



Book your free 1-2-1 cycle session today

What is it?

An individual cycle session focusing on your knowledge of the road, your riding technique and your safety.

It's a great chance to re-cap the rules of the road, route plan and learn to ride confidently in London.

Sessions last for two hours and are arranged at a convenient London location for you.

Who is it for?

The sessions are suitable for everyone, from beginners to experienced riders.

Our qualified instructors will assess your current ability and cover what's right for you. Beginners will start in quiet areas; experienced riders will look at more complex roads and junctions.

Book now

Request a free session in the borough in which you live, work or study by emailing cycletraining@tfl.gov.uk with the subject **BET 1** and include your organisation name, name, contact telephone number and preferred start location.