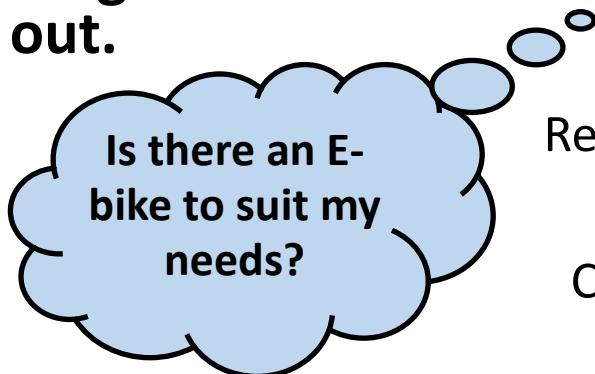


Want to improve your fitness, keep up with the grandkids when they come to visit, or just get out more?

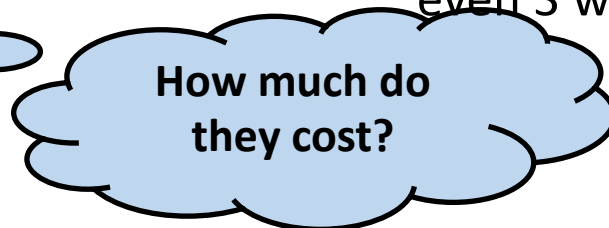


See how E-bikes can help. Come along and see a range of E-bikes at our 'It's E-asy' event & try them out.



Find out how to spread the cost of a new bike and accessories.

Learn how they work and how far they go when charged. Retailers, hirers (WM Law & The Breakpad) and local E-bike owners are on hand in the courtyard entrance at Cream O' Galloway to give free advice on the models that would suit you, even 3 wheelers!



Take a **FREE E-bike trial** for adults (weather-dependent) in a safe space at Cream O' Galloway. Bring ID. Learn how to become more cycle-confident after the event with 1-to-1 or group support from IBike Communities in Gatehouse of Fleet.

Let Police Scotland show you how to keep your bike safe — bring along any bike for info on security marking.

Bring along your friends and family — free parking, country walks and ice cream! **Craft Fair and café open 10am-4pm**

www.creamogalloway.co.uk



Event supported by Borgue Community Council & Cycling UK Shift programme

The Shift programme encourages using cycles for everyday journeys and helps people to develop the skills they need to return to cycling.

