

Cycle Safety and Active Travel

Cycle Safety Day

Sat 22nd Oct 2011

10am - 4pm

In **High Town**, Hereford

Winter's coming! Here's a programme of free events to make sure you and your bike are fully prepared for the months ahead:

- Cycle training taster sessions for children and adults
- Share the road confidently: sign up for free on-road cycle coaching
- Win bike lights in our cycle quiz
- Find out more about cycling in Herefordshire

In partnership with:



Active Travel Day

Sat 5th Nov 2011

10am - 3pm

Whitecross High School and Specialist Sports College, Three Elms Road, Hereford, HR4 0RN

Come along and join us – it's all free! Win free cycling kit for children! **Tell us what you think about cycling and walking in Herefordshire!**

Take part in the activities and learn more about:

- Bikeability taster sessions for children
- Adult cycling training taster sessions
- Cycle maintenance and advice
- Walking for both health and leisure
- Health trainers - how to get fit for walking & cycling
- The new NHS Health Checks for 40-74 year olds
- HALO taster fitness sessions
- Local taster walks
- Road safety advice

