



# **Bikespiration**

## **Community Cycling Events**

All ages welcome

**Come along to one of our free cycling events, where you can test a range of bikes, learn how best to plan a route, take part in cycle fun and games, and get basic bike repairs.**

**Friday 5 August, 9.30am to midday**  
**Hillingdon Cycle Circuit, within Minet Park, Hayes, UB4 0LP**

The event will include an opportunity to try out different bicycles, a Doctor a Bike session, stalls and information about cycling locally.

**Thursday 18 August, 10am to 3pm**  
**King's College Playing Fields, Kings College Road, Ruislip, HA4 7JY**

The event will include an opportunity to try out different bicycles, a Doctor a Bike session, fun cycling games, stalls and information about cycling locally.

**There is no need to book, just turn up on the day with or without a bicycle and come and find out more about cycling in Hillingdon.**

