

Cycling Information in the City – July 2008

Locality in the City	Where the group meet	Day / Time	Additional Information	Conditions to join / additional info
Central area	Debdale Park – meet at the barn, near the outdoor sailing centre	Every Tuesday 10 – 12	Beginners cycling group / lessons. More experienced cyclist are able to go on longer rides around the park and Manchester Cycle Way. Contact ALFA on 0161 833 4434.	Free – bikes and helmets are provided. If you have your own bike, please bring it along. Please call ALFA before you come.
Central	Platt Fields Park – meet at the Lakeside Centre next to the boating Lake	Every Monday 10 – 12	As above	As above
North	Boggart Hole Clough – Meet at the running track	Every Saturday 11am – 1pm (Free)	Wheels for all. All abilities are welcome from all age groups, Use of running track for races, fun & games – Contact Mark Gumbs 0161 232 3102 or 07717725449	We have a number of disability bikes-2 wheels, 3 wheels, 4 wheels, adapted bikes & wheelchair hand use, wheelchair carrier bike. also helmets if required. Please call Mark if you have any special requirements or for any further information.
Central	Platt Fields Park – Meet at Lakeside next to Toddlers park/Site office/toilets	Every Monday 5pm – 8.30pm (Free) additional days & times also to suit a group or family	Cycling around the park, games and races for families or any groups, couples or just a leisurely Ride for all on the local Cycle network. Abilities. Contact Mark Gumbs 0161 232 3102 or 07717725449	A number of 2 wheel bikes for all ages, sizes and child trailers for over 1's to attach to the bikes for use (over 1's max weight 100lb). Please call Mark if you require use of any of these and he will do his best to cater for you.
East	Debdale Park	Every Wednesday 5pm – 8.30pm (Free) Meet opposite Bowling green, next to tennis	Cycling around the park, Games, Fun & Races also using the Tennis courts, Or a leisurely ride on the local Cycle	A limited number of bikes available for use. 2 tandems, Ladies & Gents bikes, Over 6 bmx bikes

		courts. Additional Days & Times also to suit a family or a group	network. Contact Mark Gumbs 0161 232 3102 or 07717725449	and Child trailers to attach to the bike for over 1's (100lb max weight). Please call Mark to arrange use of these to suit.
South	Wythenshawe Park	Every Thursday 5pm – 8.30pm (Free) Meet next to bowling greens Opposite tennis courts. Additional Days & Times to suit a family or a group	Cycling around the Park Playing games, Fun & Races also using the local Cycle network for a leisurely ride. Contact Mark Gumbs 0161 232 3102 or 07717725449	A limited number of bikes & Helmets are available so please call Mark to arrange to suit what you require