

Hit the road and cycle for heart children



Riding high on the UK's recent glory in the epic Tour de France, cycling has become an extremely popular pastime.

There are now lots of exciting cycling events for you to take part in whether you're interested in the track, road cycling or mountain biking.

Some events are held on one day, whilst others take place over a week or more - and there are lots to tackle both in the UK and abroad.

If you're feeling fit and adventurous and you're up for taking on a cycling challenge for ECHO make sure you [download our sponsorship form](#).

We also recommend you [speak with our fundraising team](#) who are here to support you.

Good luck - and remember to tell us how you get on! We'd love to share your achievements with the ECHO Community.

Whether you like road or track cycling, or even mountain biking - there's lots of rides to choose from.