

BIKE TO SCHOOL DAY WEDNESDAY 15 JUNE
BIKE TO WORK DAY FRIDAY 17 JUNE

During Bike Week Causeway Coast and Glens Borough Council encourages everyone to cycle to school, college or work as an alternative to using motorised transportation!



For further information on any of the above events please contact:
Causeway Coast and Glens Borough Council
 on 028 7034 7234 or visit
www.causewaycoastandglens.gov.uk
 or www.visitcausewaycoastandglens.com

Additional Information

- All children aged 16 years and under must be accompanied by an adult
- Causeway Coast & Glens Borough Council strongly recommends that all cyclists wear a helmet. This is compulsory for Under 16s
- All participants must ensure their bicycles are in good condition prior to the event
- Participants should wear suitable clothing and come prepared for wet weather conditions
- All participants should follow The Highway Code
- If you require a bike - Ballymoney Cycling Club has a range of tandems, special needs bikes and town and country cycles for everyone to get involved. All abilities and disabilities welcome. To make a request please call Tel: 028 7034 7234
- In the interests of Health & Safety, the organisers reserve the right to cancel an event due to adverse weather conditions
- This programme of events is subject to revision or cancellation without notice should unforeseen circumstances arise

This Programme of cycling events has been made possible through the financial support of Travelwise NI.



Bike Week 2016 in Causeway Coast and Glens

FREE cycling events for **ALL** the **FAMILY** to celebrate **Bike Week 2016**. Promoted and encouraged by **Causeway Coast and Glens Borough Council**. Everyone is **WELCOME** to come along and enjoy the **FUN!**

Ladies Ride Out - Beginners & Improvers welcomed

Thursdays 26th May, and 2nd, 9th and 16th June at 7pm at Dalriada School (rear car park)

Ladies, lost confidence in cycling? Then come along and recapture the fun and pleasure of riding a bike in this special 4 week refresher course aimed at women returning to cycling, or wishing to improve on their existing cycle skills. Delivered by Ballymoney Cycling Club trained instructors, this relaxed and enjoyable course will include basic bike handling, including on and off-road training to help you deal with traffic and road junctions. Bikes and helmets can be made available on request by Tel: 028 7034 7234.



Lower Bann Leisure Cycle (Ballymoney to Coleraine & return)

Saturday 11th June 2016 at 10am - 1pm, Riverside Park (main car park off Armour Ave), Ballymoney

This leisurely 16 miles cycle ride, starting and finishing in Ballymoney's Riverside Park (main car park off Armour Avenue), follows NCN Route 96 into Coleraine and returns to Ballymoney via the Lower Bann Cycleway. The majority of the route is along minor country roads, affording beautiful views over the Antrim Hills and the River Bann, and includes several hill climbs. Light refreshments at half way point. This is a fun event aimed at families and individuals with some previous cycling experience and a reasonable level of fitness. Very much a leisurely cycle with low average speeds!

Not suitable for primary school age children. Post primary children must be accompanied by a responsible adult. For further information about this event Tel: 028 7034 7234.

Between the waters of the Roe & Foyle (Swanns Bridge to Myroe & return, Limavady)

Monday 13th June 2016 at 6:45pm

Nestled in the shadows of Binevenagh mountain, Swanns Bridge picnic area is the starting and finishing point for this cycle ride. The majority of this 12 miles cycle ride follows quiet country roads to reach the beautiful tranquil shores of Lough Foyle, where cyclists can enjoy upwards of 4 miles of traffic-free riding along the banks of Lough Foyle. Opportunities along the route to stop and enjoy the sights and learn a little about this area's rich wildlife. Another leisurely cycle with low average speeds!

Not suitable for primary school age children. Post primary children must be accompanied by a responsible adult. For further information about this event Tel: 028 7034 7234.

Cycle Ride and BBQ - Cloonavin, Coleraine

Wednesday 15th June 2016 at 6:45pm

Enjoy a family cycle ride (approx. 6 -7 miles) starting and finishing at Cloonavin, Portstewart Rd, Coleraine. The route follows the River Bann through the town, including the traffic-free section through Christie Park and Somerset Riverside Park. Finish off the evening with a free BBQ at Cloonavin.

Optional 3 miles shorter route for families with young children. Meet at Christie Park car park on Strand Rd at 7:15pm, and join main group of cyclists for traffic-free section through Christie Park and Somerset Riverside Park and return to car park. Parents' responsibility to transport children back to Cloonavin for BBQ.

For catering purposes it is essential to register with Council's Leisure & Development Services before Monday 13th June 2016 (Tel: 028 7034 7234)

"Bike Doc" service available at Cloonavin for bike checks and minor repairs from 6pm FREE PRIZE DRAW - Cycling accessories.

Coleraine Town Centre Critique Races

Thursday 16th June 2016 at 6:30pm

Come along to Coleraine town centre for an opportunity to see how local racing cyclists tackle a tight town circuit. Bann Wheelers Cycling Club, celebrating its 50th Anniversary, is hosting local riders for the following two adult races: First race at 6.30pm for A4 riders and second race at 7.30pm for A2/3 riders. They will each race for 30 minutes over short tight town circuit with primes every 5 laps. Then after 30 minutes they have a final 5 laps for an overall winner of each race.



'Banter by Bike' - Ballypatrick Forest (between Ballycastle & Cushendun)

Saturday 18th June 2016 at 10:30am

Join a local forest guide for a leisurely yet challenging 6 miles ride around Ballypatrick Forest. During this event our guide will lead the ride around traffic-free forest roads, following the former car touring scenic loop, stopping off at various points to discuss the forest's flora and fauna and admire the scenic views taking in Rathlin Island and beyond. Along the route there are several hill climbs, and sections of the route have a surface of loose stones (not really suitable for very fine tyres). The meeting point is the main forest car park on the Cushendun Rd (on the left when approaching from Ballycastle direction).

Not suitable for primary school age children. Post primary children must be accompanied by a responsible adult. For further information about this event Tel: 028 7034 7234.