



# CORPORATE CYCLING PROGRAM:

## Cycle Skills for Shared Paths and Commuting to Work

**Do you work in the North Ryde and Macquarie Park areas? Are you interested in riding on the local bike path network or thinking about maybe riding your bike to work?**

The City of Ryde will be conducting 2 hour cycling sessions for the local corporate community to help you build your **Cycle Skills for Shared Paths and Commuting to Work**.

Each session will include a basic bike check, helmet check, bike handling skills in simulated traffic scenarios and riding on shared paths/cycle ways. Participants will be provided with an overview on trip planning and practical tips for commuting to work. This short course is designed to improve bike handling skills and increase confidence when riding on shared user paths and commuting to work. Sessions will be conducted by experienced and accredited AustCycle instructors.

**When** Thursday 30 June 2016

**Time** Session will be 2 hours in duration  
 Session 1: 8.30am – 10.30am (arrive 8.15am);  
 Session 2: 10.45am – 12.45pm (arrive 10.30am);  
 Session 3: 1.15pm – 3.15pm (arrive 1.00pm); or  
 Session 4: 3.30pm – 5.30pm (arrive 3.15pm).

**Where** Magdala Park, Magdala Road, North Ryde.  
 Session to be held in a closed car park and local shared user paths.

**Cost** Free

### Who is the program tailored towards?

Adults who work in the North Ryde and Macquarie Park areas with good general bike handling skills (ie. can ride a bicycle competently) and are interested in riding on shared user paths, cycle ways and commuting to work.

### How do I get there?

**By Bike:** Cycle path (off road) along Epping Rd. Near the traffic lights at Epping Rd and Mowbray Rd take the cycle/pedestrian bridge over Lane Cove River directly to Magdala Park.

**By Vehicle:** Transport your bike to the venue by vehicle. Limited on street parking available on Magdala Road and in local surrounding streets.

### What will I need to bring?

Bring your own bicycle and helmet.

### How do I book or find out more information?

Book online: [www.ryde.nsw.gov.au/cycleskills](http://www.ryde.nsw.gov.au/cycleskills)  
 Advanced bookings essential. Book early as places are strictly limited.  
 Further information: Call 9952 8222

*This is an Active In Ryde, Sustainable Transport and Road Safety program brought to you by the City of Ryde.*