

# Bangor Cycle Park

One venue,  
six facilities

Something for  
everyone!



## Pump Track

A pump track is a compact, continuous loop made up of rollers and berms. It's designed to be ridden without pedalling - instead, riders use their body movements (called "pumping") to build and maintain speed.

Pump tracks are for everyone - whether you're on a BMX bike, skateboard, scooter, or rollerblades. They're great for all ages and skill levels, from beginners to seasoned riders.

## What you will find at a Pump Track

- **Rollers** – Wavy sections that help you gain speed by pumping.
- **Berms** – Smooth, banked corners for flowing turns.
- **Jumps** – Optional features for those who want to try tricks or catch some air.

It is hoped that a beginner pump track will be built next to the main one. The beginner one will have smaller features, better suited for balance bikes, scooters and skateboards and will keep the older, faster riders away from the little ones.





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## Learn to Ride Area

A learn to ride area is a dedicated space marked out just like a real road where users can learn road riding techniques in safe, controlled environment. One of the mostly commonly cited barriers to people riding their bikes more often is that they lack the skills and confidence to do so. This space provides somewhere where they can overcome these barriers and learn to ride on the road confidently and safely.

It is envisaged that this space will be particularly popular with Primary school; children but it is equally valuable for adults who may wish to begin cycling to work etc.

The areas are typically scaled down versions of a real road which can lead to difficulty when learning the correct road positioning. The area designed for Bangor Cycle Park is based on full-sized road dimensions- something we believe is the first of its kind in the UK.





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## Cross Country/MTB Trail

An old walking trail around the perimeter of the site (1500m) will be used to form a gravel cycling trail suitable for cyclists of all skill levels. A number of “skills options” will be branch off this, utilising the existing terrain where possible to offer opportunities for fun and skills progression for more adventurous riders.

These skills options will make this trail a great addition to the park- promoting its use as a multi-discipline coaching destination with regular sessions to encourage new people to take up mountain biking.

This trial, in whole or in part, could also be used for future cross country or cyclocross races, organized by Cycling Ireland.





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## BMX Racing Track

BMX racing is an Olympic and Commonwealth sport, where riders compete on a short, specially designed track featuring jumps, rollers, and berms. Up to eight riders compete in each heat, and the first to cross the finish line wins. BMX racing is a fast-paced and exciting discipline that tests a rider's speed, skill, and race craft. Riders are grouped by age and it is common to see riders aged from 5 to 55.

BMX Racing is a fantastic case study for the potential for cross-community sport. The Cycling Ireland BMX National Series has rounds at all BMX tracks on the island with existing tracks located at Lisburn, Ratoath (Meath), Lucan (Dublin), Courtown (Wexford) and Cork. Upon completion, Bangor would be added to the list of venues and regularly bring 100+ kids from all over Ireland together in a friendly yet competitive atmosphere.





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## All-ability Cycling Area

Offering a safe, level area without the hazards of traffic or pedestrians, the athletics track is an ideal space for people with disabilities to experience the fun and freedom of riding a bike. The existing athletics track is already used for this purpose on an irregular, casual basis.

No changes are required to the track itself but it is envisaged that it would be utilized more often for this purpose [fitting in around any athletics track bookings] with additional coached sessions offered once the Cycle Park is complete.





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## Café/Workshop

A coffee shop and workshop will create a shared space where people of all ages can come together, share a common interest and learn new skills. Regular classes will be run here to teach people basic bicycle maintenance skills. It's a well-established concept across the UK and beyond and has proven to be an effective way of engaging with people from all sections of the community.

We hope to have regular “mens shed” type sessions where participants could fix up old bikes, either for their own use or to sell/donate to the community. We also envisage regular sessions with teens who will likely use the other facilities in the park and will wish to learn how to maintain their bikes.

The coffee shop creates a shared space where people can relax, observe the activities on site or enquire about coaching sessions in any of the cycling disciplines that the park offers.

