

2009 ON YER BIKE

SKILLS COURSES - LEISURE RIDES - MOUNTAIN BIKING

Culture
& Sport
GLASGOW

www.csghlasgow.org



Culture and Sport glasgow is registered as a charity No. SCO37844 with the Office of the Scottish Charity Regulator

INTRODUCTION

If you have picked this brochure up chances are that you ride a bike, want to ride a bike or know someone that does.

Not only is cycling a great way to keep fit it is also a cheap way to get about.

If you wish to learn to ride, make short journeys, or go on weekend expeditions we hope that you will find something that is of interest in this brochure.

We have skills courses for beginners and intermediates, weekend trips riding trails to suit all levels of rider; there is even maintenance classes and advice for commuters. You don't even need to own a bike to come along and have a go as we can provide one to suit you.

All courses and sessions will be delivered by fully qualified staff who can advise you on all aspects of cycling.

If you have any comments or queries give our team a call.

Thanks

Physical and Outdoor Activities Team



Adult Novice Course

Cost £38.20

DAY	APRIL	MAY	JUNE	JULY	AUGUST	VENUE
Mondays	27	4,11, 18, 25			01	Glasgow Club Bellahouston/Tollcross
Tuesdays			2,9,16, 23, 30	07		Glasgow Club Tollcross.
Wednesdays			3,10,17,24	1,8		Glasgow Club Bellahouston.
Thursdays				9,16, 23,30	6,13	Glasgow Club Bellahouston/Tollcross

If you haven't cycled for a while or just don't feel that confident on a bike, then this is the course for you. These six sessions are designed to help the rider gain confidence and are aimed at people who want to make short journeys such as shopping, commuting to work or visiting friends and family.

Beginning in a traffic free environment participants gradually develop the skills required to start becoming a confident city cyclist. Riders will be introduced to basic skills such as signalling, gear selection and puncture repair.

Mondays, Wednesdays, Thursdays 6.30pm - 8.30pm Glasgow Club Bellahouston
Mondays, Tuesdays, Thursdays 6.30pm - 8.30pm Glasgow Club Tollcross

Adult Intermediate Course

Cost £57.30

DAY	APRIL	MAY	JUNE	JULY	AUGUST	VENUE
Saturdays				11,18,25	1,8,15	Glasgow Club Tollcross
Sundays		31	7,14,21,28	05		Glasgow Club Bellahouston

This course will get you familiar with many of the cycle routes that Glasgow has to offer and will furnish you with the skills to get around the city safely.

These six sessions will see you progress to being confident when dealing with traffic and making the right choices when it comes to route selection within the city. The course will also cover more advanced maintenance such as brake adjustment. Advice will also be given on purchasing a bike and clothing.

Saturdays 10.00am - 1.00pm Glasgow Club Tollcross
Sundays 10.00am - 1.00pm Glasgow Club Bellahouston



Weekend Leisure Rides

**Cost £18.00/£21.00
with bike hire**

The weekend leisure rides are aimed at those of you who want to get out and experience Scotland's countryside by bike. The rides usually last approximately 3-4 hours and include a chance for a picnic or sometimes a café stop. The rides follow tracks and those who attend should be confident on a bike and able to pedal the distance.

Remember these are leisure rides, not races so our instructors will not leave anyone behind. You will be riding on tracks and sometimes quiet roads, there will be no off road technical sections.

Please bring a set of waterproofs, wear suitable footwear and bring something to drink and a packed lunch, plus some money in case there's a café stop.

You can bring your own bike (if suitable) or use one of ours and if you are in any doubt which ride is for you, please call our team for advice.

EASY

These rides are usually quite flat and never over 2-3 hours long. You will be riding on tracks and sometimes quiet roads, there will be no off road technical sections.

Saturday 9th May, 13th June

MODERATE

There will be some hills but remember you can always get off and push, rides will be 3-4 hours in duration.

Sunday 19th July, 27th September

CHALLENGING

These rides will get the heart rate right up. Some hard efforts on some big slopes but what goes up must come down so get ready for a roller coaster of a ride. These rides require a confident rider with a good level of fitness.

Sunday 16th August, 18th October

Glasgow Club Bellahouston. 8.30am



Trail Riding Skills

**Cost £5.50/£8.50
with bike hire**

If the prospect of falling off your mountain bike is holding you back from hitting the trails, these classes are for you. We'll begin easy and cover all the techniques you'll need to ride trails, northshore and downhill. Classes take place at Pollok Country Park on the dedicated trails where our instructors will guide you through berms, drop offs, staircases and tabletops.

Saturday	16th May	6th June	4th July
Sunday	9th August	12th September	

Glasgow Club Bellahouston 12.00pm - 2.00pm

7 Stanes Trail Riding Trips

**Cost £18.00/£21.00
with bike hire**

We'll take you to top class venues such as Glentress, The Forest of Ae and Mabie where you can test yourself to your limit on dedicated purpose built trails. Bring your own bike or borrow one of ours, load up the trailer, jump in the bus and go. The venues all have routes of varying difficulties and to find out more visit their website www.7stanes.gov.uk or give the team a call.

Your riding skills and fitness level will be tested even on the easier trails, so be prepared.

Saturday	23rd May	20th June	19th Sept	17th October
Sunday	26th July	23rd August		

Glasgow Club Bellahouston 8.30am

Maintenance Classes

Cost £8.50

Two hours of learning how to repair and maintain your bike can potentially save you money in the long run. Get to know your bike, including puncture repair, brake/gear adjustment and correct set up.

