

Training

Training for a charity ride?

Trying to get a little bit fitter and healthier ?

Want to loose a few pounds or just feel better ?

Want to get into cycle racing but just do not know where to start ?

Want some help to get started ? We can help!

Coaching

We have British Cycling accredited coaches within the club who would be happy to help you get started safely, improve yourself consistently or help you plan and peak for a big event like a charity ride.

Come and talk to us or use the Contact Us page.

Routes

We have been cycling for years and have a great database of routes for all abilities and fitness levels.

We love to ride away from the traffic so let us help you find some ideal routes that suit your needs.

Encouragement

As cyclists ourselves we are out and about most days and evenings.

If you fancy a gentle ride, a moderate training session or a full on aerobic workout then let us know or visit our Facebook group and see who is about!

Riding as a club member helps you create and sustain your motivation and reach your goals in cycling – whatever they may be.