

# Cycle into Spring!

Cycling events across the Black Isle for all ages and abilities.

What's Happening?	Where?	When?
Red Kite Riders	Munlochy Village Car Park	26 <sup>th</sup> April for 6 weeks 7 – 8pm
Gentle bike ride building up over 6 weekly sessions; bike check and skills training if required.		
Dr Bike	North Kessock Hall	27 <sup>th</sup> April 10 - 12
Bike checks and basic bike repairs and advice		
Wild About Bikes	North Kessock School	25 <sup>th</sup> April for 6 weeks 6.30 – 8pm
Bike checks, bike skills, on and off road cycling and challenges for older kids and adults		
Mountain Bike Taster Sessions	Learnie Red Rocks	20 <sup>th</sup> & 27 <sup>th</sup> June; 4 <sup>th</sup> & 11 <sup>th</sup> July 6.30 – 9pm
Places must be booked – an introduction to core mountain bike skills from cornering to line choice to simple trailside repairs.		
Getting Back on your Bike!	Black Isle Leisure Centre, Fortrose	1 <sup>st</sup> June for 4 weeks 10am - 12
Bike checks and skills training if required on gentle cycle from Fortrose building up over 4 weeks to a trip to Cromarty		
Mad About Bikes	Culbokie School	13 <sup>th</sup> May for 5 weeks 6-7pm
Bike skills and games, on and off road cycling – aimed at p1-4		



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Social Ride	Muir of Ord Square	1 <sup>st</sup> and 15 <sup>th</sup> May 9.30 – 11am
Just turn up and enjoy a social ride around Muir – back in time for nursery pick-up!		
Social Ride	Muir of Ord Square	7 <sup>th</sup> May for 4 weeks 7.30 – 9pm
Social group cycle for adults – plus roadside maintenance tips if required		
Family Road Skills Session	Muir of Ord Village Hall	11 <sup>th</sup> May 10 – 11.30am
Booking essential for this practical on road skills session		
Road Skills Session	Muir of Ord Village Hall	11 <sup>th</sup> May 1 – 2.30pm
Booking essential for this practical on road skills session aimed at p6-7 pupils		
Inner Transition Workshop	Cromarty	18 <sup>th</sup> May
Sophie Banks (one of the initiators of the Transition movement and from Totnes) will run an all day workshop on Inner Transition – making a personal transition journey. All welcome. At Cromarty but exact location TBC		
TBI Social and AGM	Knockfarrel Produce	24 <sup>th</sup> August
TBI Social and AGM at Knockfarrel Produce near Strathpeffer. (includes tour of the market garden and opportunity to buy produce) All welcome. Time TBC		

Please get in touch with any suggestions for events in your area. We also offer accompanied cycle commutes, and one to one on road cycle training to give you the skills and confidence to get on your bike!

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