

cycle to work together



have fun

learn from others

promote cycling



The last Friday of each month* is Bike Friday.

A morning ride to work, college or just to the shops.
Leaving around 8am, arriving around 8:30am.

Rides take place on the morning of the last Friday of each month*. We ride at a moderate pace and have experienced ride leaders.

The map shows our established routes, which head into Manchester city centre. New routes are being developed. See www.bikefriday.org for details.

All welcome (bring a bike).



See website for latest routes in Greater Manchester.
*except December

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