

Bike Ride

Is this you?

- Bought a bike and never used it!
- Bored with spinning classes in the gym
- Want to get fit and stay healthy
- Would like a fun and sociable alternative to the gym/home/work.

Then ride every weekend with Muddy Cogs

- Muddy Cogs meet every Saturday at 12.45pm at Bikeland on the 125 (just 1km west of Quatro Estradas roundabout, west of Almancil)
- Depart at 1pm prompt
- Muddy Cogs rides priced at only €5 per person per week. (Pay as you go, no joining fee)
- Bike hire available, contact to book
- Weekly tours vary from 10km to 25km.

Muddy Cogs is organised and run by Activity Algarve, www.activityalgarve.com, specialists in walking and bike holidays in the Algarve.

For further information on Muddy Cogs cycling or any other Activity Algarve services contact Paul Beesley email paul.beesley@sapo.pt tel (+351) 913 226 954



Small Print

1. Participants must be in good health and able to cycle competently on a variety of surfaces and conditions.
2. If in doubt about your health, please consult your doctor before participating.
3. Accident and injury cover is available under our group policy. To be covered, email full name and date of birth to paul.beesley@sapo.pt at least 48 hours before time of tour.
4. Muddy Cogs may split into two groups, between Saturday and Sunday, to cater for different standards of riding and fitness.
5. Weekly charge may vary to cover transport costs when travelling further afield for rides.