A cycling experience awaits!

This week's UP MoonBike challenge is to complete the 238-kilometre Pécs-Budapest distance, and do it by bike. This can be done in several stages, on an indoor bike, alone or with a group. The key is to move! The heat is still raging, but that doesn't deter the dedicated cyclists! Join us, let's get pedalling!

With the end of this week's MoonBike challenge fast approaching, we can look back at what we've achieved so far and get motivated to do something for our health today, like a good cycling workout. Put your hand on your heart: what have you done for your health today? There's still time to get in the saddle and do a few miles. Which way would you start? Don't forget to upload your mileage on MoonBike!