

Cycle Skills online

TfL's online Cycle Skills course provides easy to follow tips and advice to get you going. There are four short modules to try.

Get ready to ride

- Tips on getting you and your cycle prepared for the road. Ideal for new cyclists.

First time on the road

- Learn how to start cycling on the road safely and responsibly.

On the road again

- Tips to brush up on your cycling skills to give you confidence to get back out on the road again.

Cycling with children

- Learn how to cycle in a group with children and adults.

To book your free
Cycle Skills training search
TfL Cycle Skills

What to do next

To book your free Cycle Skills training session search **TfL Cycle Skills**.

Once you have completed your training, don't forget to check out the cycle routes in your local area, and across London. Search **TfL Cycle Maps** for more information.



Please make sure you follow the latest government guidelines on social distancing and the use of face coverings when cycling.

Borough logo
to go here

Free Cycle Skills training

CYCLE SKILLS
A TfL COMMUNITY PROJECT



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MAYOR OF LONDON

 **TRANSPORT
FOR LONDON**
EVERY JOURNEY MATTERS

Cycling for just ten minutes twice a day will have a positive impact on your mental and physical health

Whether you're a first-time rider or a regular cyclist looking to improve your skills, we fund free tailored face-to-face training to suit your individual abilities and goals.

Instructor-led training

There are four levels of instructor-led training to choose from.

Basic Cycle Skills

You'll practice in a safe, off-road environment with a fully qualified instructor. In a session you'll learn the basics, build skills and gain confidence to cycle confidently in your local area. Perfect for beginners.

Start learning good cycling habits



Urban Cycle Skills

Improve your cycling skills and confidence in a safe, off-road environment. You'll practice off-road and then move on to quiet roads. Perfect for refreshing your cycling skills. Your qualified instructor will support you throughout to help you cycle more confidently.

Advanced Cycle Skills

Learn tips to improve your cycling skills when dealing with complex junctions, heavy traffic, or when cycling at night. Ideal for anyone who has completed the Urban Cycle Skills course and wants to cycle on busier roads or for long journeys.

Discover London by bike



Family Cycle Skills

Gain confidence with a free cycle training session with your family. During the session a qualified instructor will teach you how to cycle together, using quiet routes and parks. These sessions offer the opportunity to build on or prepare for Bikeability cycling session taught in schools.

Cycle together. Explore your area



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