

Newport Live

Lloyds Tour of Britain Men Stage 6

Sunday September 7 2025

Outdoor Activities : Colour coded to the map

- **Beicio Cymru**

Join us for a fun taster of off-road cycling including the disciplines of Mountain Bike and Cyclocross!

We have bikes and helmets of various sizes ready to use - no need for booking just come along and have a go. This activity is suitable for children of any age, but most suitable for those aged 5-12 due to the sizes of our bikes.

- **Ice trikes**

Area for Ice Trikes

- **Newport Live – Cycling area and ramps**

A range of children's cycling activities

- **Wheels for All**

Wheels for All Tasters – showcasing and taster sessions of our accessible bikes enabling cycling for all abilities.

- **The Event Village**

includes a large TV screen to watch the race and information stands from:

1 - Newport Live

2 - Momentwm

3 – Newport City Council – Active Travel Team

- **Momentwm – This will be the bike valet area, where the public who ride in can leave**

their bike for a bike health check up by the Momentwm team. Including Bikeability sessions, Information about Walking Networks, Cycle Confidence building and general information about walking, wheeling and cycling.



What's on Inside The Geraint Thomas National Velodrome - FREE tasters 12pm – 3pm

- Balance Bike sessions – This will be a rolling activity where children aged 2 – 5 can have a try on our balance bikes and weave through the course and over the mini ramps to test their navigation skills.
- Track Taster Sessions – These are short, 30-minute sessions designed to give anyone aged 9 and above the opportunity to try out fixed-wheel bikes and experience sections of the track. The sessions must be pre-booked, and cycling staff will be available in the morning for anyone wishing to sign up on the day.

Please note all cycling tasters are bookable on the day from the Information Station.

- Les Mills RPM tasters in the middle of the Velodrome – please book using this link:
<https://forms.office.com/e/gDskSyjCw?origin=lprLink>

1st session - 12:45 – 13:05

2nd session - 13:30 – 13:50

3rd session - 14:00 – 14:20