



# WINTER WHEELERS

LOVE TO RIDE JERSEY

## Jersey ride and seek

Let's get more people cycling for fun, fitness, and transport with this fun game!

Check off the list below or post photos/stories of your adventures on the Love to Ride website's social feed.

### Explore:

- Ride to a beach
- Ride to heritage site
- Ride on a green lane
- Ride across a parish boundary
- Ride to a Jersey cider press
- Ride past a boat

### Challenge yourself:

- Do a sunrise or sunset ride
- Brave the weather
- Double it up – ride to another outdoor activity like sea swimming or a countryside walk
- Ride a route new to you
- Ride to the top of a hill

### Connect with nature:

- Get camera creative
- Indulge in a pit stop – coffee and cake anyone?
- Fantastic fruit/fungi
- Natural camouflage
- Soaring sprits
- Spot the birdie

**Cycling is amazing for mental and physical health and our environment.**

**Your story or photo may inspire someone else to give it a try.**

**Happy cycling!**