



Easy Rider Cycling Session



Stanborough Park – South Lake
Stanborough Road
Welwyn Garden City
AL8 6DQ



You will need to wear a helmet for this session
We have cycle helmets for you to borrow



Bikes are provided



To book online on our Activity Calendar
www.hertsdisabilitysportsfoundation.com/bookings-1

You must book a place on this session in advance



For information call Ros on 01462 600193



Herts Disability Sports Foundation
Registered Charity No. 1156034
www.facebook.com/HertsDisabilitySportsFoundation