

Are you wasting time sitting in traffic on your way to work?
Are rising fuel prices getting you down?
Would you like to get fit but just have no time?
Are you nervous about cycling in traffic?

Consider **Cycling** **to Work**

We can help!

**FREE Cycle
Commuting to
Work courses
tailored to
your needs**

Improve your
confidence and
practical on-road
cycling skills.

Your friendly trainer
will deliver sessions
one-to-one or in
small groups of
friends and
colleagues.

Limited places
available and will be
allocated on a first come first
served basis.

Lancashire
County
Council 

Our approved trainers are experts in helping people cycle safely and confidently.

To find out more and book your FREE 2 hour session: Contact the cycle training provider in the area that you live or work.



Chorley Preston South Ribble	Donna Parkinson at CTC donna.parkinson@cyclng.org.uk	Tel 07971 476721
West Lancs	Brian or Val at Sefton Council brian.nener@sefton.gov.uk	Tel 0151 934 4638 Tel 0151 934 4234
Burnley Ribble Valley	Ian at I Cycles Training gibbs.ian@btinternet.com	Tel 07976 757684
Hyndburn	Kirsti at Go Velo grayson.kirsti@googlemail.com	Tel 07725 135554
Pendle	Wayne at Pendle Leisure Trust wayne.bowman@pendleleisuretrust.co.uk	Tel 01282 661315
Rosendale	Seamus at CTC seamus.kelly@ctc.org.uk	Tel 07786 550658
Lancaster	Damian at CTC damian.bonsall@bikeclub.org.uk	Tel 07825 883572
Blackpool Fylde Wyre	Carol at Blackpool Council cycling@blackpool.gov.uk	Tel 01253 476182
Blackburn	Nick at Blackburn with Darwen Council nick.burton@blackburn.gov.uk	Tel 07739 779690

The free cycle training on offer has a value of up to £40
www.lancashire.gov.uk/cycling
cycling@lancashire.gov.uk



Blackpool Council

in partnership with



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