



Cycle into Summer Family Cycle Rides

Join us on Saturday 9 June 2012 for 2 FREE fun family rides for all abilities

Meet at Totnes Pavilions Car Park, TQ9 5XW at 10.00 am for a nice saunter along the cycle trail to Dartington where we will have refreshments before our return. There are outlets to purchase food and drinks or bring your own picnic. Route length 3 $\frac{1}{2}$ miles

For the more ambitious who want a little more of a challenge, after a break for lunch at the Totnes Steam Railway Café, we will continue at 1.00 pm on another route through the stunning Sharpham Estate to Ashprington, where we will stop for a snack break before our return. Please note there are no cafés in Ashprington so you will need to bring some food with you. Route length 6 $\frac{1}{2}$ miles.

Why not sign up to the Herald Express LoveLIFE Campaign and pledge your miles to help them reach their community target of 1,000,000 miles. For details go to <http://www.heraldexpresslovelife.co.uk/>.

Please call 01803 207726 for further details or email
michele.radant@torbay.go.uk



FAMILY RIDE BOOKING FORM
Summer Rides Saturday 9 June 2012

Please note that the person that completes this form must be 18 years of age or over

Full Name: _____

Address: _____

Post Code: _____

Home Tel: _____ Mobile: _____

Email Address: _____

Other Riders

Name	Age if under 18

Any Medical problems we should be aware of with any of the named riders above

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- Adults are responsible for any accompanying children throughout the duration of the ride
 - Although the wearing of helmets is not compulsory, it is strongly advised
 - Please check that your bike is in a roadworthy condition and that the tyres are pumped up

I agree to the above conditions

Signed: _____ Date: _____