

We Love Leith Guided Bike Rides 2010

Come and explore the cycle friendly side of Leith and beyond. Our guided bike rides are free, friendly and open to people of all abilities. Most rides will be somewhere between 5 and 15 miles long, and we won't be racing - we'll be aiming to make sure everyone enjoys themselves.

We will always try to stick to car free or low traffic routes, and therefore we hope that these rides will appeal to people who are thinking about cycling more - as well as families and more experienced cyclists who just fancy a sociable day out.

Every ride will start with a quick cycle skills practice session led by two specially trained We Love Leith travel coaches. You can even take part in the bike skills sessions without going on the bike ride afterwards if you wish!

Meet outside the Mal Maison Hotel on The Shore at 10.30am. Booking not required.

Dates:

- Jan 30th - Cramond
- Feb 27th - Portobello Beach (via Arthurs Seat / Innocents Railway Tunnel)
- March 27th - Water of Leith Visitors Centre
- April 24th - The Hermitage (via the meadows.)
- May 29th - Route tbc
- June 26th - Route tbc

Please bring with you:

- A working bike (If you don't have one - contact us, as we may be able to help).
- A helmet
- Clothing appropriate for the weather (Lycra is not required!)
- A packed lunch, snacks and/or money for food along the way.
- If you're under 16, then you will need to bring a responsible adult with you.
- Lights are advised - for the Jan/Feb/March rides.

Contact: Ally on 0131 539 4129 or email weloveleith@greenerleith.org