

## How far can you ride in 10 minutes?

Where is the furthest you can get to from your house?

What nature can you spot on your way? Look out for birds, animals and landscapes.



## Do a litter pick on a cycle path

Do you live near the National Cycle Network? Sustrans has teamed up with Keep Britain Tidy to clear 5,000 miles of cycle track. To pledge, follow this link: <https://bit.ly/3hV1UI9>

Get some inspiration from Ruby's 1 hour challenge (you don't need a bike and trailer to do this though)

[www.youtube.be/ZiNcMCO5hCw](http://www.youtube.be/ZiNcMCO5hCw)



## Register your bike to protect it from theft.

Tues 1st June 2-5 pm

Saxon Leisure Centre, Biggleswade

Thurs 3rd June 10am-1pm

Sandy Sports Centre

Or visit [www.bikeregister.com](http://www.bikeregister.com)



## Track Stand Challenge

How long can you stay still on a bike without putting your foot down (stabilisers are cheating!)

Watch Anna, a pro-mountain biker:

[www.youtube.be/5dsZQRQ8-fw](http://www.youtube.be/5dsZQRQ8-fw)



## Set up an obstacle course.

Build ramps, plant-pot slaloms, tight turns and football kicks to build your skills.

Get some inspiration from

[www.youtube.be/fDd8P99WAJ8](http://www.youtube.be/fDd8P99WAJ8)



## Plan a family ride.

### Collect a local area travel map

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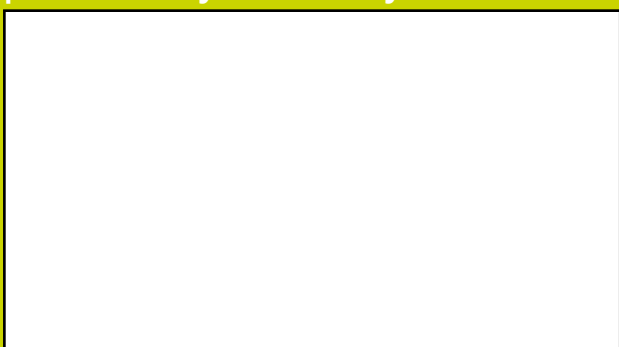
Sandy Sports Centre

Or download from

[www.cbtravelchoices.co.uk/cyclemaps](http://www.cbtravelchoices.co.uk/cyclemaps)



## Draw a picture or take a photo of you and your bike.



Bike Week is 30th May to 5th June.

It's also the half-term holidays. Can you and your family or friends do some fun things on your bikes?

Let us know how you get on

[@sustransbedsmk](https://twitter.com/sustransbedsmk) [@cbtravelchoices](https://twitter.com/cbtravelchoices) [#bikeweek](https://twitter.com/bikeweek)



Don't forget to pick up our great new map of Biggleswade, Arlesey and Sandy for fun summer adventures.