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in Scotland

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Scotland

**PLAY**  
SCOTLAND



# Out on bikes with Grampy

**Play Together on Pedals** has been working with families in Scotland since 2014, helping them towards a lifetime's love of cycling. The fun and independence of cycling helps young children develop key life skills, brings physical and mental health benefits and encourages families to make short journeys by bike.

Led by **Cycling UK** in partnership with **Cycling Scotland** and **Play Scotland**, the project teaches pre-school children to ride through a creative, play-based programme delivered in partnership with community organisations and nurseries. It also involves parents and families through family-friendly try-out sessions and drop-in activities. We are grateful to **Transport Scotland** for funding this book, and you can find out more about the project, as well as tips to help you and your little ones get out on bikes on our website: [playonpedals.scot](http://playonpedals.scot)



**Written by Anna Jarvis  
and illustrated by Hannah Asen**

**Play  
Together  
on Pedals**

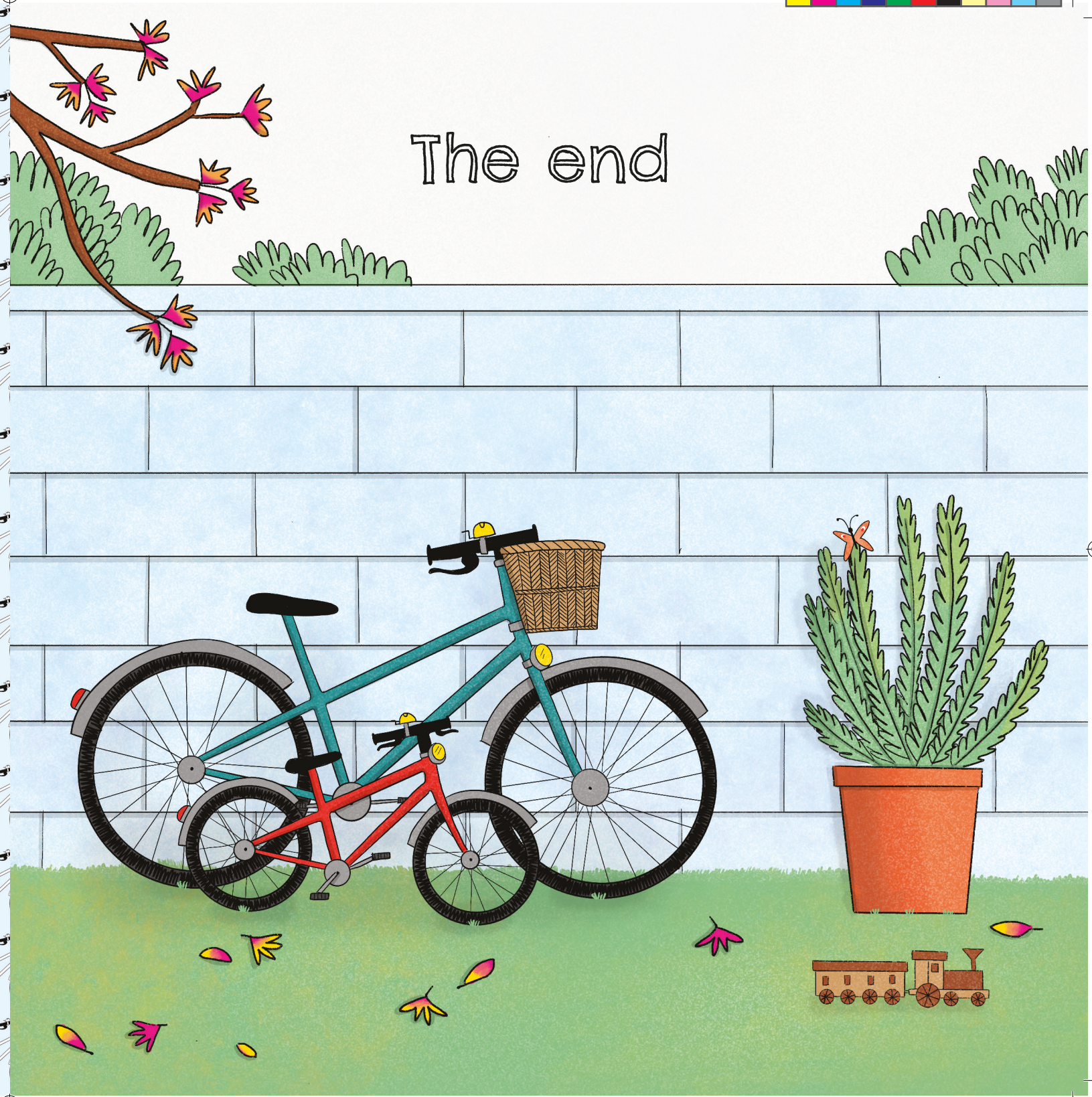
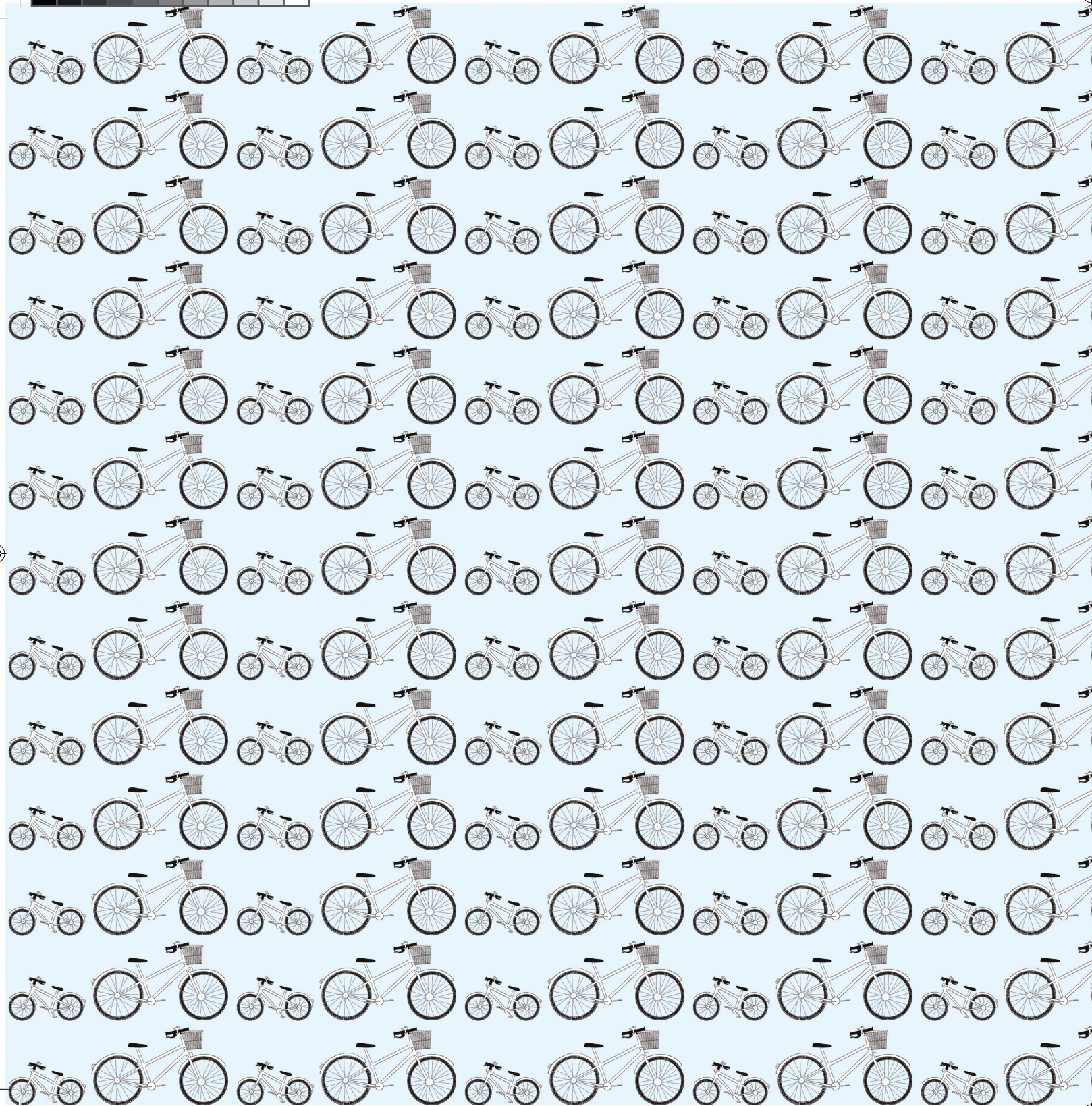
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