

# Wheel into Winter

## October - December 2024

Join us at Apedale every Thursday from October to December! Have fun, meet new people, and improve your fitness. Booking is essential.

3 OCTOBER | 28 NOVEMBER

### Learn to ride

Learn the basic skills from how to get on the bike to gears and cycling.

10 OCTOBER | 21 NOVEMBER

### Try an e-bike

Try an electric standard bike. You must be able to ride a standard bike before attending.

17 OCTOBER

### Ride to work

Park at Apedale Heritage Centre, collect your bike and ride off to work. One-to-one support available.

24 OCTOBER

### Beginner ride

A gentle paced 5-mile circular route, using cycle ways and green spaces.

31 OCTOBER | 12 DECEMBER

### E-bike ride

Get more confident on e-bikes. Cycle longer distances with less impact than a standard bike. A progressive 8-10 mile circular route.

14 NOVEMBER

### Maintenance

Learn how to maintain your own bike. From safety checks to fixing a puncture.

7 NOVEMBER | 5 DECEMBER

### Intermediate ride

A progressive 6-8 mile circular route.

19 DECEMBER

### Santa ride - Christmas special

8-mile circular ride. Pit stop for hot chocolate and a mince pie.

### Get in touch

[www.staffordshire.gov.uk/  
intonewcastle](http://www.staffordshire.gov.uk/intonewcastle)

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