

One Journey Better



# Adult cycle training

## courses in Brighton & Hove

Whether you're a complete beginner looking to start cycling or a regular cyclist who wants to brush up on their skills, our instructors will tailor a cycle training session to suit you.



Brighton & Hove  
City Council

## Adult cycle training

Our fully trained instructors follow the nationally recognised Bikeability syllabus, starting with an off-road assessment of skills for all participants and then building from there. As well as offering Bikeability, we can also help with confidence-building if you are new or returning to cycling and support planning and riding a route to work or school, if that is your cycling aim.

Our courses are for everyone and anyone of all ages, abilities and background, over the age of 14 years old. By providing these training courses, we hope that more people will choose cycling as a preferred way to travel for journeys around the city.

**We have one to one or small group training available. Courses last 2-3 hours, depending on the level of the course.**

For details of courses please see: [www.brighton-hove.gov.uk/city-cycling-skills-and-training](http://www.brighton-hove.gov.uk/city-cycling-skills-and-training)

### One to one – £40

**Our 1:1 training course** lasts for 2 hours and can be booked at a mutually convenient time. Our instructors will meet you at a prearranged location, where they will begin by assessing your cycling level. The sessions will be tailored to suit your cycling capabilities and needs. Depending on your cycling level, the session will include skills covered in our Level 1 – 3 courses.

### Learn to Ride £15

**New to cycling?** Returning to cycling after a long time out the saddle? We can help you feel comfortable and confident on your bike.

- getting on and off a bike
- starting
- stopping
- cycling independently

This is done in a non-traffic environment.

### Intermediate training Level 2 £35

**Do you want to cycle safely and confidently?** On this course you will learn how to cycle on local roads.

- undertaking, basic on-road movements, such as passing parked cars and turning at junctions
- road positioning
- communicating with other road users

This takes place on quiet and busy roads.

### Beginner training - Level 1 £20

**Do you want to sharpen your cycling skills?** You are not alone. Level 1 cycle training will enable you to cycle confidently.

- starting
- stopping
- looking behind you
- braking and emergency braking
- hand signalling (cycling with one hand)

This is done in a non-traffic environment.

### Experienced training - Level 3 £40

If you want to learn how to cycle on busy city roads and junctions then Level 3 training is for you.

- filtering
- cycling on cycle lanes
- complex junctions
- roundabouts

This takes place on quiet and busy roads.

## Eligibility for free cycle training

All of our adult cycle training courses are offered free to eligible learners. To enrol on a free adult cycle training course, you must:

- be aged 19 or over
- be a UK citizen, a citizen of the European Economic Area (EEA) or have a Right of Abode in the UK
- have generally lived in the UK / EEA for at least three years before your first day of learning.

Priority will be given to learners with qualifications below Level 2 or on means tested benefits or a low income.

If you think you are eligible for free training, please email [east.central@brighton-hove.gov.uk](mailto:east.central@brighton-hove.gov.uk)

To find out more about the cycle training courses, please email: [east.brighton@brighton-hove.gov.uk](mailto:east.brighton@brighton-hove.gov.uk)

You can book courses on-line here: [www.sports.brighton-hove.gov.uk/Events](http://www.sports.brighton-hove.gov.uk/Events)

## Cycle training for children and young people

Courses are also available to help children learn to ride a bike. We provide Bikeability training courses throughout the year for children in school years 5 to 10. Training is available through schools or on a course during the school holidays.

For more information about when courses are running, see: [www.brighton-hove.gov.uk/cycle-training-children-and-young-people](http://www.brighton-hove.gov.uk/cycle-training-children-and-young-people)

## On-line cycle map

[www.brightonandhovecyclemap.co.uk](http://www.brightonandhovecyclemap.co.uk)

Use our on-line cycle map to help plan your cycle journeys. When you view the map, you can customize the map, selecting the features you want your map to show from the menu of options. You can select the type of route you want to cycle, what you'd like to find on your route, including landmarks, cycle parking, light controlled crossings and even cycle retail and repair places.