

**“We can ride
and walk to school
safely - it starts
with us!”**



You can ride too!

Are you a non-cyclist, envious of your children riding to school?

You can lower the seat and remove the pedals from your bike, and learn to ride too.

By doing this, your bike will become a balance bike and you can learn how to balance, brake and turn with your feet safely planted on the ground. Once you start to confidently scoot and coast with your feet off the ground, you'll know that it's time to put the pedals back on.

Or you might consider enrolling in one of the adult cycle skills courses offered across the ACT. To find a course, search online for 'ACT adult cycle courses'.

Learning to ride can be a gamechanger - for you and your family!

Together we are Active Travel Ambassadors!



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