

Get fit for free!

with Stockton Active Travel



Stockton Active Travel makes it easy and fun for you to get active by walking and cycling in friendly groups.

There's loads of regular activities—all are free and open to everyone.

Give it a try! Just call Paul Morrison for more info:

01642 803441
or **07917 653040**



Led walks and rides

Join in with guided walks and rides each week. These are a great way to stay fit, lose lbs and have fun.

No Bike? No worries!

We have a stock of good quality bikes, buggies and equipment that we can lend to get you on the move!



Cycling skills

Been out of the saddle a while? We can help you regain your confidence on two wheels!



Training

Attend a maintenance training session and you'll learn simple ways to keep your bike in tip-top shape.



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