

## Cycling in Bristol



Bristol is a great place to learn to cycle and a great place to enjoy cycling whether on specific cycle paths, routes created by Sustrans, at the Family Cycling Centre, with a group or at a local event. Here is some information to help you enjoy cycling in Bristol. It doesn't include everything, so if you are a cycling organisation and would like your information to be included please email

[ActiveCity@bristol.gov.uk](mailto:ActiveCity@bristol.gov.uk)

Better by Bike is the Official cycling website for Bristol, Bath & NE Somerset, North Somerset and South Gloucestershire.

\*\*\*NEWS\*\*\* Better By Bike have launched a new Cycling Journey planner to make it easier to plan a safer and faster route. Check it out [here](#)

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**Bristol  
Active  
City**  
shared  
Life Cycle  
UK's post.  
9 hours  
ago

Life Cycle UK can help workplaces encourage a healthier lifestyle by asking for [#DrBike](#) to hold a bike surgery at your workplace. Check out the post and weblink for more info....

How can workplaces promote healthier lifestyles?

One way is to encourage cycling... And a simple way to do this is to make sure staff have a safe bike that runs smoothly. That's where [our Dr Bike](#)

## Starting Out

- + [Read about initiatives and programmes to help get started here](#)

## Road Cycling

- + [Group cycle rides and Cycling clubs](#)

## Mountain Biking

- + [How to get started and where to go](#)

## BMX

- + [Try out BMX riding at a track or session](#)

## Other Cycling Resources

- [Read more](#)

### Bristol Cycling Campaign

A volunteer group who want to make Greater Bristol better for cycling.

 **Bristol Active City** shared Kings LTC's post. 11 hours ago

Tennis courses at [Kings LTC](#) this October halfterm. A great chance to have some fun, fresh air, learn a new skill and dress up for Halloween on Wednesday 31st October. And dont forget their buy 2 days get the third day FREE offer.

### Kings LTC

Holiday Courses 9AM - 1PM,  
Tuesday  
30th Oct -  
Friday 2nd Nov, Sign up for 2 days and claim a 3rd day FREE!!

Wednesday 31st October  
[Dress Up in](#)

A fun annual festival to celebrate all things cycling

## Yo Bikes

Bikes that can be hired around the city

come and  
play a fun  
Halloween...

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### Share this:

**Bristol  
Active  
City**

shared  
World  
Mental  
Health  
Day's  
post.  
11 hours  
ago

We absolutely love this advice from [Sustrans South](#) for [#WorldMentalHealthDay](#). [#WalkandTalk](#) [#CycleandTalk](#) [#RunandTalk](#) with a friend, relative, colleague this Wednesday.

You don't have to keep your thoughts inside. Share what you are feeling with someone you trust.

This is a reminder for all of us to open our hearts and speak openly about mental health ❤️

 [Photo](#)

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**This Girl Can**  
[@ThisGirlCanL](#)

Escape the chaos of your everyday & take some time for yourself. #LoveSwim #ThisGirlCan Find your nearest pool 🏊 [swimming.org/loveswim](http://swimming.org/loveswim)



BristolActiveCity  
Retweeted

**This Girl Can**  
[@TGCRunning](#)

🏃🏃🏃 #ThisGirlCan #ThisGirlCan #RunTogether #ukrunchat #runchat #runners #runningtime #tunners

Good things come to those who sweat



BristolActiveCity  
Retweeted



**BMX Bristol**  
@BMX\_Bristol

HILLFIELDS CLUB  
SESSIONS:

-Starting 13th October,  
4pm

-BS16 4EH

-Welcome to all abilities  
ages (6+ advised)

-First session FREE (£  
further sessions)

-All equipment provided

-Wear long sleeves and  
trousers

-Wingz sessions

TBC@CllrAnnaKeen

@Creative\_Youth



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