

# Smileage.



  
**sustrans**  
JOIN THE MOVEMENT

## Get active this summer!

Have fun in the sun by joining a free Sustrans walk or bicycle ride at a pace to suit you. See overleaf for a list of upcoming events in the North Tyneside area.

# Summer Events

FREE  
EVENTS!



Get Moving North  
Tyneside is here to help  
you get out and about  
on foot or by bike this  
summer.

## What's on?

### **Family Bike Rides Sundays**

Starting at The Parks at 10.30am (Sundays 7 June, 5 July, 2 August & 6 Sept).  
Fun, relaxed rides suitable for all levels of cyclist lasting around 1 hour.

### **Community Bike Swap and Fun Day 4 August**

Unused bikes wanted! To be passed back out to growing children - full  
mechanic checks included as well as fun games and cycle skills classes.  
(4 August, New York Children's Centre)

### **Silverlink Park Family Fun Day 21 August**

Nature themed walks and activities at Silverlink Nature Park. (Friday 21 August,  
10am-2pm)

### **Thursday Rides July-Sept**

From various starting points in North Tyneside throughout July, August and  
September. Free bike loan is available at most rides.

To register for any of the events, call **Emma Spence** on  
**07824 813054** or email **emma.spence@sustrans.org.uk**. Ask  
us about free bike loans, cycle surgeries and volunteer training.

Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)

Sustrans is the UK's leading  
sustainable transport charity. For more  
information visit [www.sustrans.org.uk](http://www.sustrans.org.uk) or  
call 0845 113 0065

  
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