

[Start Cycling](#)[Maps & Rides](#)[Shops & Hire](#)[Bike Repairs](#)[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) Cycle Planner](#)

Start Cycling

[Home / Start Cycling](#) Like 3 Tweet Save Share

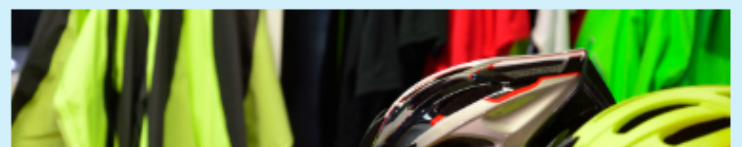
3

It's never too late to start cycling, whatever your age. Try leaving your car at home and riding your bike for short journeys like your commute to work, popping to the shops, or picking up the kids from school.

You'll save money on petrol and parking, save time by avoiding traffic delays, and you'll help create a better place to live by reducing traffic and pollution on your local roads.

Or just ride a bike for fun – it's energising and invigorating – a great way to get fit and feel healthier. You'll meet new people and gain a fresh perspective on where you live and work!

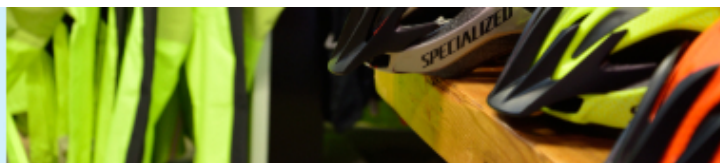
In this section you'll find lots of help, practical information and advice, so please read on.





1 Get a bike

Did you know? You don't have to own a bike to start cycling. You can borrow a bike for a trial period to give you a taste of what cycling can...



2 Get equipped

Did you know? It needn't be expensive to get equipped for cycling. No, you don't need to invest in the latest Lycra sportswear! We give you useful advice on what...



3 Get confidence

Anyone can take up cycling, whatever their level of ability. Cycling is a sport accessible to all – there are all sorts of specially-adapted bikes you can ride at local...



4 Get cycling

Did you know? There's a lot of FREE help around for both new and experienced cyclists. We point you in the right direction for individual cycle training, maps and routes...

See Also



Maps & Rides



Shops & Hire



Win A Set of Bike Lights

Events

FOR TRYING SOMETHING NEW.
FOR CYCLING A MILE OR TWO.
FOR EVERYONE.

Pop-Up events at
Bristol Family Cycling Centre.
Perfect for little legs
(and longer ones too).

LET'S RIDE POP-UP BRISTOL.
REGISTER FOR YOUR FREE PLACE
LETSRIDE.CO.UK/LET'S-RIDE-POP-UP



Let's Ride – Pop-Up Bristol

Sunday 28 October, 2018, 10:00 -
12:00



Road Safety Week 2018, Bike Smart

Monday 19 November, 2018 -
Sunday 25 November, 2018

FOR TRYING SOMETHING NEW.
FOR CYCLING A MILE OR TWO.
FOR EVERYONE.

Pop-Up events at
Bristol Family Cycling Centre.
Perfect for little legs
(and longer ones too).

LET'S RIDE POP-UP BRISTOL.
REGISTER FOR YOUR FREE PLACE
LETSRIDE.CO.UK/LET'S-RIDE-POP-UP



Let's Ride – Pop-Up Bristol

Sunday 24 March, 2019, 10:00 -
12:00

Follow on Twitter



Better By Bike

2 days ago

This is the last week you can enter our 'I Bike It, I Like It' competition! Take our quick survey to be in with a chance of winning a £250 VOUCHER! Enter here: bit.ly/2OFMumH



Follow on Facebook



Better By Bike

2 days ago

This is the last week you can enter our 'I Bike It, I Like It' competition! Take our quick survey to be in with a chance of winning a £250 VOUCHER! Enter here: bit.ly/2OFMumH



Photo



Better By Bike

2 days ago

This is the last week you can enter our 'I Bike It, I Like It' competition! Take our quick survey to be in with a chance of winning a £250 VOUCHER! Enter here: bit.ly/2OFMumH



Photo



Better By Bike

2 days ago

The Bristol Cycle Path Network – discover the 12 routes with new additions in Southmead, Filwood and the Frome Valley bit.ly/2EGH9rw



Sign up for latest news, events & info

By clicking on Sign up, you agree to our [privacy policy](#).

Your email

Sign up!

Join us on social media



[Privacy & Cookies Policy](#)

[Business Support](#) | [Resources](#) | [Projects](#) | [Terms & conditions](#) | [Accessibility](#) | [Privacy](#) | [Copyright](#) | [Contact us](#)

Official cycling website for Bristol, Bath & NE Somerset, North Somerset and South Gloucestershire

Discover great maps and rides suitable for all levels of abilities, bike shops, loan bikes schemes, infrastructure projects, local cycling news, and upcoming events.

