



Events Programme

**AYRSHIRE
WOMEN'S
CYCLE
FESTIVAL**

15th-21st May 2023

WELCOME

...to the 7th Ayrshire Women's Cycle Festival – an annual festival supporting and inspiring women to cycle more regardless of their current cycling ability or experience.

The festival is run in partnership with the Active Travel Hub Kilmarnock, the Active Travel Hub Ayr and the Trinity Active Travel Hub in Irvine.

For this year's festival, we have teamed up with a wide range of local cycling organisations to bring you some of the best cycling opportunities in Ayrshire.

A big thank you to all our partner organisations, funders and contributors that have helped us bring together this brilliant free programme of events. Enjoy!



EVENT INFO

This year's programme boasts a variety of different cycling activities and rides. To help you decide if an activity is suitable for you, we have asked each activity organiser to grade their activity and provide information using the key below.

EASY

Easy (suitable for beginners)



Participants must bring their own bike



Accessible to adaptive bike users

MOD.

Moderate (intermediate riders)



All equipment is supplied by the organiser (bikes, helmet etc.)



Specific age group only (e.g. 18+)

ADV.

Advanced (Long distance, hilly, technically challenging)



Toilet facilities available at the start/end of the ride/activity



Open to all ages (children must be accompanied by an adult)

All of our activities are **FREE** of charge. However, most activities require booking, so please book using the links provided in the programme.

Please note that all events are open to women and non-binary people only unless otherwise specified.

If you have any questions, you can contact the activity organisers using the contact details provided.

OVERVIEW OF EVENTS

MONDAY

- Dr Bike at the Kilmarnock Hub

TUESDAY

- Learn to Ride Taster Session
- MTB - Come & Try Session

WEDNESDAY

- All Ability at the Athletics Arena
- Dr Bike, Bike Marking & Puncture Repair Class at the Trinity
- BMX - Come & Try Session

THURSDAY

- Puncture Repair with the Ayr Hub
- Dr Bike, Bike Marking & Puncture Repair Class at the Trinity
- Breeze Around Ayrshire
- 10-Mile Cycle Around Rural Roads

FRIDAY

- Yipworld's Woodland Cycle
- Dr Bike, Bike Marking & Puncture Repair Class at the Trinity

SATURDAY

- Led Cycle with Beith Trust
- E-Bike Intro & Short Ride
- Ladies Only Ride with Cycle Ayrshire

SUNDAY

- Guided E-Bike Ride
- Family Cycle in Eglinton Country Park
- Loop from Prestwick to Troon
- Led Cycle in Eglinton Country Park

ALL WEEK

- Bike Security Marking - Do it from Home
- Online Yoga Session for Cyclists

EVENTS ACROSS THE WEEK

ALL WEEK

BIKE SECURITY MARKING - DO IT FROM HOME

CONTACT: Email the Active Travel Hub Kilmarnock on info@activetravelhubkilmarnock.org

Deter your bike against theft - get it signed up for Bike Register, the UK wide Police approved bicycle marking and registration scheme. This service is available from the comfort of your own home. Simply email the Active Travel Hub Kilmarnock on info@activetravelhubkilmarnock.org, fill in the required paperwork and we will post you the stickers for your bike.



WEDNESDAY, THURSDAY & FRIDAY

DR BIKE, BIKE MARKING & PUNCTURE REPAIR CLASS AT THE TRINITY



TIME: 1-4pm

BOOKING: No booking required for bike security marking. For Dr Bike or Puncture Repair please email or phone in advance with your requirements and arrival time.

CONTACT: Email thetrinity@north-ayrshire.gov.uk or phone 01294 204800 on Wed-Fri 1-4pm

MEETING POINT: Trinity Active Travel Hub, Trinity Church, Bridgegate, Irvine KA12 8BJ

EASY



The Trinity Active Travel Hub is offering free bike security marking (drop in between 1-4pm), Dr Bike and puncture repair sessions.



