



Ladies, grab your bike and join our weekly morning rides for fun, fitness and friendship!

- °° Rides are led by friendly and skilled female cyclists who leave no-one behind.
- °° This group ideal for women wanting to try, or get back into, bike-riding
- °° Rides are 10-20km on off-road trails and quiet streets.
- °° We won't ride if it is hotter than 30°C or if winds are stronger than 30km/h.
- °° We always end up in a café!

You will need to bring:

- **A bike**– in good working order with working brakes, a bell and pumped up tyres.
- A bike helmet & water bottle
- Sun/weather protection

* If you don't have a bike contact us, we can loan you one.

**ALL NEW
RIDERS RECEIVE
ONE FREE HOT DRINK
VOUCHER FOR USE AT A
LOCAL CAFE**

When

Fridays during
school term

Meet

Portarlinton
(Rotunda, Newcombe St)
Or Indented Head (General Store)
Or St Leonards (foreshore carpark)

Time

9am-11am

Cost

FREE!



Follow us on Facebook for weekly ride information

facebook.com/groups/bellarinebelles/

For more information please contact:



Vicki

0425 802 116



Jacqui

0409 199 908



Bellarine Community Health Ltd.

"Quality Living for a Valued Community"