

Get on your bike with The Bike Station this October



Are you a new or returning cyclist? Are you interested in doing some cycling but worried about hills, traffic or fitness of you or your bike?

Join their Family Friendly Gentle Short rides on traffic free routes at a comfortable pace and explore new cycle facilities in your area.

[The Bike Station](#) is a charity which recycles bikes with the aim of encouraging and promoting good mental and physical health through encouraging people to cycle; helping people learn to ride their bicycles safely and to be able to repair them themselves; helping the environment by recycling and by promoting cycling as a means of transport.

The charity is always happy to receive bikes for repair and reuse, or you can get Dr Bike to help you tune up your own. The Bike Station's led bike rides this month are just for you! Find out more about all that they do on their website [here](#). This is what is on this month (in reverse order just for fun...)

October 31, 2015

[Women's Rides](#)

Free guided rides for women in Edinburgh, Burdiehouse/Gracemount area.

October 31, 2015

Free Guided Cycle Ride For Young People

Free guided cycle ride for young people. Bingham Park/
Meadows/ Bingham Park

October 30, 2015

Family friendly gentle rides

Free family friendly gentle rides great for all the family or anyone who wants to try cycling or explore new cycle facilities in the Burdiehouse/Gracemount area.

October 25, 2015

Family friendly gentle rides

Free family friendly gentle rides great for all the family or anyone who wants to try cycling or explore new cycle facilities in the Gilmerton area.

October 25, 2015

Family friendly gentle rides

Free family friendly gentle rides and Dr Bike. Great ride for all the family or anyone who wants to try cycling or explore new cycle facilities in the local area. Bingham Park/
Meadows/Bingham Park

October 24, 2015

Women's Ride

Free guided ride for women in Gilmerton/Burdiehouse area.

October 24, 2015

Free Guided Cycle Ride For Young People

Free guided cycle ride for young people. Bingham Park/
Meadows/ Bingham Park

October 23, 2015

Family friendly gentle rides

Free family friendly gentle rides great for all the family or anyone who wants to try cycling or explore new cycle facilities in the Burdiehouse/Gracemount area.

October 18, 2015

Family friendly gentle rides

Free family friendly gentle rides great for all the family or anyone who wants to try cycling or explore new cycle facilities in the Gilmerton area.

October 18, 2015

Family friendly gentle rides

Free family friendly gentle rides and Dr Bike. Great ride for all the family or anyone who wants to try cycling or explore new cycle facilities in the local area. Bingham Park/
Meadows/Bingham Park

October 17, 2015

Women's Ride

Free guided ride for women. Bingham Park to Meadows

October 17, 2015

Family friendly gentle rides

Free family friendly gentle rides great for all the family or anyone who wants to try cycling or explore new cycle facilities in the Burdiehouse/ Gracemount area.

October 11, 2015

Family friendly gentle rides

Free family friendly gentle rides great for all the family or anyone who wants to try cycling or explore new cycle facilities in the Gilmerton area.

October 11, 2015

Family friendly gentle rides

Free family friendly gentle rides and Dr Bike. Great ride for all the family or anyone who wants to try cycling or explore new cycle facilities in the local area. Bingham Park/ Meadows/ Bingham Park

October 10, 2015

Women's Ride

Free guided ride for women. Bingham Park to Meadows

October 10, 2015

Free Guided Cycle Ride For Young People

Free guided cycle ride for young people. Bingham Park/ Meadows/ Bingham Park

October 9, 2015