

# FROCKSONBIKES

## Frocks Ride Suggestion for April 2019:

### Evans Pass!

Christchurch riders are super happy about the re-opening of their beloved Evans Pass. Why not join in the buzz ? Perfect for Frockers with e-bikes and closet roadies or, from the Lyttleton side, for those who are just plain fit enough to get up on “normal” bikes.

Nothing has been planned, this is just a suggestion. Why not catch a nice day to do this before winter sets in?

### Options for one-way trips:

1. Take the # 28 Bus. This goes through/ comes from Heathcote, Opawa, and Waltham to the CBD. Buses leave every 30 minutes but beware of changes during the Easter public holiday period
2. An alternative at the top of Evans Pass to turn westward, climbing up to Mt Pleasant Road (an easy-ish 4 km up hill from the Pass). The next sealed descent is at the Kiwi and down via Dyers Pass Road (17 km away and 3 climbs)
3. From Lyttleton you could continue along the bays and up from Governors Bay (10km). A *steep* 3km, 300m vertical climb gets you to the Kiwi

## Aotearoa Bike Challenge 2019 wraps up



Go to [Frocks on Bikes](#) Christchurch Facebook page for updates

# Learn 2 Ride a Bike!



## Teaching migrant and refugee women how to cycle

Free registrations [here](#)

*This is a women's only event, for women, by women!*

## Last session before spring!

Wednesday 1 May 9.30 - 10.30am

South Hagley Netball Courts, Hagley Avenue

Bikes and helmets will be provided

Please share this with any women or girls over 13 who are migrants or refugees and who want to learn to cycle



## Want to ride the Little River Rail Trail one way?

There is now a shuttle service from Little River to Motukarara for riders who only want to go one way (22km).

Departures from Little River are 1 pm and 4 pm. \$25 per bike.

Maximum number of bikes is 14.

Group bookings are accepted at agreed times. Email: [mail@minibustours.co.nz](mailto:mail@minibustours.co.nz).

Phone: 03 3775300; Mobile: 027 560 9560 [www.minibustours.co.nz](http://www.minibustours.co.nz)

If you use this brand new shuttle service [get in touch](#) to tell us how it went. It's likely we'll use it for our annual Frocks on Bikes Rail Trail Winter Ride

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## Go Cycle Christchurch

continues to offer free cycle skills training and confidence rides for adults.

See [Go Cycle Christchurch Facebook](#) for details

Email [GoCycleChristchurch@gmail.com](mailto:GoCycleChristchurch@gmail.com) to register.

