



# Silver Cycling



## Regent's Park

**Cycling with others for companionship**

**Tuesdays 11am - 2pm**

Please book first: 020 7388 7932



Are you over 50 and fancy cycling with others?

Why not join us for a 1-hour session?

Exercise in beautiful Regent's Park

Electric bikes and specially adapted bikes available

Even if you don't know how to cycle you can join us

20% off in the park café!

See map on back for bike pick up point

**FREE!**

**WEST EUSTON  
PARTNERSHIP**

# Silver Cycling bike pick up point

St Mary's Yard, Inner Circle, Regent's Park NW1 2NR

