

Cycle Confidence sessions

My Journey provides free [cycle training sessions](#) in partnership with [Monty's Bike Hub](#) and [Bespoke Biking](#). Below is one story of how the sessions can help you regain your cycling confidence.

"I am 38 and - until recently - never thought I would be able to ride a bike. Someone mentioned these lessons and I thought it sounded like a good opportunity to really try one last time with a proper instructor, after several failed attempts with friends and family.

"Four lessons in and I am now at the point where I can (with a few attempts!) get started and keep going without assistance for quite a while. I'm not yet at a point where I could cycle on the road or cycle to work, but I now - for the first time ever - feel really confident that I will get there. To most people this probably sounds like no big deal, but for me, it's huge. So many thanks to you and to my lovely instructor for getting me here!"