

**StreetTread** is creating more opportunities to walk and cycle in Southampton.

Schemes include: bike loans, cycle training, group bike rides, led walks and more...

For more information on how to take part or how to volunteer, contact Natalie:

02380 515206 or  
[natalie.gledhill@sustrans.org.uk](mailto:natalie.gledhill@sustrans.org.uk)

# GET FIT FOR FREE

with

## STREET TREAD



Join us for a walk in  
Southampton Common:  
**Fridays, 10am**

