

Take the “Green Route” this Autumn with York Bike Belles

Who else loves making the most of the crisp Autumn air and colourful landscape with a gentle stroll or a pootle on your bike?

Well, you're in luck, as this October local charitable organisation York Bike Belles CIC are running a completely FREE Autumn Nature Programme, featuring tons of fun nature-based workshops, walks and rides, making it easier than ever to make the most of this beautiful season.

Get ready to enjoy an outdoor, sociable and healthy lifestyle on their Tuesday Rides, Wednesday Walks and Weekend Workshops!

The most important thing to add is that everyone is welcome, and everything is free! Even if you have difficulties pedalling 'standard' bikes, or have restricted mobility, you can still join the outdoor nature activities through rides on Cycling Without Age passenger Triobikes and hire of wheelchair bikes, electric trikes and 'easy riding' bikes. And if you are new or returning to cycling, you can get some Start Cycling support.

York Bike Belles' Programme Manager, Sheridan Piggott, said “We're confident you'll feel happier and healthier after getting closer to nature near where you live, whether through learning how to identify and photograph our brilliant local birds, discovering where to find the elusive tansy beetle, or developing skills with Yorkshire Wildlife Trust in cultivating wildlife-friendly trees, plants and wildflowers in your neighbourhood.

“We hope you'll join us on the journey!”

If you need support to join the activities, please get in touch at takethegreenroute@gmail.com or 07493 692490. More information and full dates/times for the events are available at yorkbikebelles.community/takethegreenroute/

Take the Green Route is made possible by the [National Lottery Heritage Fund](#). Thanks to National Lottery players, this two-year project will support a wide range of local people to enjoy nature-friendly walking, wheeling and cycling lifestyles across York.