

**FOR GIVING IT A GO.  
FOR TAKING IT SLOW.  
FOR MARCH TO NOVEMBER.  
FOR RIDES TO REMEMBER.  
FOR CUMBRIA.**



**FOR FREE RIDES IN CUMBRIA  
LETSRIDE.CO.UK**



## FREE British Cycling Guided Bike Rides in Allerdale & Copeland 2017

Sat 19 Sept, 10am	Keswick – Ride to Force Crag Mine*	13 miles
Sunday 10 Sept, 2pm	Workington to Siddick Ponds	6 miles
Sunday 17 Sept, 11am	Eskdale World Heritage Site Ride*	6 miles
Sunday 24 Sept, 11am	Buttermere World Heritage Site Ride*	10 miles
Sunday 15 Oct, 11am	Wasdale Valley World Heritage Site Ride*	11 miles
Sunday 22 Oct, 11am	Thirlmere World Heritage Site Ride*	10 miles
Saturday 11 Nov, 10am	Cleator Moor to Ennerdale	14 miles

**Find out more and book your free place at [www.letsride.co.uk](http://www.letsride.co.uk)**

Rides are led by friendly, trained British Cycling Ride Leaders

\*With the Lake District having gained UNESCO World Heritage Status this year we will be joined on some rides (marked \*) by a guide from the Lake District National Park Authority to tell you more about the World Heritage Site.

Dates and times are subject to change. Please check [letsride.co.uk](http://letsride.co.uk) for full details.