

**Going for an cycle ride is an easy way to improve your health and get away from the stresses of life.**

**All rides are suitable for people aged 16+.**



**Bikes and equipment can be supplied, plus minibus pick up if required.**

**FREE CYCLE LEADER TRAINING AVAILABLE**  
(Please ask cycle leader or phone for details)

**For more details contact Jason Jones at the Feeling Good project on 01495 712071 or email: [jason.jones@feelgoodproject.org](mailto:jason.jones@feelgoodproject.org)**

Feeling Good is a project based in Ebbw Vale and Tredegar.

**Improve your health the free and easy way...**



# **Cycling for Health**

**Join one of our easy bike rides starting on Wednesday 8 October 2008**

**We can even supply the bikes!**  
(Limited number of bikes & transport available - please phone to book)



## Feeling Good - the first 2 cycle rides...

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Date & Time	Place & Route	Pick up Point/Meeting Point	Grade of ride	Notes
Wednesday 8th October 2008  11.00am start	Garn Lakes, Blaenavon To Pontypool	<b>Pick up:</b> Tredegar Bus Station - 10.00am Ebbw Vale Bus Station- 10.10am <b>Meet:</b> Garn Lakes 10.30 am	Mainly tarmac surface, a few inclines.	Following Sustrans cycle paths south of Garn Lakes towards Pontypool
Wednesday 15th October 2008  11.00am start	Parc Bryn Bach via Waundeg to Bedwellty Pits	<b>Pick up:</b> Tredegar Bus Station - 10.00am Ebbw Vale Bus Station- 10.10am <b>Meet:</b> Parc Bryn Bach - Visitor Centre 10.30am	Tarmac surface, easy route going, slightly downhill .	This is on the new Sustrans cycle route (over the 9 Arches) and includes a short road section

### FAQ (Frequently Asked Questions)...

**How fit do I need to be?** Not very fit, most of the rides are on easy tarmac surfaces with gentle slopes—we go as slow as the slowest person!

**Don't have a bike?** - The Feeling Good project has 10 bikes plus helmets available for you to borrow.

**Haven't got a car and need a FREE lift?** Please phone to book a place on our minibus pick-up — limited places.

**How long does a ride last?** Most rides last for about one and a half hours at a gentle pace. We aim to get back to the start point by 12.30pm ready for the lift home.

**What do I need to bring with me?** Clothing that's suited to the weather.

**What should I wear?** Comfortable clothes- but not loose clothing that will get caught in the bike wheels, chain, etc.