

Master your cycling skills

- One to one adult cycle training



Helping you return to cycling
or gain confidence on your bike



myjourneysouthampton.com/skillstraining



The sessions can help you



- Become a confident cyclist whether you are new or returning to cycling, or moving from off-road to on-road
- Feel safer on the road
- Discover the quietest, quickest or most scenic route to wherever you want to go.

How to book a session:

Go to www.myjourneysouthampton.com/skillstraining for instructions on how to pay for your first two hour session for only £5 (we pay the rest!) After you've bought a voucher, book your session at a time and place chosen by you and your instructor.

Who it's available to:

Anyone 16 years or over who is living, working or studying within Southampton City Council or Eastleigh Borough Council boundaries.

For more information, please go to: www.myjourneysouthampton.com/cycle or email cycling@myjourneysouthampton.com

04.15.26466

