



# Bike Week 2015 in Coleraine and surrounding area

**FREE** cycling events for **ALL** the **FAMILY** to celebrate **Bike Week 2015**. Promoted and encouraged by **Causeway Coast and Glens Borough Council**. Everyone is **WELCOME** to come along and enjoy the **FUN!**

## Coleraine to Downhill Forest & return

**Monday 15th June 2015 at 6:45pm**

Enjoy an evening 12 miles cycle ride along the North Coast, mostly within the Binevenagh Area of Outstanding Natural Beauty, starting and finishing at the Health Centre Car Park, Castlerock Road, Coleraine (adjacent to County Hall). Enjoy the stunning coastal scenery along the route which follows National Cycle Network (NCN) Route 93 from Coleraine to Downhill Forest and return. Opportunity to enjoy some well-earned refreshments at the half way point in the tranquil surroundings of the Bishop's Gate and Downhill Forest. Ideally better suited to those with some cycling experience and a reasonable level of fitness. Hills along the route.

## Cycle Ride and BBQ - Cloonavin, Coleraine

**Wednesday 17th June 2015 at 6:45pm**

Enjoy a family cycle ride (approx. 6 - 7 miles) starting and finishing at Cloonavin, Portstewart Rd, Coleraine. The route follows the River Bann through the town, including the traffic-free section through Christie Park and Somerset Riverside Park. Finish off the evening with a free BBQ at Cloonavin.

**NEW FOR THIS YEAR** - optional 3 miles shorter route for families with young children. Meet at Christie Park car park on Strand Rd at 7:15pm, and join main group of cyclists for traffic-free section through Christie Park and Somerset Riverside Park and return to car park. Parents' responsibility to transport children back to Cloonavin for BBQ.

For catering purposes it is essential to register with Council's Leisure & Development Services before Monday 15th June 2015 (Tel: 028 7034 7234) or email: [mark.strong@causewaycoastandglens.gov.uk](mailto:mark.strong@causewaycoastandglens.gov.uk)

"Bike Doc" service available at Cloonavin for bike checks and minor repairs from 6pm

**Free Prize Draw** - Gift Vouchers and cycling accessories.

# Lower Bann Leisure Cycle

(Ballymoney to Coleraine and return)

**Saturday 20 June at 10am-1pm, Riverside Park,  
main car park (Armour Ave), Ballymoney**

A leisurely 18-mile bike ride starting and finishing in Ballymoney's Riverside Park and following the signposted National Cycle Network Route 96 into Coleraine, returning to Ballymoney via the Lower Bann Cycleway. Following mostly minor country roads, the route affords beautiful views across the Antrim Hills and River Bann. Welcome refreshments will be served at the half-way point. This is a fun event aimed at families and individuals with some previous cycling experience and a reasonable level of fitness, as there are several small hill climbs.

**Not suitable for primary school age children. Post primary children must be accompanied by an adult.  
For further information about this event Tel. 028 2766 0227 or 028 7034 7234.**

**BIKE TO SCHOOL DAY WEDNESDAY 17 JUNE  
BIKE TO WORK DAY FRIDAY 19 JUNE**

During Bike Week Causeway Coast and Glens Borough Council encourages everyone to cycle to school, college or work as an alternative to using motorised transportation!



**For further information on any of the above events please contact  
Causeway Coast and Glens Borough Council on 028 7034 7234  
or visit [www.causewaycoastandglens.gov.uk](http://www.causewaycoastandglens.gov.uk)  
or [www.visitcausewaycoastandglens.com](http://www.visitcausewaycoastandglens.com)**

*Look out also for Bike Week events in the Ballymoney area  
for further details contact Sonya Crawford on 028 2766 0227.*

## Additional Information

- All children aged 16 years and under must be accompanied by an adult.
- Causeway Coast and Glens Borough Council strongly recommends that all cyclists wear a helmet. This is compulsory for Under 16s.
- All participants must ensure their bicycles, tricycles, etc. are in good condition prior to the event.
- Participants should wear suitable clothing and come prepared for wet weather conditions.
- All participants should follow The Highway Code.
- In the interests of Health & Safety, the organisers reserve the right to cancel an event due to adverse weather conditions.
- This programme of events is subject to revision or cancellation without notice should unforeseen circumstances arise.

**This Programme of cycling events has been made possible through the financial support of Travelwise NI.**

**Causeway Coast and Glens  
Borough Council**



**Travelwise  
Northern Ireland**