Our Main Route

The Bristol & Bath Railway Path passes along a picturesque route built on the bed of the former Midland Railway line. Our rides will venture out to Saltford with its Riverside pubs and marina and also on to the old station at Bitton which has a café, toilets and steam trains running at weekends.

For the more adventurous rider Warmley, at just under 10 miles, is accessible and from here the path carries on to Mangotsfield ending eventually in Bristol.

For more information on the path visit: www.bristolbathrailwaypath.org.uk



Avon Valley Wheels is supported by

Green Park Station: www.ethicalproperty.co.uk

NHS
Bath and
North East Somerset

Contact Details:
Sport & Active Lifestyles Team
getactive@bathnes.gov.uk
Cycle Leader
Mobile: 07530 263236
Tel: 01225 396429

This leaflet about Avon Valley Wheels can be made available in a range of languages, large print, Braille, on tape, electronic and accesible formats from Print Services on 01225 396842

www.bathnes.gov.uk/getactive

Bath & North East Somerset Council

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Our Scheme

Run by Bath & North East Somerset Council's Sport & Active Lifestyles Team, Avon Valley Wheels offers people the chance to take part in led rides and receive cycle skills training from a qualified instructor.

Who can take part?

Most rides are open to adults and accompanied children over the age of 13. Rides are aimed at:

- Getting lapsed cyclists to return to recreational cycling.
- Occasional cyclists who would like to cycle more but who are wary of riding in traffic.
- Senior members of the community and those who have health issues.

Those who simply want to take more exercise and improve their health and fitness.

We can run special sessions tailored to the needs of your group or organisation.

Will I need my own bike?

A variety of the latest to use on the rides.

Simple Cycling For All

How far will I be riding?

All the rides are tailored to the fitness and ability of those taking part although the average ride will be 8 to 10 miles.

How do I book?

The scheme operates from Green Park Station and bookings can be made by contacting our community cycle leader (see below). There is a small charge for taking part and for using a loan bike.

Phone our cycle leader on 07530 263236 or email: qetactive@bathnes.gov.uk

The Sport & Active Lifestyles Team run a number of programmes aimed at improving health, fitness and well being. For more details on our programmes visit: www.bathnes.gov.uk/getactive

Why Cycle?

- Cycling as part of normal daily activities can yeild much the same improvements in physical performance as specific training programmes.
- Occasional and regular cyclists enjoy a level of fitness equivalent to being between five and ten years younger.
- Cyclists can expect to live for at least 2 years longer than non cyclists.



bikes are available for loan