

Why Ride?

There are lots of ways and reasons to hop on a bike!
All reasons are great reasons!



TRANSPORTATION /UTILITARIAN



RECREATION



SPORT



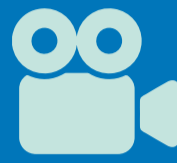
BENEFITS

- Personal Health
- Community Health
- Community Connections
- Reduced GHG Emissions
- Affordability



More benefits?
Read Canada's National Active Transportation Strategy

Get Rolling



Safe Cycling Videos

6 fun and short videos in English, French, Arabic and Mi'kmaq



Personal Safety: Bike and Helmet Fit



Before You Cycle: What to Wear



Basic Cycling: Bike Skills and Signals



Before You Cycle: ABC Quick Check



Safe Routes: Combining Riding and Transit



Sharing the Road: Navigating Infrastructure

Do-It-Yourself Community Spaces

- Affordable Second-Hand Bikes
- DIY Repairs
- Earn-a-bike
- Skill Building

Bike Again

5664 Charles St.
Tuesdays 5-9 pm – *Welcoming Wheels*
Wednesday 6-9 pm – *Public Open Hours*
Thursdays 6-9 pm – *Bike Build Night*
Sundays 1-5 pm – *Shifting Gears*

Dal Bike Centre

6185 South St.
Repair space, group rides and free bike loans to Dal and King's students.
Hours vary.

Pop-Up Bike Hub

Mobile DIY repair space and safe cycling education. Travels to communities around Nova Scotia and HRM.



Nova Scotia Safe Cycling and Education Programs

Newcomers

Welcoming Wheels
Tuesdays 5-9pm at Bike Again. Includes: Safe cycling education, earn-a-bike program

Bike Buddies
Newcomers and local riders buddy up on two-hour-long rides over 3 months

Women & LGBTQ+

WOW
Women on Wheels - group rides with local chapters across NS

Monthly Cycle
Community-led bike rides for femme, trans and non-binary folk

Shifting Gears
Bike Again's femme, trans and non-binary folks - DIY repairs + hangs
Occasional Sundays 1-5 pm

Adults

Urban Cycling 101
2 hour in-person training for urban cycling skills

CanBike
A series of progression courses taught on all aspects of cycling

Making Tracks
Train the trainer - become a Making Tracks leader to lead your own biking sessions

Families

Kidical Mass
Family friendly critical mass rides

Biking with Littles
Try out various family rides styles:
• cargo bikes
• child carriers
• ride-along chariots
• e-bikes

Youth

Making Tracks
Cycling program helps youth build biking confidence.

Hop On
Sports focused cycling program that teaches school-aged kids the joy of cycling safety.

Disability

Blind Sports NS
Tandem Bike Club connects blind and visually impaired folks to cycling.

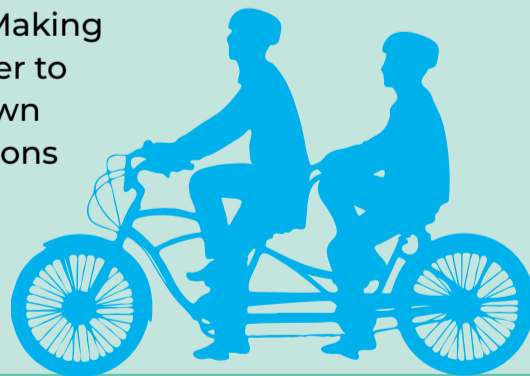
Contact:
blindsportsns@gmail.com
Call or text: 902 449 0320 (Jennie)

Try-a-ride
Try out a variety of different wheeling options

Seniors

Cycling Without Age
Trishaw bike rides provided for elderly with limited mobility

To sign up or get involved contact:
contact@cyclehalifax.ca



CLUBS AND RACING

For information about Clubs & Racing visit:
bicycle.ns.ca

Get Involved

PARTICIPATE

Show up to events - it makes a big difference!

VOLUNTEER

There's lots of ways to help - in person or online. Just reach out!

FILL GAPS

Is something still missing? Reach out to start a new initiative.

ADVOCATE

Support campaigns, call elected officials and talk to friends, family and neighbours.

DONATE

We all depend on grants and donations! A little goes a long way.

