

Booking form

Name

Address

Tel

Email

Start date of course you want to book:

Please send your completed booking form (do not send payment now) to:

Public Health
Devon Primary Care Trust
Unit 1
Exeter International Office Park
Clyst Honiton
Exeter, Devon EX5 2HL

Email jane.cowper@nhs.net
Tel 01392 356929

On receiving your booking form, a course pack containing further details will be posted to you.



Exeter is one of six national **Cycling Towns** and aims to get more people cycling, more safely, more often.

www.devon.gov.uk/cycleexeter

For more information about cycle training in Exeter or for details of bespoke training, please contact the Cycle Exeter Training Team on **0845 155 1004** or via email: cycleexeter@devon.gov.uk

As well as adult cycling sessions, **Cycle Exeter** delivers **FREE** Bikeability cycle training for children in Exeter. All Exeter schools have been offered training from **Cycle Exeter** so please contact the school to find out when the next course is.



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cycle
to your
heart's
content

Adult
Cycling
Sessions

Autumn 2007 to Summer 2008

Devon 
Primary Care Trust



Devon 
County Council
TRAVELWISE

Cycle to Your Heart's Content

If you haven't cycled for a while or have never felt confident on a bicycle, we have just the scheme for you. 'Cycle to Your Heart's Content' is an adult (16 and over) cycle training course aimed at Exeter residents or people who work or study in the city. It is ideal for people who want to brush up on their cycle skills, go for a fun ride or even make new friends.

With so many safe and direct new routes opening in Exeter, there really hasn't been a better time to get back on your bike!

Courses run on:



The Course

- Training is delivered over eight two-hour sessions starting in a traffic-free environment. Participants gradually develop the skills and confidence to cycle safely on road.
- Group sizes range between six and twelve.
- Training is delivered by experienced National Standard instructors.

Cost

The eight week course costs **just £30!** This includes instruction, bike hire and provision of all safety equipment. Payment is required in advance. That's less than £2 per hour!

Programme Autumn 07 to Summer 08

*Please note there are no sessions from 24th Dec 2007 to 6th Jan 2008

Tuesday morning courses (10am to noon)

Start:	End:
20th Nov '07*	22nd Jan '08
29th Jan '08	18th March '08
25th Mar '08	13th May '08
20th May '08	8th July '08
15th July '08	2nd Sept '08

Thursday evening courses (5.45pm for 6pm start to 8pm)

Start:	End:
22nd Nov '07*	24th Jan '08
31st Jan '08	20th Mar '08
27th Mar '08	15th May '08
22nd May '08	10th July '08
17th July '08	4th Sept '08

Saturday morning courses (10am to noon)

Start:	End:
24th Nov '07*	26th Jan '08
2nd Feb '08	22nd Mar '08
29th Mar '08	17th May '08
24th May '08	12th July '08
19th July '08	6th Sept '08



Improve your night riding skills!

What's been said...

- "It has been a revelation and I haven't had such freedom and fun in years." ● "I have seen parts of Exeter I never knew existed simply by getting on my bike." ● "I have nothing but praise for this excellent course!" ● "The trainers were brilliant – they made us believe we could do it." ● "It's a great way to explore Exeter, get fit AND meet new friends." ● "There are so many cycle paths and lanes in Exeter, it makes cycling so much more enjoyable." ● "It's given me the confidence and skills to cycle to work." ● "By the end of the course we were cycling on roads we would never have tackled before. Thanks!" ● "The course has given me the confidence to cycle in traffic." ● "I am now adopting a much more assertive position on the road and have found that other road users are giving me more space. It's brilliant!" ● "I now cycle to work in Exeter and it's quicker than taking the car!" ● "It's excellent value for money!"

