

Cheshire West & Chester Council
Free cycle training



Have fun and stay safe with our free cycle training courses

Free one-to-one and small group cycle skills lessons for adults who live in Cheshire West and Chester. Tailored training at a level suited to your needs, based on the National Cycle Training Standards.

Choose from Basic (complete beginner), Urban (quiet local roads) or Advanced (complex junctions and busy roads), as well as bespoke Learn to Ride sessions.

Places are limited throughout July and August, so please sign up now to receive this free training. The courses last for two hours and can be booked at:

www.bikeright.co.uk/cheshirewest-chester

For group bookings please call us on 07712 388926





Learn to Ride

If you are a non-rider and want to start cycling then our instructors can help get you moving with great techniques, designed to teach cycling to people of all ages and confidence levels.

Basic Cycle Skills

Learn to cycle in a safe, off-road environment with a qualified instructor. You'll learn the basics, build your skills and gain the confidence to be able to navigate around your local area.

Urban Cycle Skills

Improve your cycling skills and confidence. You'll start in an off-road environment to refresh your cycling technique and develop new skills, before moving on to practise on quiet roads. Your qualified instructor will support you throughout.

Perfect your cycling techniques with a qualified trainer. Improve your performance when dealing with complex junctions, heavy traffic or cycling at night and receive assurance that you are cycling efficiently and effectively.

Advanced Cycle Skills

Want to know more?

All courses are delivered in line with social distancing and hygiene guidelines, by qualified trainers.

Courses are also structured around the needs of the trainee.

