



**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 also 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

HealthCycle provides one hour gentle cycling sessions, delivered by a fully-qualified instructor, aimed at those that want to become more active and improve their health through cycling in a traffic free environment.

### 4 Week Programme - Spring Timetable

#### Start Dates:

Tues 10<sup>th</sup> January 2012 Free Introductory Session

Tues 17<sup>th</sup> January – 7<sup>th</sup> February 2012 (4 weeks)

Tues 21<sup>st</sup> February 2012 Free Introductory Session

Tues 28<sup>th</sup> February 2012 – 20<sup>th</sup> March 2012 (4 weeks)

**Times:** Session A: 10.15- 11.15am

Session B: 12.15- 1.15pm

**Costs:** £20 for programme using own bike  
£30 for programme including bike hire



### Pre-booking is essential

**More information:** For more information and to book on to HealthCycle call or email Louise Hare on 07717 134 499, [louise.hare@ctc.org.uk](mailto:louise.hare@ctc.org.uk)

**Interested in bringing a group?** Contact Louise Hare to discuss your requirements.



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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 15<sup>th</sup> 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 4<sup>th</sup> 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 15<sup>th</sup> January 2012 10.15am – 12.15pm

**Spring** Sunday 4<sup>th</sup> March 2012 10.15am-12.15pm

Costs for Seasonal Rides: Adults £4, Children £3. **Pre-book for these activities 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](mailto: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) products and services visit their website [www.tracs-uk.co.uk](http://www.tracs-uk.co.uk), E mail - [info@tracs-uk.co.uk](mailto:info@tracs-uk.co.uk) or phone Tony on 07949088477

[www.ctc.org.uk/delamere](http://www.ctc.org.uk/delamere)