



Pedal'n'Pulse

TO A HEALTHIER LIFE

A One Day Celebration Of The Pleasures Of Cycling & Walking

March 24th - 10am - 3pm
Upper Den Carriageway, Teignmouth



**TAKE PART IN CYCLE CHIC PARADE
TRY OUT CURIOUS BIKES
BRING OR BUY BIKE AUCTION
TEST YOUR SKILL SLOW BIKE RACE**

AND MUCH MORE!

Stalls & Displays

E-BIKES

How your bike can be converted to electric power

RIDE-ON

Bike repairs and maintenance with Dr. Bike

THE BIKE SHED

Come and try the roller bikes, the crazy bike & more

THE VELO SHACK

Bike hire, bike trailers & cycling for all the family

GOOD CYCLE ROUTES

Where to cycle in the Teignmouth area

BREEZE

The active mum's project, ladies confidence rides, go-ride-go for 2-4 year olds

EARTH HOUR

is a worldwide movement for the planet organized by the World Wide Fund for Nature (WWF). The event is held worldwide annually encouraging individuals communities, households and businesses to turn off their non-essential lights for one hour, 8.30-9.30.



What? When? Where?

10 AM ➔ **OPENING**



CYCLE CHIC PARADE

Check out 'cycle chic' in Copenhagen for inspiration, then join in!



11 AM

12 NOON ➔ **SLOW CYCLE RACE**
Just how slowly can you cycle?
(no fixed wheels!)



AUCTION of BIKES and BITS
Buy and sell bikes and bike related bits
(all the details are online)



2 PM

Please register before the day

MEET AT

THE UPPER DEN CARRIAGEWAY



PHOTO & SCULPTURE EXHIBITION

Entered for the photographic competition, and sculptures on cycle-related themes.



10 AM

7.30 PM ➔

SHARED MEAL & TALES

Bring some food and join in while listening to Tales From The Saddle, local people recounting adventures on bikes, in Croatia, Land's End to John O' Groats, Lustleigh to Australia. Inspiring stuff.

EARTH HOUR

'Lights Out' joining in with the world-wide event which is Earth Hour.



8.30 PM

MEET AT

TAAG, NORTHUMBERLAND PLACE



So that we can fit everything in to the time available on the day, we ask you to register beforehand as spaces will be limited.

Registration forms are available
online at
www.caseenvironmental.co.uk/pedal-n-pulse

You can also pick up a form at TAAG or the Pavilions

We do hope that you will want to take part in one or more of these events.

visit www.caseenvironmental.co.uk/pedal-n-pulse

Tel: 07812 013 488