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Ride Denmark aims to get you back on your bike



THE cycling group, Ride Denmark, aims to get more people on bikes riding the tracks and trails of the area.

On the first Sunday of each month, starting on October 3, there will be a group bike ride and everyone is invited to join in.

Rides are an hour or so. Cyclists can meet at the bridge near the Rivermouth Caravan Park at 9am for a ride along the Rail Trail to Lights Road and return.

This is a great trail and is suitable for beginners. A bike capable of riding on gravel roads/tracks is required.

More information is needed about good places to ride.

Ride Denmark members

are interested to find suitable locations for downhill mountain biking.

Steep slopes with trees, rocks and maybe obstacles and jumps are also needed.

The group would like to hear from landowners who may have a suitable area on their property.

Mountain biking is one of the major growth sports in the world.

The Cape to Cape Mountain Bike Race will be held on the weekend of October 14-17.

This is an exciting event from Cape Leeuwin to Dunsborough via Margaret River.

Ride Denmark has a Facebook page, Ride Denmark, or inquiries can be directed to Mark on 9848 2942.