

JOIN VISIONS FOR NORTHOLT FOR A WEEKEND OF FUN!

FREE BIKE GIVEAWAYS, CYCLE TOURS,
DR.BIKE, DANCE AND MORE

WHEN: Saturday 17 and Sunday 18 May,
from 12-3pm

WHERE: Islip Manor Park, Northolt
(Mandeville Road entrance)

DETAILS: See overleaf for more information
and to register for a space on our
cycle tours

CELEBRATING NORTHOLT ACTIVE TRAVEL



UK Government



Ealing

www.ealing.gov.uk

SATURDAY 17 MAY 2025

12:00 - 12:30pm

Led bike ride with Let's Go Southall

[Register for a space](#)

12:30 - 1:30pm

Zumba and Bollywood dance class

1:30 - 2:00pm

Martial arts

2:00 - 3:00pm

Gentle exercises and Yoga

Throughout the day

Dr. Bike - bike testing and cycle tips



SUNDAY 18 MAY 2025

12:00 - 2:00pm

Led 5-mile circular bike ride with Cycle Sisters

[Register for a space](#)

Throughout the day

Youth sports and refreshments



Contact us at visionsfornortholt@ealing.gov.uk or visit

www.visionsfornortholt.co.uk