



DISCOUNTS
AVAILABLE
FOR BANK
CARD
MEMBERS

April - Sept 2016

Activities & services

CYCLE EVENTS

Join us for an exciting programme of rides. Build up your confidence, cycle skills and have some fun.

Bikes for hire (advance notice required).

Booking Recommended. Open to all ages*

When: Saturdays from 10am

Where: Leaving from the Bank

30th April Neilston Village loop!

21st May Pad/Neilstonside

4th June Uplawmoor

18th June Whitelees Windfarm[†]

2nd July Rouken Glen[†]

16th July Dunlop

6th August Pad/Neilstonside

20th August Dams to Darnley[†]

17th September Whitelees Windfarm[†]

15th October Dunlop

Costs: £2 adults/£1 under 18s

SUMMER CYCLE SKILLS

Come and join us for an action-packed cycling day at Dams to Darnley. Learn new bike maintenance and cycling skills, meet new friends and enjoy a fabulous 5 mile cycle.

When: Tuesday 5th July and Monday 1st August from 10am-1.30pm. Pre-booking essential.

Costs: £15 Age 8+ (participants must be able to ride confidently).

Visit www.cycleneilston.co.uk for more info.

*Small additional charge for transport may apply for some rides.
[†]Shorter hire/longer hire by special arrangement.

BIKE HIRE

When: Get in touch with the Bank Bike Hub to make arrangements.

Weekly hire rate*: £10 adults/£5 under 18s

CYCLE SKILL FOR YOUNG PEOPLE*

When: Tuesdays 14th, 21st June, 30th Aug and 6th Sept, 7-9pm

Where: Neilston Primary School

Costs: £1

TRAINING EVENTS**

BIKE MAINTENANCE

Learn how to look after your bike and keep it in good shape.

When: Tuesdays 17th and 24th May, 18th and 25th Oct and 1st Nov, 7-9pm

Where: Meet at Bank

Costs: £5 adults/ £2 under 18s

ESSENTIAL CYCLING SKILLS (all ages)

When: Saturdays 14th and 28th May, 10am-12pm

Where: Meet at Bank

Costs: £5 adults/ £2 under 18s

BIKE SERVICE AND REPAIR

Free health checks! Our skilled mechanics can do all kinds of repairs.

When: Get in touch with the Bank Bike Hub or drop by on **Mondays and Saturdays 10-12pm**

Costs: Various. See price list overleaf.

*Consent forms will be issued at event

**Children under 16 must be accompanied by an adult.

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Service & training charges

CYCLE RIDES & TRAINING EVENTS

Costs:

Cycle rides: £3 adults /£1 under 18s
(Transport charges may apply)

Training Events: £5 adults /£2 under 18s

BIKE HIRE RATES

Adults and children's bikes for hire.

Rates: from £10 adults/£5 under 18s

BIKE SERVICING & REPAIR RATES

Bike health checks*: Free!

Standard service package: £25

**Includes a report of checks carried out and further work advised.*

Drop into the Bank or visit us at www.cycleneilston.co.uk to find out about our service package and get your bike in top shape for the summer.

BIKE REPAIR RATES

Bike Charges per repair

Puncture repair (old inner tube) £5.00

Puncture repair (new inner tube) £8.00

Adjust brakes (new blocks or cables supplied at extra charge) £6.00

Adjust gears (new cables supplied at extra charge, if required) £8.00

Chain replacement (new chain at extra charge) £5.00

The above list includes only some of our services; our skilled mechanics can do all kinds of repair work.

RECONDITIONED BIKES

Great value and high quality adults and childrens bikes for sale. Drop by to see what's in store, or visit us at www.cycleneilston.co.uk



Keep up to date with the full programme of additional rides, events and training by visit www.cycleneilston.co.uk, follow us on **Facebook** and **Twitter** or contact the Bank.

Drop by the Hub and meet our cycle volunteers on Mondays and Saturdays 10am-12pm.



NEILSTON DEVELOPMENT TRUST
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