

Get ready to ride.....

Drop in bike maintenance

Make use of our tools and workstands to get your bike in top shape.

Sustaining Dunbar's Bike Workshops run from the container in Hallhill carpark on **Saturday mornings 10am - 12 noon.**

Drop in with your bike and Dr Bike mechanics will be on hand to offer support and advice.



Learn to look after your bike

Book a place on our bike maintenance courses at a time to suit you.

Want to learn how to keep your bike running smoothly? We run lessons for groups of 3-4 people. Learn the basics - the best seat/handlebar height for comfortable riding, how to deal with annoying squeaks, mend a puncture and adjust brakes and gears. We recommend 2 x 2hr lessons with a couple of weeks in between for you to practice what you have learned. Or, lessons can be adapted to suit your needs. Just let us know.



Next class:

...or email morag@sustainingdunbar.org to arrange a time to suit.

Let us help you use your bike!



What's Stopping You? Project
Sustaining Dunbar,
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It's our future
 natural
scotland
SCOTTISH GOVERNMENT

Cycling Scotland