



www.activelaunceston.com.au





Every Sunday Morning 10.00am - 11.00am

Join Active Launceston & act 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!

More information over page or contact Active Launceston on 6324 4027



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

Move More, Live More!









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Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.

Actives

- 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



The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

