



Healthy Cycle Rides

Come on free easy-paced Rides

Cycling is great exercise

AND can save you time and money

Southwark Cyclists run guided cycle rides on quiet roads or paths most Saturday mornings. Everyone welcome. Just turn up with a bike*, no booking required.

Start/Finish Dates, Times and Locations:

1st Saturday 10-12 Pavilion Café, Dulwich Park, SE21 7BQ

2nd Saturday 10-12 Canada Water Library SE16 7AR

4th Saturday 10-12 Peckham Square SE15 5JR

(Peckham Library, Peckham Pulse)

3rd Saturday 9.30-1 Various locations, see web listings

Plus rides on 5th Saturdays – see web listings for details

For more information or to borrow a bike* contact:

Bruce Lynn 07729 279 945

Or see www.healthyrider.weebly.com

Riders must be over 16 or accompanied by an adult

Southwark Cyclists is part of the London Cycling Campaign

www.southwarkcyclists.org.uk Supported by Southwark Council

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