EVENTS ACROSS THE WEEK

ALL WEEK

ONLINE YOGA SESSION FOR CYCLISTS

ACCESS: [Click here to access the recorded yoga session](#)

Feeling a little tight from all the fun cycling activities? From the comfort of your home, join Varrie for a yoga session, which will invite you to link the breath to postures while flowing through a tailored sequence. Tending specifically to the calves, glutes, back and chest, you can expect to create space and stretch out these muscle groups. The recorded yoga session will be available from the 15th of May 2023.



MONDAY 15TH MAY

DR BIKE AT THE KILMARNOCK HUB

TIME: 4-7pm

BOOKING: [Click here to book on Eventbrite](#)

CONTACT: info@activetravelhubkilmarnock.org

MEETING POINT: Active Travel Hub Kilmarnock, Platform 1, Kilmarnock Railway Station, KA1 2AR

Are your brakes squeaking? Struggling to get into all your gears? Whatever the struggle let our expert mechanics have a look at your bike. We'll do adjustments and minor repairs for free.



TUESDAY 16TH MAY

LEARN TO RIDE TASTER SESSION

TIME: 1-2pm

BOOKING: [Click here to book on Eventbrite](#)

CONTACT: info@activetravelhubkilmarnock.org

MEETING POINT: Kay Park, Kilmarnock KA3 7AZ at the Cycle Training area just west of the pond.

EASY



Keen to learn how to cycle? Not had the confidence to give it a try yet? This is your opportunity to give cycling a go! We'll meet at the cycling training area in Kay Park, Kilmarnock, just west of the pond. We'll provide bikes and helmets for the session. This session is aimed at women and non-binary people aged 18+.



TUESDAY 16TH MAY

MTB - COME & TRY SESSION

TIME: 7-8.30pm

BOOKING: [Click here to book on Eventbrite](#)

CONTACT: activetravelhubayr@gmail.com

MEETING POINT: Active Travel Hub Ayr, UWS Ayr Campus, University Avenue, Ayr KA8 0SX, outside main reception



MOD.



Aimed at women and girls new to MTB (mountain biking) or those who have never tried it before. You can bring your own bike but it **MUST** be in safe condition and have GRIPPY TYRES (if in doubt, get in touch!) If you want to book one of our bikes, please contact us as soon as you have booked on. Helmets are compulsory and gloves are strongly advised. Ride will be led by experienced ride leaders, you'll be well looked after. Be prepared for all weathers and to probably get muddy! This ride is hosted together with Drop The Post Mountain bike group.

WEDNESDAY 17TH MAY

ALL ABILITY AT THE ATHLETICS ARENA

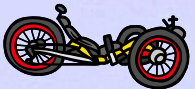
TIME: 1-4pm , 30min slots

BOOKING: [Click here to book on Eventbrite](#)

CONTACT: gary.seymour@east-ayrshire.gov.uk or info@activetravelhubkilmarnock.org

MEETING POINT: Ayrshire Athletics Arena, Queen's Drive, Kilmarnock KA1 3XF

EASY



Come along to our All Ability session, where we'll have a wide variety of bikes to try out. Some of the bikes we have available include tandems, trikes, side-by-side bikes, a wheelchair compatible bike as well as regular push bikes. Cycle along at your own leisure or try out some of the wee drills we put on. Each slot is half an hour and you're able to book several slots to try different types of bikes. This session is aimed at women and non-binary people aged 18+.



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WEDNESDAY 17TH MAY

BMX - COME & TRY SESSION

TIME: 6-8pm

BOOKING: [Click here to book on Eventbrite](#)

CONTACT: activetravelhubayr@gmail.com

MEETING POINT: Meeting at the new skatepark at Troon
South Beach, KA10 6AH.



EASY



Easy/Beginner Level, aimed at women and girls who have never tried BMX before. Children under 16 must be accompanied by an adult (adults do not have to take part, but it's so much fun, you really should and you'll be heavily encouraged to!) Session is on for 2 hours but is very flexible - stay the whole two hours or just drop in for 10 mins. You must book a place if you wish to borrow a BMX. The BMXs available to borrow are suitable for teens/adults only, smaller kids should bring their own bikes, even if they aren't BMXs.



