

# Cycling for everyone.



Milton Keynes Council has a huge range of cycling activities, training courses and events for all ages and abilities taking place until March 2017. Our 'Get to Work' scheme provides free cycle hire and training places to the unemployed.

Our website is packed full of information and details about all of our activities to help you 'Get Cycling' this year.

- ✓ Family cycling fun
- ✓ Kids Bikeability
- ✓ Learn to Ride courses
- ✓ Adult cycle training
- ✓ Health & Ladies Rides
- ✓ Ride Leader training
- ✓ Bike maintenance courses
- ✓ Free Dr Bike sessions
- ✓ Training for unemployed
- ✓ Inclusive cycling
- ✓ Events and activities
- ✓ Local routes and advice
- ✓ 'Beat the Street' challenge