

Cycle training

Cycle riding and maintenance sessions for beginners and experienced cyclists

Want to learn to ride a bike, or to get out on the road? Want to find out how to ride safely around town, with your children or get tips on maintaining and repairing your bike?

Do all this and more with our friendly cycling training sessions!

From complete beginners, to experienced cyclists, there's something here for everyone – even professional drivers who need to get more cycle-aware.



Family training

Our bespoke family training provides free guidance on how to safely cycle as a group on the road.

[View details](#)

Get our newsletter

Sign up for the TfGM cycling newsletter, and get all the latest news, advice and event info

[Sign up](#)

Cycle training

From complete beginners, to experienced cyclists, there's something here for everyone – even professional drivers who need to get more cycle-aware

[Find a training session](#)

Uncover new routes

Greater Manchester has miles of traffic-free cycle routes, quieter roads and cycle lanes on main

[Book now](#)

roads around the region. Uncover a new route for your short trips today.

[Discover cycle routes](#)

Commute in Greater Manchester

Want to get fitter and healthier, get to work quicker, and save money?

[Find out more](#)



Learn to ride

This is for you if you're new to cycling, or haven't ridden for many years. Get the confidence to take the first step into cycling, at your own pace. You don't need your own bike.

[View details](#)

[Book now](#)



Road rider ready

Try this if you can ride off the road but want to learn the skills of riding with traffic and other road users. You'll learn off the road with others of similar ability.

[View details](#)[Book now](#)

One-to-one

If you already cycle but need confidence to ride in traffic, get personal one-to-one coaching on the road to develop riding and communication skills.

[View details](#)[Book now](#)



Basic maintenance

Learn to give your bike a safety check, adjust brakes and gears and mend a puncture.

Course available for a £5 fee.

[View details](#)

[Book now](#)



Intermediate maintenance

A full day session to build on your basic knowledge, looking in practical detail at brakes, gears, cables and chains, as well as routine servicing.

Course available for a £25 fee.

[View details](#)

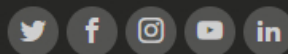
[Book now](#)






Safe urban driving for LGV and PCV drivers

This is for professional drivers who want to be more aware of cyclists, by conventional training and by having a go on a bike on the road.

[View details](#)[Book now](#)[Contact us](#) | [Find a Travelshop](#) | [About TfGM](#) | [News](#) | [Give feedback about our website](#)[Media centre](#) | [Corporate](#) | [Commercial](#) | [Procurement](#) | [Careers](#)[Accessibility](#) | [Cookies](#) | [Privacy policy](#) | [Disclaimer](#)

 [Select Language](#) ▼

tfgm.com uses [cookies](#) to ensure that we give you the best experience on our website.

