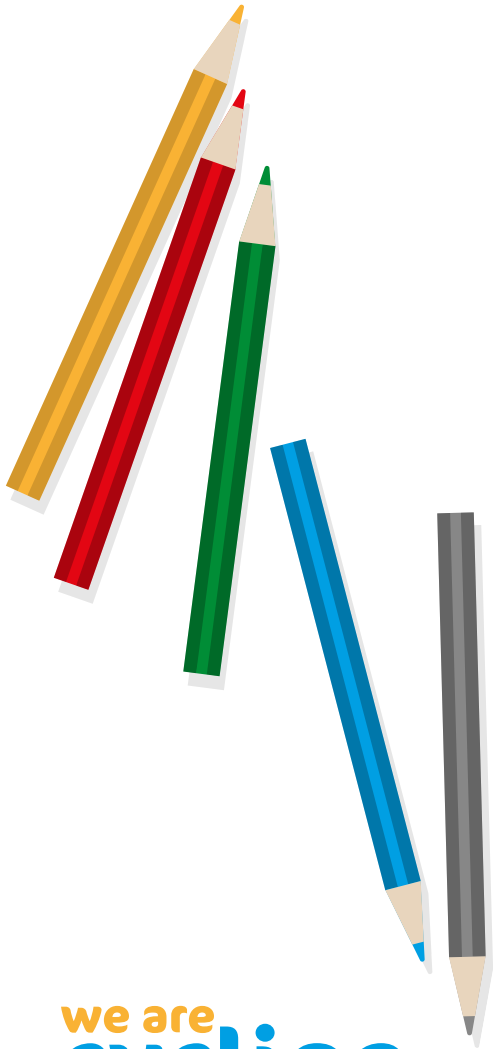


How slowly can you ride and keep in a straight line? Ask someone to time you.


Bikeweek
delivered by Cycling UK

Word search

How many words can you find
in our cycling word search?

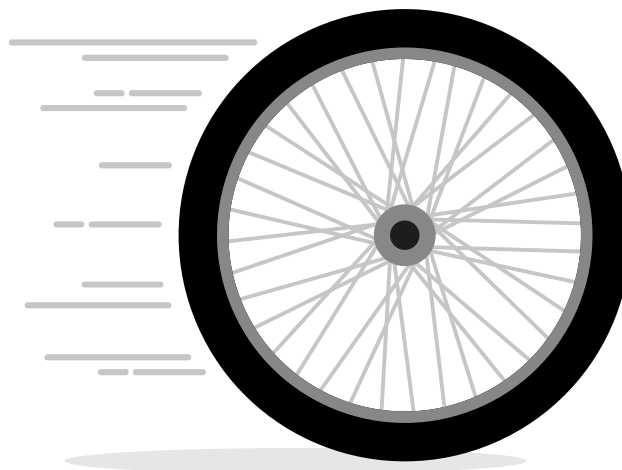


W	C	T	I	L	F	T	C	A	S	E	L
C	R	K	L	R	W	I	R	A	P	P	R
I	R	E	A	E	D	D	R	D	R	E	E
N	O	M	A	C	D	K	R	R	E	D	F
I	E	Y	L	E	E	A	A	A	H	A	L
A	Y	A	L	E	E	O	C	K	B	L	E
H	C	B	I	K	E	W	E	E	K	A	C
C	Y	C	W	E	W	G	N	R	L	K	T
E	C	N	L	H	N	T	L	L	E	R	O
H	L	L	R	E	E	A	A	K	L	S	R
R	I	E	E	M	B	E	D	W	E	E	F
N	N	T	C	E	L	I	L	A	L	M	E
L	G	T	I	A	L	E	C	A	I	R	D
S	A	D	D	L	E	C	P	C	W	B	E

BIKE WEEK
CHAIN
CYCLING
BRAKE
BELL
PEDAL
WHEEL
REFLECTOR
SADDLE
FRAME



Have fun and keep riding...



Cycling UK is a trading name of Cyclists' Touring Club (CTC) a company limited by guarantee, registered in England no: 25185. Registered as a charity in England and Wales charity no: 1147607 and in Scotland charity no: sco42541. Registered office: Parklands, Railton Road, Guildford, Surrey GU2 9JX.

30 May-5 June 2021

#7daysofcycling #BikeWeekUK