

Go By Bike Week May 30 to June 5

The Regional District of Nanaimo (RDN) invites residents to participate in Go By Bike Week. From May 30 to June 5, people across the province will ride their bicycles for their daily trips: commuting, running errands, getting to school and more. The annual Go By Bike Week event supports active transportation by promoting cycling as an accessible, low-impact mode of travel that contributes to healthier individuals and more sustainable communities.

Go By Bike Week events in the Oceanside area include:

- Enjoy coffee and more at the Celebration Station on Thursday, June 4, from 7:30-9:30 a.m. at the Coombs to Parksville Rail Trail, 500 Despard Ave, Parksville (near Springwood Park).
- Ride your bike to either Oceanside Place Arena in Parksville or Ravensong Aquatic Centre in Qualicum Beach and drop in for a free public swimming, skating or pickleball session. Just show your bike helmet for the free admission. For drop-in schedules, visit rdn.bc.ca/recreation-drop-in-schedules.
- Take part in the Bike Trail Scavenger Hunt for a chance to win prizes. Clues to an RDN park or trail will be posted on gobybikebc.ca/oceanside during Go By Bike Week.

Anyone who logs at least one ride during Go By Bike Week will be entered to win local and provincial prizes. Whether it's your first ride in a while or part of your daily routine, every trip counts. Each logged ride contributes to a province-wide effort to promote sustainable and accessible travel choices.

For more information, including a full list of local events, visit gobybikebc.ca/oceanside. For information on recreation in the RDN, visit rdn.bc.ca/recreation and rdn.bc.ca/area-a-recreation.

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For more information, please contact:

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Get Involved RDN!