Tuesday 20th May	7.00pm - 9.00pm	Glasgow Club Tollcross
Wednesday 15th July	7.00pm - 9.00pm	Glasgow Club Bellahouston



INFORMATION

Cancellations/Changes

We reserve the right to cancel activities that do not attract sufficient bookings. Participants will be given at least 48 hours notice in the event of any cancellations or changes to the advertised activity. We will attempt to offer you alternatives where possible.

Please Note

While all efforts will be made to avoid accidents and personal injury, Culture and Sport Glasgow will not be held responsible for any injury or damage to equipment or clothing.

Please try to arrive early to avoid delays. Wear clothing appropriate for the type of riding you will be doing. If you are going on a day trip, bring plenty of food and fluids and remember you may need a change of clothing. If you need any advice or have any questions please don't hesitate to call.

We can supply bikes and helmets for all activities; there is a charge for maintenance when hiring bikes for Trail/Leisure rides and Trail Skills of £3 per bike.

If you are using your own bike please make sure that it is suitable for the intended use and in good working order, this is especially important when attending the weekend rides. If the instructor believes your bike to be unsafe/unsuitable you will not be able to take part unless you hire a bike.

Helmets must be worn when riding.

For enquiries: 0141 287 3611
cycling@csglasgow.org

BOOKING FORM

Please complete the booking form in block capitals and return with your cheque to The Physical and Outdoor Activity Team, Culture and Sport Glasgow, 20 Trongate, Glasgow, G1 5ES. Alternatively you can pay with cash at the above address.

Name

Address

Postcode

Tel

Mobile

Email

Please tick the box:

Adult Novice Course

Adult Intermediate Course

Preferred dates:

Maintenance Class. Venue

Weekend Leisure Ride*. Date/Venue

Weekend Trail Ride*. Date/Venue

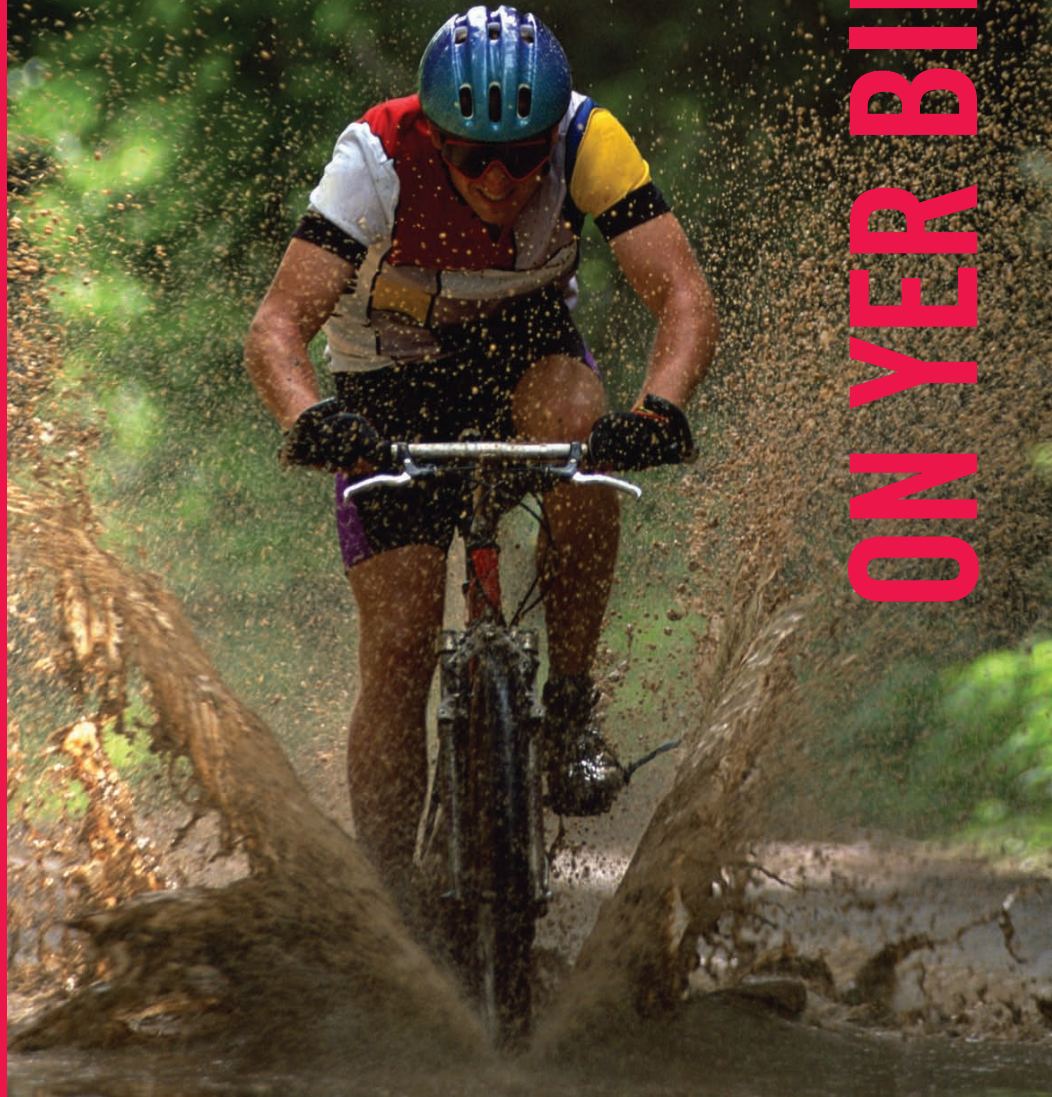
Trail Riding Skills Course*. Date

Please tick this box if you require to hire a bike

*There is a £3 charge for bike hire on these rides

Total enclosed £

FOR MORE INFORMATION PLEASE CONTACT
CULTURE AND SPORT ON 0141 297 3611
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