

ACH Bike Ride! Destination Saltford

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On Wednesday 20th July Ashley Community Housing teamed up with The Bristol Bike Project for another much anticipated bike ride. After the success of last year's bike ride and foraging trip to Bitton, we decided to cycle to Saltford and have a picnic upon arrival. This was a great way to show our tenants how to access the Bristol to Bath cycle path, which has links to Easton and Fishponds. Before we set off, we briefed the crew on road safety and cycle path etiquette so they were prepared for the busy rush hour traffic. The Bristol Bike Project was on hand for bicycle maintenance, as many of our tenants got their bikes through their [Earn-a-bike scheme](#).

We cycled for an hour and there was much laughter on the way, as we convoyed towards Saltford. When we arrived at Saltford we all gathered together for a well-deserved picnic and game of Frisbee, and a selfie session by the river! As well as good physical exercise, this event was a great opportunity for our tenants to get out of the city, meet new people and improve their confidence. Getting exercise and being outdoors have huge effects on our emotional and physical wellbeing. Everyone who came on the trip had a great time and will certainly be keen to come on the next journey. Now that our tenants feel more confident on the road we plan to cycle the whole way to Bath and back later in the year - as soon as our legs have recovered from all the cycling!