THURSDAY 18TH MAY

PUNCTURE REPAIR WITH THE AYR HUB

TIME: 10am-12pm

BOOKING: [Click here to book on Eventbrite](#)

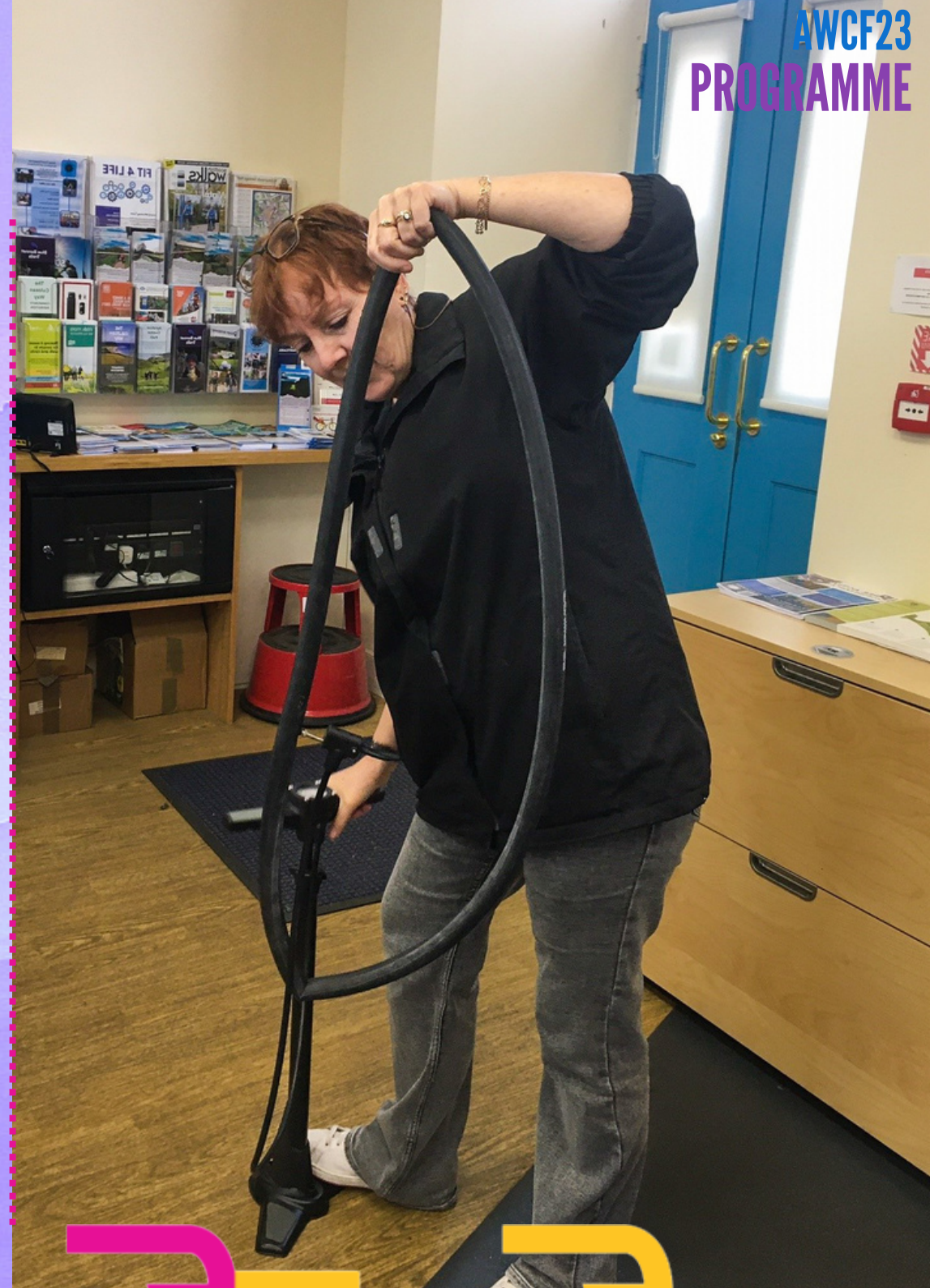
CONTACT: activetravelhubayr@gmail.com

MEETING POINT: Active Travel Hub Ayr, UWS Ayr Campus,
University Avenue, Ayr KA8 0SX

