

Bikeweek

delivered by Cycling UK

6th to 14th June

Why take part?

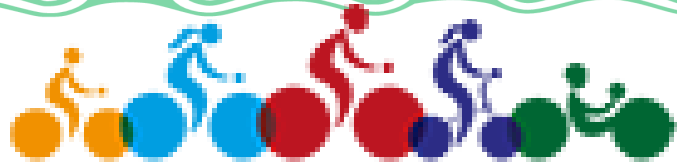
It's awesome fun and a great way to fit in your daily exercise. You can do the rides as part of your commute to the shops or to take a break and enjoy fresh air and the outdoors.

Last year thousands of people took part and tracked their daily updates on social media using hashtag **#7daysofcycling** and **#BikeWeekUK**.

Go to <https://www.cyclinguk.org/bikeweek/7daysofcycling> for more information.



Tudor Grange
Academies Trust



Bikeweek

delivered by Cycling UK

6th : 14th June

There are no rules on what counts as one of your entries - all you need to do is **go cycling or take part in a cycling-related activity** and **share a photo, video or story** about your experience on Instagram or Twitter, using

#7DaysofCycling #BikeWeekUK .

Monday 8 June:

Be healthy

Are you feeling fitter after getting out on your bike?

Tuesday 9 June:

Be unique

Have you ever tried cycling yoga? Do something different today.

Wednesday 10 June:

Be inspired

Do you have a favourite place outdoors that inspires you? Share it with us!

Thursday 11 June:

Be a hero

Support the vulnerable with shopping deliveries. Stand up and clap all the NHS workers cycling to work.

Friday 12 June:

Go green

Calculate your journeys using the carbon calculator! Your impact is amazing.

Saturday 13 June:

Go BIG

Take on a bigger, longer ride or join our pride ride...

Sunday 7 June:

Be vocal

Shout about your cycling activities! Support one of our cycling campaigns.



**Tudor Grange
Academies Trust**