

Training will take place in Stirling.



Course Details:

Essential Cycling Skills are two hour practical training modules for anyone who wants to develop their confidence on a bicycle.

There are three distinct modules, depending on your experience.

- **Absolute beginners**

This session is for people who have always wanted to cycle, but never had the chance. Our instructors will help you develop balance on two wheels before introducing pedalling

- **Introduction to on-road**

This session is for anyone who enjoys cycling on paths but is nervous about going on road. Our instructors will introduce you to on-road cycling in a range of quiet locations and simple road layouts

- **Everyday commuter**

This session is for people preparing to commute by bike. Our instructors will cover more complex junctions, route planning, and provide tips on roadside repairs.

Minimum Age

16

What skills do I need?

You don't need any specific skills other than the desire to be more confident on your bicycle.

How long does it take?

This is usually a two hour session.

What will I need?

Bikes and helmets can be provided if required. However, it is recommended you use your own bike (including ebikes) if you have one.

What will it cost?

FREE

What's next?

Once you have completed Essential Cycling Skills you should have improved confidence to start travelling by bike

For more information and / or to put your name forward for a training session please contact:

Marianne Scott

Regional Cycle Training & Development Officer (Cycling Scotland/Tactran – Angus, Dundee, Perth & Kinross, Stirling)

Cycling Scotland

Mobile: 07423436803

Email: mariannescott@tactran.gov.uk

FREE cycle training for NHS FV staff, family members, GPs, GP Practice Staff, family members. Patients & their carers. Family members aged 16+.

Training will take place in Stirling.

