

bike 4 life

Bring your own bikes or hire ours!

Bike Hire for children with or without a disability and their families

Come along and have some fun!

Bardney Heritage Centre
Station Road
Bardney, LN3 5UF

[www.lincsheritageforum.org.uk/
museum/bardney-heritage-centre](http://www.lincsheritageforum.org.uk/museum/bardney-heritage-centre)
Tel: 01526 397 299

Grimsthorpe Castle
Grimsthorpe Estate
Bourne

PE10 OLY
www.grimsthorpe.co.uk
Tel: 01778 591 205

Yarborough Leisure Centre
Riseholme Road
Lincoln, LN1 3SP

www.activenation.org.uk
Tel: 01522 873 600

Meridian Leisure Centre
Wood Lane
Louth, LN11 8RS

www.east-lindsey.gov.uk/sports
Tel: 01507 607 650



www.lincolnshiresports.com/bike4life

Discounts are offered for children with a disability and their families

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Cycling, whether it's a day to day activity, or an occasional adventure, is a great way to help keep you and the rest of the family healthy. Cycling is something that really is so simple. All you need is a roadworthy bike and some basic safety gear and then all it takes is a little bit of practice!

Lincolnshire Sports Partnership and the Bike 4 Life Steering Group have been working closely with four venues across the county to offer inclusive bike hire for individuals and families.

Visit one of our four centres at Bardney, Bourne, Lincoln or Louth. Bring your own bikes or hire what you need. Have fun on off-road trails, keep safe with our equipment and have lots of fun with your family.



As well as a range of adults and kids bikes, we have Wheelchair Bikes, Hand Cycles, Tricycles and Three Wheeler Tandems available to hire



www.lincolnshiresports.com/bike4life

For more information call Sarah Ferneyhough on 01522 585 580