



Pedal power to a perfect forest experience

Cycling at Delamere Forest

Spring Programme
January 2012-April 2012



Give Cycling a Try at Delamere Forest

The Forestry Commission and the CTC are keen to encourage cycling within Delamere Forest. To encourage more people to get cycling in the forest we have developed a programme of cycling activities starting in January 2012. This cycling programme's aim is to encourage individuals that want to improve their physical fitness and cycling skills and families who want to take part in exciting cycling activities in the forest.

There are three activity themes within the programme, HealthCycle, School Holiday Cycling Activities and Seasonal Rides. To find out more about each of these themes and for more information about TRACS Cycle Hire activities read on.



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HealthCycle

This is a regular programme of gentle cycling activity that is aimed at adults that are new to cycling, those that want to improve their general health and fitness and those that have not been out on their bike for some time. The HealthCycle programme is the perfect opportunity to improve your health, confidence and skills under the guidance of a fully-qualified cycling instructor.



Our first HealthCycle Programme starts on Tuesday 13th January 2011 10.15-11.15 and 12.15-1.15 with a free introductory session when you can find out if HealthCycle is for you. After this you can book onto a 4 week HealthCycle Programme. This programme is available for a cost of £20 per session using your own bike or £30 per programme inclusive of bike hire. Pre-booking on these sessions is essential to guarantee your place as numbers are limited. Please contact Louise Hare on 07717 134 499 or email louise.hare@ctc.org.uk for further information or to book a place.



Programme Two

Tues 21st February 2012 – 27th March 2012 (Tues 21st Feb – free introductory session)



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School Holiday Cycling Activities

We recognise that spending quality time with your family is important and what better way to spend that time than by taking part in family cycling activities within the beautiful setting of Delamere Forest. Our programme is as follows

February Half-Term Wednesday 15th February 2012 Guided cycle ride
10.15- 12.15 am and Maintenance Session 1.15-3.15pm

Costs per session: Adults £4, Children £3 (combined cost for morning and afternoon sessions = Adults £7 Children £5)

Easter Holiday Wednesday 4th April 2012 Easter Guided Cycle Ride
10.15am - 12.15pm Costs: Adults £4, Children £3

Seasonal Rides

Take part in our seasonal interpreted rides to learn more about the seasons, the forest and Forestry Commission activity. These rides will help you and your family learn to gain a better understanding of the forest and the natural environment. Dates for these rides are

Winter Sunday 15th January 2012 10.15am – 12.15pm

Spring Sunday 3rd March 2012 10.15am-12.15pm

Costs for Seasonal Rides: Adults £4, Children £3. Pre-booking for all these activities is essential to ensure your place. For more information on the Delamere Forest Cycling Project and to book your place on activities contact Louise Hare on 07717 134 499 or email louise.hare@ctc.org.uk.



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About TRACS (UK) LTd. Delamere's Official Bike Hire Company

Bike Hire

Tracs (U.K.) Ltd provides quality bike hire to enable you to explore Delamere Forest. Tracs hire out a range of both adult and children's Kona Mountain/Trail Bikes. We also have child seats, tow along buggies and tag along bikes to enable the family to enjoy a day's bike ride in the Forest.

Cycle Coaching

Tracs (U.K.) Ltd also provide a cycle coaching service or led ride by a team of qualified cycle coaches and are used by schools and youth groups. They can also be booked for children's parties.

Bike Repair, Sales and Maintenance Courses

The company have a well-equipped workshop and Cytech qualified mechanics and can provide an excellent service should your bicycle require maintaining. The company has a small but well stocked shop for parts, lights and accessories. They provide a range of cycle maintenance courses and will accommodate groups or coach on a 'one to one basis'.

TRACS Nightride

If you are a keen rider why not attend our Thursday night ride which starts at 6.30 p.m. – meeting at Tracs – (sat map on web site)

For more details of TRACS (UK)'s products and services visit their website www.tracs-uk.co.uk, E mail - info@tracs-uk.co.uk or phone Tony on 07949088477

www.ctc.org.uk/delamere