

Cycle Training for Families

Learn how to cycle or improve your skills and confidence at one of our free cycle training courses.



All abilities
welcome

It's free!

Our courses, run with an experienced cycle instructor, can teach you to ride, improve your skills and confidence, and help you perfect your cycling technique.

Gain confidence and learn skills to cycle as a family with a family cycle training session. Whether you and your family are novices to cycling or you all ride already but would like advice on specific routes, your instructor will tailor the session to meet your needs.



We offer three courses depending on your experience, ability, and goals.

Basic – for novices or new riders

Cycle in an 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 – for improvers or intermediate riders

Improve your cycling skills and confidence with a qualified instructor. You'll start in an off-road environment, refresh your cycling technique and develop new skills before practising on quiet roads.

Advanced - for commuters and confident riders

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

Find out more and book your training session today at journeysandplaces.enfield.gov.uk/cycletraining

Enfield people are making more sustainable daily journeys for a greener, healthier future.

Walk, cycle and use public transport to get to your local places today.

Join a session today

journeysandplaces.enfield.gov.uk

**CYCLE
CONFIDENT**



**Transport
for London**

