

‘As easy as riding a bike’ is a strange expression if you can’t ride a bike. For many adults who never learnt to ride as a child, riding a bike seems really scary.

Cycle Training UK has a tried and tested low-risk method to enable adults to ride for the first time. It involves balancing the bike for you by holding the handlebars and correcting the balance by steering - ‘putting the bike under you’. Friendly instructors help to allay fears and build up your confidence.

Getting the basics right

Getting on & off the bike

You’ll practise getting on the left side of the bike which is the pavement side (and the clean side so you’ll avoid oily chain and gears). We’ll teach you to get on the saddle comfortably – leaning the bike and also pulling the brakes so the bike doesn’t roll forward.

Starting & stopping

Being able to use your brakes will mean that you are in control of the bike (not the other way around) so it’s a crucial skill to learn. We’ll be looking at setting off with the pedal in the right position, riding a short distance (keeping your feet on the pedals) and, when you come to a full stop, putting one foot down. You’ll have a nice relaxed posture and be looking straight ahead. We’ll be balancing the bike for you at this point so you’ll have nothing to worry about.

Balancing & Steering

When you can stop and start the bike we will move behind allowing you to have full control of the handlebars. We’ll be still be there supporting you or your bike. You’ll get a feeling for balancing – steering the bike left if you feel like you are falling left as this generates force that ‘tilts you back upright again’.

Key to balancing is making subtle corrections to steering and being tense makes this much harder. Of course it’s easy to say ‘Relax’ but much more difficult to do. We have a friendly bunch of cycling instructors who can make the session a fun experience and help you build your confidence at a pace that suits you.

Feedback from adults learning to ride

“I couldn’t be happier with the service. I will always be grateful to Ealing Council and my two wonderful instructors who taught a 39 year old man who thought he would never learn to ride!” **Sam**

“After a shaky start, I managed to stay on the bike and it was one of the best feelings: moving without walking. I never expected to enjoy it so much!” **Dila**

“Very nice to learn cycling at my age and also from very friendly instructors’ **Jayantilal** (85 years young)

“I am happy because I am able now to ride. I thought I couldn’t do it because of my age. Thank you Cycle Training” **Sonia**

“The instructors give you so much confidence that it makes learning very easy. If you have never ridden a bike before, you’ll be surprised when you discover the mobility it gives you’ **Andre**

“This is the first time I have been on a bike and felt confident enough to have a go myself. This is an excellent course for beginners such as myself who are in their 50s” **Paulette**



Take the first step towards learning to ride a bike
Go to our website:

www.cycletraining.co.uk

and click the ‘Book a lesson’ button