

Booking form

Name _____

Address _____

Tel _____

Email _____

Start date of course: _____

Can we email you about other cycle events and training? Yes No (Your details will not be given to third parties)

Please send the booking form and a cheque for £30 (payable to Devon County Council) to the address below. Please write your name and start date of the course on the back of the cheque.

**Health Promotion Devon,
Devon Primary Care Trust,
Culm Valley Integrated Centre for Health,
Willand Road, Cullompton EX15 1FE**

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

Tel: **01884 836024**

Email: **d-pc.cycling@nhs.net**



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

If you can't cycle yet, why not book a free one hour 1:1 session? Our contact details are below.

For more information about cycle training in Exeter, including FREE **Bikeability** training for children, please visit our website or contact the **Cycle Exeter team**:

Website: www.devon.gov.uk/cycleexeter

Email: cycleexeter@devon.gov.uk

Phone: **0845 155 1004**

cycle
to your
heart's
content



Adult Cycling Sessions

Autumn 2008 to Summer 2009

Leaflet available in other formats -
please telephone 0845 155 1004



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Devon
Primary Care Trust



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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 people who live, work or study in, or around, Exeter. 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!

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.

Where to meet

Outside Saddles and Paddles,
The Quay, Exeter EX2 4AN

Cost

The eight week course is heavily subsidised by the Cycle Exeter project and costs just £30! This includes instruction, bike and helmet hire. Payment, by cheque, is required in advance.

Programme Autumn 2008 to Summer 2009

Tuesday mornings

(10am to noon)

Start:	End:
9th Sept 08	28th Oct 08
4th Nov 08	23rd Dec 08
6th Jan 09	24th Feb 09
3rd March 09	21st April 09
28th April 09	16th June 09
23rd June 09	11th Aug 09
18th Aug 09	6th Oct 09

Thursday evenings

(6pm to 8pm)

Start:	End:
30th April 09	18th June 09
25th June 09	13th Aug 09

Saturday mornings

(10am to noon)

Start:	End:
13th Sept 08	1st Nov 08
8th Nov 08	27th Dec 08
10th Jan 09	28th Feb 09
7th March 09	25th April 09
2nd May 09	20th June 09
27th June 09	15th Aug 09
22nd Aug 09	10th Oct 09



What's been said...

- "It's 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!"