



8-16 June 2019



Bike Week 2019 in Causeway Coast and Glens

FREE cycling events for **ALL** the **FAMILY** to celebrate **Bike Week 2019**. Promoted and encouraged by **Causeway Coast and Glens Borough Council**. Everyone is **WELCOME** to come along and enjoy the **FUN!**



**Causeway
Coast & Glens
Borough Council**



FOREST SERVICE

“Pedalling Picnic” on the Causeway Coast (Coleraine to Downhill Forest & Return) Sunday 9th June 2019 at 2:45pm

Enjoy a 12 miles cycle ride along the Causeway Coast, mostly within the Binevenagh Area of Outstanding Natural Beauty, starting and finishing at the Health Centre Car Park, Castlerock Road, Coleraine (adjacent to County Hall). Enjoy the stunning coastal scenery along the route which follows National Cycle Network (NCN) Route 93 from Coleraine to Downhill Forest and return. Bring a picnic or refreshments to enjoy at the half way point at the picnic site close to the Bishop's Gate. Cyclists return to Coleraine via the cycle path along Mussenden Road and Quilley Road. Ideally better suited to those with some cycling experience and a reasonable level of fitness. Hills along the route. **Not suitable for primary school age children. Post primary children must be accompanied by a responsible adult.**

PROGRAMME OF EVENTS



Between the waters of the Roe & Foyle (Swanns Bridge to Myroe & return, Limavady) Monday 10th June 2019 at 6:45pm

Nestled in the shadows of Binevenagh mountain, Swanns Bridge picnic area is the starting and finishing point for this cycle ride. The majority of this 12 miles cycle ride follows quiet country roads to reach the beautiful tranquil shores of Lough Foyle, where cyclists can enjoy upwards of 4 miles of traffic-free riding along the banks of Lough Foyle. Opportunities along the route to stop and enjoy the sights and learn a little about this area's rich wildlife. Another leisurely cycle with low average speeds! **Not suitable for primary school age children. Post primary children must be accompanied by a responsible adult.**

Family Cycle Ride and BBQ - Cloonavin, Coleraine Wednesday 12th June 2019 at 6:45pm

Enjoy a family cycle ride (approx. 6-7 miles) starting and finishing at Cloonavin, Portstewart Rd, Coleraine. The route follows the River Bann through the town, including the traffic-free section through Christie Park and Somerset Riverside Park. Finish off the evening with a free BBQ at Cloonavin.

Optional 3 miles shorter route for families with young children. Meet at Christie Park car park on Strand Rd at 7:15pm, and join main group of cyclists for traffic-free section through Christie Park and Somerset Riverside Park and return to car park. Parents' responsibility to transport children back to Cloonavin for BBQ.

For catering purposes it is essential to register with Council's Leisure & Development Services before Monday 10th June 2019 (Tel: 028 7034 7234)

"Bike Doc" service available at Cloonavin for bike checks and minor repairs from 6:15pm

Inclusive Cycling Events, Joey Dunlop Leisure Centre, Ballymoney Thurs 13th June 6:30pm - 8pm and Sun 16th June 2019 2pm - 4pm

These events follow on from previous sessions earlier in the year which proved a resounding success. Participants have the chance to come and try out a range of specialist cycling equipment available through the Disability Hub. Organised by Causeway Coast and Glens Borough Council and Everybody Active Coaches, the event is tailored for all abilities and will provide an opportunity for people with a disability to experience the inclusive cycling initiative. To register please contact lisa.mullan@causewaycoastandglens.gov.uk, for further information telephone Sports Development Manager Stephen McCartney on 028 7035 5048.

Springwell Forest Family Cycle Ride Saturday 15th June 2019 at 11:00am

Join a local forest guide for a leisurely 4 - 5 miles cycle around Springwell Forest. During this event, suitable for children with some cycling experience (but not the very young), our guide will lead the ride around traffic-free forest roads, stopping off at various points along the route to discuss the forest's flora and fauna. Along the route there are several hill climbs, and sections of the route have a surface of loose stones (not really suitable for very fine tyres, and more challenging for young children). The meeting point is the main forest car park signposted off the main Coleraine/Limavady Road.

For further information on any of the above events please contact:

Causeway Coast and Glens Borough Council
on 028 7034 7234 or visit
www.causewaycoastandglens.gov.uk

Additional Information

- All children aged 16 years and under must be accompanied by an adult
- Causeway Coast & Glens Borough Council strongly recommends that all cyclists wear a helmet. This is compulsory for Under 16s.
- All participants must bring their own bicycle and ensure it is in good condition prior to the event.
- Participants should wear suitable clothing and come prepared for wet weather conditions.
- All participants should be aware of and follow The Highway Code.
- In the interests of health & safety, the organisers reserve the right to cancel an event due to adverse weather conditions.
- This programme of events is subject to revision or cancellation without notice should unforeseen circumstances arise.