



All Ability Cycling Hub For Adults

Every Monday
10am – 3pm
Bush Hill Park
Lincoln Road
Enfield, EN1 1PS

Sessions are drop-in and free of charge
We have a range of two wheeled cycles,
trikes and specially adapted bikes for
you to use.

Two qualified instructors will help to
support you to get the most from these
sessions.

If you're looking to kickstart a
healthier lifestyle, have physical or
mental health issues or would just like
to cycle with other people in a friendly
and safe environment please come
along.



For more information or group bookings please
email: all.ability@bikeworks.org.uk

