

(Re)learning how to cycle

Perhaps you never learnt to cycle.

Perhaps you learnt as a child, but you've not cycled since.

Maybe you had a bad experience that put you off cycling.

Perhaps you're worried about cycling in traffic.

Whatever the reason, the prospect of getting on a bike can be intimidating, and you might need some specialist help.

Our [Bikeability and cycle training project](#) is setting up one-to-one training for adults that want to get (back) into cycling. We have [Bikeability](#) trained instructors in Cycle Hayling and we'd be pleased to discuss your specific needs. If we can't help – we'll try to find someone that can. Contact robert@cyclehayling.org.uk

Alternatively, you can try contacting [Bikeability](#) direct.

This entry was posted in [Help with cycling](#) by [Andy Henderson](#). Bookmark the [permalink](#).

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