



# BACK to CYCLING

## for over 50's

Runs 11.00 - 14.00 from Exmouth  
every fortnight on Mondays  
from 21st March '22  
Donation £1.00

BOOKING  
ESSENTIAL

Join our new cycling group in Exmouth for a leisurely ride mostly using cycle paths. Each week the ride varies. Suitable for those getting back into cycling, rehabilitating or a little nervous who need encouragement. You will stop for lunch then cycle back again. Please bring a roadworthy bicycle and wear suitable clothing and a helmet. Contact Katheryn at Seachange to book your place.



**SEACHANGE**  
HEALTH & HAPPINESS FOR ALL

**Make the change. Seachange. Find out what's on and book**  
Call: 01395 446896 [www.seachangedevon.org](http://www.seachangedevon.org)  
Seachange, East Budleigh Road, Budleigh Salterton EX9 6HF