Adult Cycle Training
Courses Now Available!

The County Council’s team of cycling instructors can now offer adult cycle training courses up to Bikeability Level 3.

If you’d like to gain the confidence and skills you need to ride on the road, or you would like to improve your road riding skills to an advanced level so that you can manage all traffic conditions, then one of our courses is for you!

- Complete beginner (1 hour)
- Beginner/road riding (1.5 hours)
- Advanced (2 hours)

To book a course or to find out more contact
web: www.westsussex.gov.uk/cycletraining
email: cycle.training@westsussex.gov.uk
phone: 01243 777098