



All women,
from all over the World,
should be free,
to learn how to ride a bike.



All women,
from all over the World,
should be free,
to cycle.



Women on bikes



Do you also want
to learn how to ride
a  bike?



Frauen aufs Rad

Gerechtigkeit und Frieden e.V.



ADFC Radfahrerschule
Lüdinghausen

Kontakt:

Frauenaufsrad@adfc-lh.de



Welcome to the **women's** cycling school!

We are 6 women from Lüdinghausen.

With us you can learn how to cycle for free in a small group.

We always practice **in a schoolyard in Lüdinghausen.**

Tuesday 3:30 p.m. – 5:00 p.m

Saturday 10:00 a.m. – 11:30 a.m

A bike for practising is available for every woman.

No matter what language you speak,

we look forward to seeing you!



 **Cycling**
is part of everyday life
in Lüdinghausen.

 **Cycling**
saves a lot of time,
because it is quicker.

 **Cycling**
GIVES YOU GREAT JOY!

**If you want to learn
to ride a bike:**

Please register:

WhatsApp  Susanne Oberlack
0049 160 970 680 98

Email: Frauenaufsrad@adfc-lh.de