

activetravel

enjoy the way you move

Workshops

You're never too old to start cycling! Cycling is a great way to travel and the Gold Coast is a cyclist's paradise with an extensive pathway and on road cycling network. If you are new to cycling or haven't ridden for awhile it can be daunting deciding on the type of bike to ride, where to ride and knowing all the tips and tricks to make riding more enjoyable and safe.

Council is offering a series of free workshops to get you on your bike and enjoying the many benefits that cycling provides.

Bookings Workshops run for 2 to 3 hours and bookings are required for all sessions. To book contact Australian Cycle Skills Programs on 0405 688 092 or email info@cycleskills.com.au

Social rides The Gold Coast boasts over 600km of bikeways, giving you the opportunity to explore our beautiful region in a healthy, fun and efficient way. There are a number of cycling clubs and group rides on offer weekly across the city. To find a group near you visit goldcoastcity.com.au/activetravel

Better bike maintenance

Get your bike looking sharp and riding smooth with this handy bike-maintenance course. You will learn many valuable tips and be shown how to clean your bike, repair punctures, adjust your brakes and maintain the chain. Facilitated by a Cycling Australia accredited instructor. Book in now and help yourself stay safe and happy on your bike. *Workshops are offered for 2 groups – kids and parents (9 to 14 years) and adults (15 plus) and seniors.*



Sun 9.30am to 11.30am Kids and parents Bundall
28 Nov to 11.30am Evandale Parklands, Ouyan Street

Sat 3pm to 5pm Kids and parents Nerang
22 Jan to 5pm Bischof Park, 48 Nerang Street

Sun 9.30am to 11.30am Adults and seniors Southport
27 Mar to 11.30am Broadwater Parklands, Gold Coast Highway

Sun 9.30am to 11.30am Kids and parents Paradise Point
22 May to 11.30am Paradise Point Parklands, The Esplanade

Get back on your bike

Is your bike gathering dust in the garage? Haven't ridden for a while and feel a bit rusty? Get some confidence back by learning some new skills and enjoying your bike again. These step-by-step courses are facilitated by a Cycling Australia accredited instructor and are designed for beginners of all ages. *Workshops are tailored to specific age groups.*



Sat 1pm to 4pm Kids 9 to 14 years Bundall
11 Dec to 4pm Evandale Parklands, Ouyan Street

Sat 1pm to 4pm Kids 9 to 14 years Pacific Pines
12 Feb to 4pm Central Park, Hotham Drive

Sun 9am to 12 noon Adults and seniors Southport
10 Apr to 12 noon Broadwater Parklands
Gold Coast Highway

Sun 9am to 12 noon Kids 9 to 14 years Upper Coomera
12 Jun to 4pm to 4pm Adults and seniors
25 Tamborine-Oxenford Road

Become a better cyclist

Become a better cyclist and learn more about road safety, rules and tips in this free cycle training course. Facilitated by a Cycling Australia accredited instructor, the course will have you riding more confidently for all your work, shopping and recreational needs. Designed for cyclists who are comfortable on a bike but would like to improve their cycling skills and road-safety awareness. *This workshop includes some on-road training.*



Sat 1pm to 4pm Adults 15 plus Mudgeeraba
26 Feb to 4pm Somerset Park, 84 Swanton Drive

Sat 1pm to 4pm Adults 15 plus Labrador
30 Apr to 4pm Mitchell Park, Marine Parade

Sun 9am to 12 noon Adults 15 plus Pacific Pines
19 Jun to 12 noon Central Park, Hotham Drive

travelsmart

Supported by the Department of Transport and Main Roads' TravelSmart Program

The Gold Coast City Council Active Travel program encourages you to walk, cycle, carpool or use public transport through a variety of initiatives, programs and events across the city.

For more information on the Active Travel program contact the team on (07) 5581 6418, activetravel@goldcoast.qld.gov.au or visit goldcoastcity.com.au/activetravel