



## Bicycling classes for adults

If you or someone you know does not know how to ride a bicycle – we can help!  
If you can ride, but do not feel comfortable we can help with that, too.

The Bicycle Riding School of the ADFC (the German cyclist federation) teaches adults of all ages in a two day workshop how to ride bicycles. If you are not successful in the first workshop you can repeat the class for free.



Further information and all dates can be found on our website:

<https://bonn-rhein-sieg.adfc.de/artikel/radfahrschule-fuer-erwachsene-radfahren-lernen-tritt-fuer-tritt> Les classes de 2022

### Two Locations where the classes are held:

1. **Meckenheim** Industriepark on the premises of DCM - drucktechnik,  
Werner-von-Siemens-Strasse 13
2. **Troisdorf-Sieglar** on the schoolyard of the primary school, Kettelerstraße 9

Both places can easily be reached by public transportation. In Meckenheim we offer a pick-up service from the station "Meckenheim-Industriepark".

**Participation Fee:** 150 € (50 € for adults with a Bonn-Ausweis)  
(including bicycles, helmets, catering)

Please register here: <https://www.adfc-bonn.de/formulare/form.php/radfahrschule>

For further information please contact us at [radfahrschule@adfc-bonn.de](mailto:radfahrschule@adfc-bonn.de)