



4TH OCTOBER TO 22ND NOVEMBER 2015

Every Sunday Morning 10.00am – 11.00am

Join Active Launceston &
get on your bike!

- Get a better understanding of how to ride safely on the roads
- Discover the recreational trail network of Launceston
- No commitment is required, join us when you can!



Meet behind the University of Tasmania Architecture and Design Building on Annex Road, Invermay.

More information over page or contact
Active Launceston on 6324 4027

Move More, Live More!

Active Bike 2015

- ⚠ Please arrive around 15 minutes early to each session to allow for bike checks & for the session to commence on time
- ⚠ Choice of riding in two different skill groups:
 - Beginners** – For people who have never ridden a bike before or have unsuccessfully tried and want to give it another go
 - Intermediate** – For people who have basic bike handling skills but are not confident riding on the road or on their own
- ⚠ Children under the age of 18 must be accompanied by a parent or guardian and be able to keep up with them throughout the ride.
- ⚠ There are a limited number of bikes and helmets available for use free of charge however for practicality reasons, participants are encouraged to bring their own helmet and safe working hybrid or mountain bike along.
- ⚠ Please note there is no public toilet at this meeting point