EASY



Is the fear of getting a puncture holding you back from getting out on your bike? Tired of relying on others to fix your punctures? Come along to our friendly beginner session giving you all the tips and tricks on how to fix those annoying punctures. This session is aimed at women and non-binary people aged 18+.



THURSDAY 18TH MAY

BREEZE AROUND AYRSHIRE

TIME: 6.30-7.45pm

BOOKING: [Click here to sign up to ride](#)

CONTACT: claire.martin@scottishcycling.org.uk

MEETING POINT: Ayr College campus car park at Dam Park,
KA8 0EU

MOD.



Lovely route around the town of Ayr following cycle paths and quiet roads. Opportunity to stop for a chat at the end of the cycle ride. Please wear a helmet, bring a mask and some water to drink. No one is ever left behind. This session is aimed at women aged 16+.



10-MILE CYCLE AROUND RURAL ROADS

TIME: 6.30-8.30pm

BOOKING: Email loudounmembership@gmail.com with name and contact details to request place on ride.

CONTACT: loudounmembership@gmail.com

MEETING POINT: Loudoun Street Car Park, Mauchline, KA5 5BU

EASY



A gentle evening cycle, suitable for beginners. A nice descent from Mauchline towards the rural roads around Ochiltree. While we can't avoid hills, there will be a welcome break at Mortons Farm for refreshments before continuing back to Mauchline.



FRIDAY 19TH MAY

YIPWORLD'S WOODLAND CYCLE

TIME: 12 -2pm

BOOKING: Call 01290 422364 to book

CONTACT: 01290 422364 or ddriscoll@yipworld.org

MEETING POINT: Yipworld, 19 Barrhill Road, Cumnock
KA18 1PG

EASY



A gentle afternoon ride to Dumfries House and back, suitable for beginner riders. Winding our way along traffic-free paths and quiet country roads with only small inclines. Throughout the ride, we'll be rewarded with lovely views. The cycle is 5.5 miles. We will stop at Dumfries House Coffee Shop half way.

We can provide all cycling equipment. However, if you wish to bring your own bike, please feel free to do so. This session is aimed at women and non-binary people aged 18+.

SATURDAY 20TH MAY

LED CYCLE WITH BEITH TRUST

TIME: 9.30-11am

BOOKING: Email Rachel at rachel.lowe@beithtrust.org

CONTACT: Rachel Lowe: rachel.lowe@beithtrust.org

MEETING POINT: Beith Trust car park, KA15 1HD

MOD.



Leaving from Geilsland Estate we will meander through the Scottish countryside on a lovely, leisurely cycling experience. This ride is aimed at women and non-binary people aged 18+. The Trinity Active Travel Hub will provide bike security marking and Dr Bike between 9am - 11am.



E-BIKE INTRO & SHORT RIDE

TIME: 10am -12pm

BOOKING: [Click here to book on Eventbrite](#) or contact via Facebook or email biospherebikes@gmail.com

CONTACT: biospherebikes@gmail.com

MEETING POINT: Biosphere Bikes Hub, Seafront Car Park Behind the Quay Zone Leisure Centre, Knockcushan Street, Girvan, KA26 9AG

EASY



An introduction to E-bikes incorporating an information and skills session and the benefits of an e-bike. This will be followed with a short gentle ride around Girvan finishing back at the Biosphere Bikes Hub. E-bikes and safety equipment will be supplied. This session is aimed at women and non-binary people aged 18+. Biosphere Bikes have an electric side-by-side tandem available.



