

## Increasing your confidence on a bike

### For adults

Cycle confidence training and bike maintenance session. **Contact Richard on 01206 506412 richard.monk@ctc.org.uk**

### For children who can ride

Bikeability gives skills and confidence to ride on the road. **Contact Dan at daniel.carlin@essex.gov.uk**

### For children 7+ who cannot ride a bike or are a little wobbly.

**Contact Aba on 07584087182 or email aba.pifferi@sustrans.org.uk**

## Keeping up to date with cycling locally

[colchester-cycling.org.uk](http://colchester-cycling.org.uk)

- calendar of regular rides
- list of local bike shops
- routes beyond Colchester
- Bike Drinks and email group

[cyclecolchester.org.uk](http://cyclecolchester.org.uk)

- monthly cycling e-newsletter
- downloadable local route maps
- local cycle network developments
- useful info for new cyclists

### Chapeau

Community café and more  
[chapeauvelo.co.uk](http://chapeauvelo.co.uk)

## Thanks to our sponsors for funding this leaflet

### Thomas's Cycle Revolution



East Anglia's best selection of bicycles. Huge selection of clothing. Massive accessory range. 24-hour turnaround workshop, repairs and servicing facilities. Supported weekly cycle rides

**01206 764545**

[www.cycle-revolution.net](http://www.cycle-revolution.net)

**Peartree Retail Centre, Stanway  
(near Hatfields and Co-op)**

### Re-Cycle (Bikes to Africa) Registered UK Charity



Please donate your unwanted bicycle, which will be shipped to Africa to provide people in rural areas with a basic means of transport. We also have a good range of quality refurbished bikes at modest cost always available for sale.

[www.re-cycle.org](http://www.re-cycle.org)

**01206 841268**



Designed by [www.creative.coop](http://www.creative.coop)

# Get on your bike!



Events • Rides • Support • Fun!

# Colchester

Want to get cycling?  
There's lots going  
on in Colchester,  
just have a look!

Please note that we strongly  
recommend you contact the  
organiser beforehand to check  
whether a ride or activity is the  
best suited to you.

For a calendar of regular activities  
visit [colchester-cycling.org.uk](http://colchester-cycling.org.uk)

## Gentle rides

### Sustrans 'Fresh Air Miles' rides

Occasional family-friendly bike rides.  
[freshairmiles.org.uk](http://freshairmiles.org.uk)

### Breeze Rides

Monthly women-only rides,  
with breaks for coffee and cake.  
[breezebikerides.com](http://breezebikerides.com)

### CTC Cycle Champions rides

Regular, gentle rides and lots more,  
welcomes families.  
[ctc.org.uk/essex](http://ctc.org.uk/essex)



## Intermediate rides

### Cycle Revolution

For details on weekly rides:  
[facebook.com/cyclerev](https://www.facebook.com/cyclerev) and  
[facebook.com/cycleevo](https://www.facebook.com/cycleevo)

### CTC Thursday ride

Evening rides of several hours' length,  
finishing at a pub.  
For details, call Pete on 07860 263921.

### CTC Alan's Friday ride

Twenty mile ride for beginners and improvers.  
Contact Alan [alanpalmer@phonecoop.coop](mailto:alanpalmer@phonecoop.coop)

### CTC Sunday ride

Mostly along quiet country lanes, at an easy  
pace, with elevenses and a lunch stop.  
[colchesterctc.co.uk](http://colchesterctc.co.uk)

### Forty Plus Cycling Club

The NE Essex section offers rides for  
older riders on a Tuesday into the  
Essex and Suffolk countryside.  
[fortypluscc.co.uk/neessex](http://fortypluscc.co.uk/neessex)

### Cycling Sisters (Breeze) women-only

20 miles non-stop ride, 2nd and  
4th Wednesday of the month.  
Contact Sandra on 01206 851571



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## Competitive and sporty

### Chapeau

Monthly alley-cat (fast-paced checkpoint ride),  
night rides and sportives  
[chapeauvelo.co.uk](http://chapeauvelo.co.uk)

### VC Revolution

Weekend club runs, time trials,  
road and track races and challenge rides  
[vcrevolution.co.uk](http://vcrevolution.co.uk)

### Colchester Rovers Cycling Club

Road racing club, time trials, cyclo-cross,  
junior grass-track racing  
[colchester-rovers.org.uk](http://colchester-rovers.org.uk)

### Colchester Stars

Test your limits racing on a cycle speedway  
shale track. 5yrs+ welcomed  
[colchesterstars.co.uk](http://colchesterstars.co.uk)

### Amis Velo rides and race training

Sponsored racing team competing in CycloX,  
cross-country racing, road racing and time trials  
[amisvelo.com](http://amisvelo.com)

### 53-12 training rides

Weekly sessions with Colchester  
triathlon specialists.  
Call 01206 505011 or  
email [edpage@hotmail.co.uk](mailto:edpage@hotmail.co.uk)

