

# AYRSHIRE WOMEN'S CYCLE FESTIVAL

15th-21st May 2023

**A week of free, fun and social  
cycling activities for women**

- Challenge yourself and give BMX, mountain biking or all ability bikes a go
- Join fun and social ladies rides all across Ayrshire
- Learn to fix punctures or have your bike fixed at Dr Bike sessions
- Try cycling or e-bikes for the first time
- Stretch the sore muscles with our online yoga session for cyclists

**... and so much more!**



Scan QR code for full  
programme and to  
book

