

#support

ACTIVE PROMOTION OF DAILY CYCLING AND, MORE BROADLY, SUSTAINABLE MOBILITY.

Structure : Cranksets and cranks



Bègles

New Aquitaine

Cycles & Manivelles is a nonprofit organization founded in 2013 by a group of cycling enthusiasts. Its primary mission is to actively promote daily cycling and, more broadly, sustainable mobility. The organization runs a variety of programs designed to help people get started or get back into cycling: informational and awareness campaigns, participatory and community-based bike workshops, adult cycling classes, activities and events, and more.

OUR INITIATIVES:

The Cooperative

Bike Workshop Open to members during the operating hours of the Maison du Vélo et des

Mobilités, the cooperative bike workshop allows you to maintain and repair your bike.

To do so, you have access on-site to

:- guidance from mechanic
instructors– the appropriate
tools– used parts

Bike

Recovery “Disposable bikes” are everywhere around us: in basements, garages, streets, recycling centers, etc. Bike workshops were partly born out of a refusal to accept this waste and aim to repurpose these bikes destined for destruction, following the fundamental principle of the “4Rs: Reduce, Recycle, Repair, Reuse.” Bikes can thus be repaired to ride again or stripped down to recover spare parts that will be reused on other bikes.

Bike School

Adult Beginner Course: 2 course options to learn how to ride a bike and get started with riding in traffic

Does your child need a little help learning to ride a bike? Individual Lessons for Children: sessions tailored to the child’s need to improve handling skills

Back in the Saddle: *Everything you need to ride with confidence!* Adult/Teen Refresher/Advanced Course

: 4 sessions to build confidence and ride with ease...

Looking for personalized instruction?

Private Lessons for Adults/Teens: 2 sessions of 1.5 hours each to benefit from personalized instruction

Liens

<https://www.cycles-manivelles.org/>