

Pushing through boundaries.



Disability Cyclist Charity

2016
Events

Two Major Fully Supported Events for 2016

North Yorkshire Trails

17th, 18th, & 19th June 2016

Fully organised and supported two and three day event, cycling the beautiful roads, lanes, and cycle paths around Scarborough, North Yorkshire. The base for the three days will be the Scarborough Campus with cycling along the coastal Cinder trail, Oliver's Mount, Marine Drive, and Dalby Forest, with a total distance of 100 miles. (This event is suitable for Hybrid type bikes due to the majority of gravel roads and paths)



The Lanes of Lancashire

8th, 9th, 10th, & 11th September 2016

Fully organised and supported two, three, and four day cycle event, riding coastal roads and the wonderful cycle paths and lanes of Lancashire, with mileages from 25 to 55 miles per day. 8th & 9th cycle the new Bay Way (Route 700) starting from Barrow-in-Furness, overnight at YHA Arnside arriving at Hambleton on the 9th. You select how much you want to cycle. The base for the event will be Brickhouse Farm Cottages with their fantastic accessible self catering accommodation. On Saturday 10th Brickhouse Farm Cottage in conjunction with **EM**powered people will hold an open day based on accessibility for everyone, followed by evening entertainment with Jazz & Blues big band and a Hog roast. This promises to be an **EM**powered event not to be missed.

All **EM**powered people events are designed for all abilities, but we require all riders to go through our training programmes. This will enable everyone to understand what is required on these larger cycling events to achieve their goals. These events are limited due to the accommodation and transportation, early confirmation and payment will be required to secure your place.

Also for 2016

EMpowered people will organise Taster Days on a regular basis starting from March until October around the North West of England, the Taster days allow interested parties to come and try our two and three wheeled bikes in a safe area with our support team on hand to help, assist, and advise.

EMpowered Social Rides.

These rides have been designed to cater for all abilities from 6 to 25 mile rides. See our events page on <http://www.empoweredpeople@btconnect.com> for all our dates and event information.

For full details please contact us:

Web site: www.empoweredpeople.co.uk/contact

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EMpowered people are a not for profit organisation
Registered Charity Number 1153703

Aerodynamically, the bumble bee shouldn't be able to fly,
but the bumble bee doesn't know it so it goes on flying anyway.

Mary Kay Ash

