

Part of the Up and Active
Health Week

UP active

COME AND JOIN US FOR A TRAFFIC FREE RIDE

(approx 14 miles)

23rd Sept 10am

COST FREE SESSION

WHERE TO MEET
Thompson Park Boathouse

TYPE OF RIDE
Moderate, easy paced ride for everyone

ROUTE
Scenic Leeds/Liverpool canal to the Steven
Burke Track, Swinden Playing Fields

SOCIAL
Return for a free brew in Thompson Park,
bikes and cycle helmets available

WHAT YOU NEED
Bring your own bike & helmet or
borrow from us (subject to availability)

BOOKING ESSENTIAL
Call: 01282 477134
upandactive.co.uk

