

bike friday



morning cycle rides for all

cycle together

Whether you're new to cycling, returning to your bike after a break, or cycle every day, join us on our monthly rides.

Have fun, learn from others, and raise the profile of cycling.

Rides take place on the morning of the last Friday of every month (except December). We ride at a moderate pace and have experienced ride leaders.

Check www.bikefriday.org for details of the rides, from a range of locations in Greater Manchester.

All welcome (bring a bike).

Bike Friday is part of Love Your Bike, coordinated by Manchester Friends of the Earth, Green Fish Resource Centre 46-50 Oldham Street, Manchester.



**LOVE
YOUR
BIKE
.ORG**