



Adult Cycling Course Afternoon in Alton!

Separate Repair Advice available too!

Saturday 12th June 2021 2- 4pm
Amery Hill School, Alton, GU34 2BE

Cycle Alton is putting on an afternoon of cycling courses for adults in Alton grouped by ability in conjunction with



2 hr class @ £20 per person
reduced from £40 thanks to Pedal Power

Free & half price places may be available on request if these would be helpful to you.

See below for further details and how to sign up to both courses and how to decide which group is best for you

Which Group do you fit in to?

- Group A: "I haven't ridden my bike for years- I'd be a danger to any traffic and will wobble like mad".
Small groups of up to 5 'wobbly' cyclists in traffic-free and flat car parks.
- Group B: "I'm OK riding my bike on quiet roads but I hate cycling through Alton when it's busy".
Small groups of up to 5 'unconfident' cyclists through the town, outside peak hours.
- Group C: "I've always wanted to ride a bicycle. I've got one in the shed - it glares at me!"
Individuals who want to learn to ride a bike from scratch.

Groups A, B & C will take place in the rear car park and **Group B** will continue on local roads. Please discuss your abilities and book direct, with Darren from Pedal Power pedalpowertraining@gmail.com or call 02392 290474‡

- Group D: "I dread having a puncture or trying to fix anything that goes wrong when I'm out for a ride"
A simple bicycle maintenance course including a pre-ride check.

Group D course: one to one hands-on advice on owner's bike, weekdays only
contact Hilary Hill: hilaryhillrepairs@gmail.com or tel 07769 500 270.

Free practice rides post-training with a Cycle Alton volunteer on request.
All courses have Covid policies in place.

‡ Pedal Power Training is a family-run company with instructors picked for being the best trainers in their field of cycling expertise. In May 2012 they formed the "Hampshire Schools Cycling Partnership" with The Mountbatten School in Romsey and British Cycling.