SATURDAY 20TH MAY

LADIES ONLY RIDE WITH CYCLE AYRSHIRE

TIME: 10am -2pm

BOOKING: [Click here to book on Cycle Ayrshire's website](#)

CONTACT: contact@cycleayrshire.co.uk

MEETING POINT: Car park at Walker Hall, Troon, KA10 6EF

EASY



A gentle paced ride, suitable for beginners. We will follow NCN7 on cycle paths and quiet roads on this mainly flat route to Irvine. We will visit a café for refreshments and some chat before returning to Troon following the same route in reverse. The total distance will be approximately 16 miles.

Under 18s must provide parental consent and under 13s must be accompanied by an adult.

All bikes must be legal and roadworthy.



SUNDAY 21ST MAY

GUIDED E-BIKE RIDE

TIME: 10am -1pm

BOOKING: [Click here to book on Eventbrite](#) or contact via Facebook or email biospherebikes@gmail.com

CONTACT: biospherebikes@gmail.com

MEETING POINT: Biosphere Bikes Shop
121a Henrietta Street, Girvan, KA26 OAE



EASY



A gentle e-bike ride around the magnificent South Ayrshire countryside lead by a Galloway and Southern Ayrshire UNESCO Biosphere accredited guide. This ride will take in some of the interesting facts and heritage of the area. We will finish at the Biosphere Bikes shop for tea and cake. This ride is aimed at women and non-binary people aged 18+.

SUNDAY 21ST MAY

FAMILY CYCLE IN EGLINTON COUNTRY PARK

TIME: 10-11am

BOOKING: Email eglintoncountrypark@north-ayrshire.gov.uk

CONTACT: EglintonCountryPark@north-ayrshire.gov.uk

MEETING POINT: Meet in the Outdoor Shelter at Eglinton Country Park, KA12 8TA

EASY



A gentle, family friendly bike ride around the safe, traffic free paths of Eglinton Park. The trail will start and finish at the Visitor Centre in Eglinton Park. We welcome families onto this ride. All children must be accompanied by an adult. The Trinity Active Travel Hub will provide bike security marking and Dr Bike between 9am-1pm.



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SUNDAY 21ST MAY

LOOP FROM PRESTWICK TO TROON

TIME: 10.30am-12pm

BOOKING: [Click here to sign up to ride](#)

CONTACT: claire.martin@scottishcycling.org.uk

MEETING POINT: Meet beside Café Mancini, 21H Links Road
Prestwick Beach, KA9 1QG

MOD.



Lovely route using National Cycle Route 7 and Local Network 7 from Prestwick to Troon, past Prestwick Airport and then back along the coast. Cycle paths and occasional short sections on road. The group can decide whether to stop for a hot drink or ice cream on the way back. Please wear a helmet, bring a mask and some water to drink. No one is ever left behind. This ride is aimed at women aged 16+.



LED CYCLE IN EGLINTON COUNTRY PARK

TIME: 11.30am-12.30pm

BOOKING: Email eglintoncountrypark@north-ayrshire.gov.uk

CONTACT: EglintonCountryPark@north-ayrshire.gov.uk

MEETING POINT: Meet in the Outdoor Shelter at Eglinton Country Park, KA12 8TA

EASY



A gentle cycle exploring the beautiful parths around Eglinton Park. The trail will start and finish at the Visitor Centre in Eglinton Park. This ride is aimed at women and non-binary people aged 18+. The Trinity Active Travel Hub will provide bike security marking and Dr Bike between 9am-1pm.

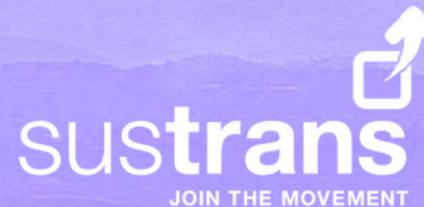


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THANKS TO OUR DELIVERY PARTNERS AND FUNDERS



EUROPE & SCOTLAND
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Ayrshire Women's Cycle Festival

2023

#AWCycleFestival23