



CYCLING for over 50's

Runs 11.00 - 14.00 from Exmouth
every fortnight on Thursdays
from 17th March '22
Donation £1.00

BOOKING
ESSENTIAL

Join our new cycling group for a regular ride from Exmouth. Each week the ride varies. Suitable for those who are fairly confident on their bicycle as at times we will be on the road. 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
Seachange, East Budleigh Road, Budleigh Salterton EX9 6HF