



Cycling in Eastbourne

Want to do more with two wheels but don't know where to start? The following information may help.

Interested in leaving the car at home and cycling to work or the shops?

Then check out the Eastbourne Leisure Cycle Map. This identifies how to get from A to B using cycle lanes and quieter roads.

Want to get out and about with like minded people?

Why not join the Eastbourne Rovers Cycle Club who have a wide range of activities including social rides Monday evenings to explore the surrounding countryside.

Looking for a cycle ride for all the family to enjoy?

Why not check out the Cuckoo Trail or Shinewater Park? Other ideas are available on the East Sussex County Council and Bike4Life web sites.

Want to be safe in the saddle?

Then Bikeability is what you need. This helps children and adults build their confidence both on and off-road. It also teaches bike maintenance and meets weekly at the Eastbourne Sports Park.

Interested in safer cycle routes?

You may want to contact Bespoke, the local campaign group for better cycling in Eastbourne. They helped to create the Eastbourne Leisure Cycle Map.

Need a bike?

Did you know Eastbourne has four independent cycle shops across the town? They sell new and second bikes and are happy to offer advice. There are also two local businesses dedicated to selling refurbished bikes. Bespoke have also produce a good guide on how to choose the right bike.

Want to know more about the health benefits of cycling?

Bespoke has all you need to know.

Has your youngster got what it takes to be the next Bradley Wiggins?

Find out at Pedal Power which also meets weekly at Eastbourne Sports Park.

Feel like doing something extreme?

Then you could be ready for Cycle Speedway or Triathlon. Eastbourne has two great local clubs to give this a try. You could also hit the Downs and ride some exciting trails on a mountain bike, or take your BMX and tackle the town's half-pipes.

Useful web sites and contacts

Bespoke	www.bespokecyclinggroup.org
Bespoke's Bike Buying Guide	www.eastbourne.gov.uk/environment/partnership/cycling
Bike4Life	www.nhs.uk/Change4Life/Pages/bike-for-life.aspx
Bikeability	www.dft.gov.uk/bikeability cycletraining@eastsussex.gov.uk
Bodyworks Triathlon	www.teambodyworksxtc.com
East Sussex Cycle Rides	www.eastsussex.gov.uk/leisureandtourism/countryside/cycling
Eastbourne Leisure Cycle Map	www.eastbourne.gov.uk/environment/partnership/cycling
Eastbourne Rovers	www.eastbournerovers.com
Hellingly Cycle Speedway	www.britishcycling.org.uk/cyclespeedway
Mountain Biking	www.cuckmere-cycle.co.uk
Pedal Power	www.pedalpower.eastbournerovers.com
Second Hand Bikes	www.letsbike-eastbourne.co.uk www.rebicycled.co.uk

