

# One Journey Better



## Cycle Maintenance

- 2 hours** **Basic Course (£10)**  
Get to know your bike better
- 5 hours** **Intermediate Course (£20)**  
Learn to keep your bike running smoothly



## Cycle Training

- 2-3 hours** **Learn to ride (£10)**
- 3 hours** **Level 1 (£10)**  
**Feel confident on your bike**
- 3-4 hours** **Level 2 (£15)**  
**Feel confident on the road**
- 3-4 hours** **Level 3 (£20)**  
**Feel confident on your journey**



[www.brighton-hove.gov.uk/cycletraining](http://www.brighton-hove.gov.uk/cycletraining)  
[transport.projects@brighton-hove.gov.uk](mailto:transport.projects@brighton-hove.gov.uk)

## One Journey Better by bike

[www.brighton-hove.gov.uk/onejourneybetter](http://www.brighton-hove.gov.uk/onejourneybetter)

The courses are subsidised by the Department for Transport's Access Fund for Sustainable Travel