

ON YOUR BIKE



GET
ADVENTUROUS



1 HOUR



READY
TO GO



GETTING INTO THE ACTIVITY

Explore a new part of your local area, by jumping on your bike and finding a new cycle route or country park.

Before heading out on your bike, take a look online for cycle routes or recommended cycle paths in your local area. Chat with an adult at home and between you decide which is the most appropriate route for you to try. Ideally it should be somewhere you haven't cycled before, so you can explore somewhere new.

Just before cycling, please check your tyre pressure and ensure you take a drink with you. Put on your helmet and head out on your bike. What new area will you explore? Use a mobile to track your route and activity to keep an eye on how many miles you have cycled.

If you don't have access to a bike, then head out on a walk instead. The important thing is you try to explore somewhere new.

Share a photo of your bike ride with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Bike
- Helmet
- Mobile Phone



NOTES FOR PARENTS & CARERS

An adult should provide guidance on the route taken and check the bike is safe beforehand. Please follow current social distancing guidelines whilst out. An adult should initiate any contact with the BB group and/or share on social media.