



Spring Activities

Cycle Friendly Kingussie is delighted to announce our Spring Activity Programme for April / May 2015. There are a range of activities and events including led bike rides, maintenance workshops, presentations and social gatherings. Whatever your ability, age or experience we hope that you will find an activity that interests you.

All our activities are free. You can turn up for one of our led rides on the night. Please meet at the allotted time and venue, and please be punctual!

There is no requirement to book onto our maintenance sessions, and we will never turn you away! However, especially on the maintenance sessions we have a limited amount of equipment and so in the event that we are oversubscribed, priority will be given to those who pre-book a space on the session. Booking is available via our **Bikefest Scotland Facebook page**.

Grading of activities:

Green: Easy: Activities Suitable for anyone; all ages, all abilities. Come and join in!

Blue: Some experience required: You are comfortable riding a bicycle over shorter distances and easy terrain

Red: More challenging: You are a regular and competent cyclist, both on-road and off-road, including easy single track.

Black: Expert: Expect to be challenged, both in terms of your riding skills and your fitness!

Activity Programme

Tuesday 21st April. Kingussie High School, 7pm Start

Open Evening. Meet the Cycle Friendly Kingussie team & learn about the activities on offer. There will be themed stands, presentations & refreshments.

Wednesday 22nd April. Meet: Ardvonie Car Park, 7pm Start

Mountain Biking, the basics! A gentle introduction to Mountain Biking; bike set up, clothing and equipment, followed by a beginners ride. **Green**

Saturday 25th April. Meet: Ardvonie Car Park, 7pm Start

Women only, Led Ride. A gentle introduction to leisure cycling; bike set up, clothing and equipment, followed by a beginners ride. **Green**

Tuesday 28th April. Meet: Kingussie High School, 7pm Start

Bike Safety & simple repairs. Is your bike safe to ride? Learn how to fix a puncture, fix a chain, and other handy tips to get you home! **Green**

Friday 1st May. Meet: Ardvonie Car Park, 6.30pm Start*

Intermediate Mountain Biking. Time to hit the trails! A magical mystery tour of some of the best local single track. Bring a sense of humour! **Red**

** This MTB sessions will take place within a 10 minute drive of Ardvonie Car Park. Please email info@bikefestscotland.co.uk if you would like a lift.*

~~***Postponed*** **Sunday 3rd May.** Meet: Ardvonie Car Park, 10am Start~~

~~**A Family Friendly Ride.** Join us for a leisurely ride along local tracks and forest roads, ideally suited for family groups. **Green**~~

Tuesday 5th May. Meet: Kingussie High School, 7pm Start

The Bikeathon fitness builder! The first in a series of information and training sessions, aimed at helping you complete the Bikeathon! **Green**

Wednesday 6th May. Meet: Ardvonie Car Park, 7pm Start

Mountain Biking, Improver! The second session in our Mountain Biking skills programme, where a more technical route will be ridden. **Blue**

Thursday 7th May. Meet: Ardvonie Car Park, 7pm Start.

A Pedal and a Pint! A purely social ride out on a local route, culminating in a pint of Kingussie's finest ale! **Green**

Weekend 9th/10th May. Meet: Badenoch Centre, time TBC.

Your child's first bicycle. Workshop aimed at teaching pre-school & early years children to ride a bike, using balance bikes & 'first' bikes.

Tuesday 12th May. Meet: Ardvonie Car Park, 7pm Start.

The Bikeathon fitness builder! The second in a series of information and training sessions, aimed at helping you complete the Bikeathon! **Green**

Wednesday 13th May. Venue and Time TBC

Tales from the Saddle: From Kingussie to Venice.

Local resident Bob Kinnaird recalls his epic cycle tour through the heart of Europe!

Thursday 14th May. Meet: Kingussie High School, 6.30pm Start

Have a go on an Electric Bike! So you think cycling is beyond you? Well now it's time to think again! Come and see for yourself... **Green**

Activities from late May onwards will be added in due course, see the Bikefest Scotland [Facebook page](#) and <http://www.bikefestscotland.co.uk/> website for the latest news.

Activity Themes			
Mountain Biking	Road & Leisure Cycling	Bicycle Maintenance	Social & Information
Over the weeks we will explore a mixture of local off-road mountain biking trails and single track, developing our bike handling skills and fitness as we go. Starting with the absolute basics, sessions will become more adventurous and challenging as the weeks pass!	These activities will utilise our local network of minor roads and well surfaced cycle paths and forest roads. Sessions will be run at a leisurely pace and participants will gradually gain cycling confidence, experience and fitness in a friendly and supportive group.	The aim of these sessions is to give you the confidence and skills to maintain and repair different types of bicycle. Starting with simple trail-side 'get me home' repairs, we will gradually progress to tackling more complex bicycle repair and maintenance tasks. You will be working on your own bike, so bring it along!	Come and enjoy the company of like-minded members of your community, and learn about the many exciting cycling opportunities that exist both locally, and further afield! Our presentation series 'Tales from the saddle' will give you an insight into a range of cycle adventures, from touring in Nepal, to racing the 24 hour StrathPuffer!

If you would like more information, or if there is something you would like to do or learn about that is not in our programme, come along and discuss it at our open evening on 21st April at Kingussie High School, 7pm.