

14th Annual Norfolk Bike Month, 2025

ALL MONTH

Bike Nights

Ride through the Garden's 7 miles of paved pathways and immerse yourself in beauty of nature. Free with Garden Admission

May 1-May 31, 4-7pm

<https://norfolkbotanicalgarden.org/visit/>

Wheelie Wednesday

Smartmouth Brewing Company offers 20% off brews to anyone who comes by bike on Wednesdays.

May 7, 14, 21, 28

<https://smartmouthbrewing.com/>

Slow & Steady Bikes and Goods

The shop is hosting a bike photo scavenger hunt with weekly and grand prizes, plus 15% off all bike accessories throughout Bike Month.

<https://www.slowsteadybikesandgoods.com/>

E-Bike Alley

20% off Sena Communication Helmets and ABUS MiPS Helmets for the month of May

<https://www.e-bikealley.com/>

REGULARLY OCCURRING EVENTS

Slow & Steady Sundays

Easy does it on Sunday morning for a slow ride with Slow & Steady Bikes and Social Cycling Norfolk Sundays, (May 4, 11, 18, 25) 10:30am

<https://www.facebook.com/events/1372125417426928/1372125500760253/>

Norfolk Bike Polo Pickup

Bike Polo returns to the LaVallette multi-use courts at Lafayette Park. Loaner bikes and mallets available, no experience necessary!

Sundays, (May 4, 11, 18, 25) at 3pm

<https://www.instagram.com/nfkbikepolo>

Monday Night Adventures

Weekly 12+ MPH ride, anywhere from 10-15 miles, departing from East Coast Bicycles

Mondays, (May 5, 12, 19, 26) at 6:30pm

<https://www.eastcoastbicycles.com/articles/group-rides-pg169.htm>

Tuesday Night Road Ride

Group rides for the roadie in all of us. Paces start with an A pace from 20+ mph and distance of 30 miles. The B pace is 18 to 20 mph and distance of 30 miles.

Tuesdays, (May 6, 13, 20, 27) at 6pm

<https://www.eastcoastbicycles.com/articles/group-rides-pg169.htm>

Super Casual Wednesday Ride

Join Social Cycling Norfolk for friendly, casual rides, leaving from Local Bike Shop
Wednesdays, (May 7, 14, 21, 28) at 6:30pm

<https://www.facebook.com/events/1273548743849844/1273548757183176/>

Thursday Community Road Ride

Beginner-friendly, C-pace road ride that covers 20 miles at 16-18 average mph, departing from East Coast Bicycles

Thursdays, (May 1, 8, 15, 22, 29) at 6pm

<https://www.eastcoastbicycles.com/articles/group-rides-pg169.htm>

Boom Box Ride

8-mile casual ride on the ERT and bike lanes hosted by Freshtopia, leaving from Newport Plaza on 35th Street

Saturdays, (May 3, 10, 17, 24, 31) at 10:30am

<https://www.instagram.com/freshtopiava/?hl=en>

ONE OFF EVENTS**Peninsula Bike Expo**

Join GoCommute at the Hampton Library on Wednesday, April 30 to experience all things cycling on the Peninsula. There will be local bike shops, cycling groups, bike and trail advocates, local organizations, and more!

Wednesday, April 30, 5-7pm

Hampton Public Library, 4207 Victoria Boulevard

<https://www.gocommute.org/events/hrva-bike-expo-april>

Norfolk Bike Expo

Join GoCommute at The Slover on Thursday, May 1 to experience all things cycling. There will be local bike shops, cycling groups, bike and trail advocates, local organizations, and more!

Thursday, May 1, 5-7pm

The Slover, 235 E. Plume Street

<https://www.gocommute.org/events/regional-bike-expo-april-gxast>

Bicycling, Pedestrian and Active Transportation Commission

Attend the City of Norfolk's monthly public meeting to learn more about cycling and walking improvements, advocacy and local events.

Thursday, May 1, 4pm

Norfolk City Hall, 810 Union Street

<https://www.norfolk.gov/5355/Bicycling-Pedestrian-and-Active-Transportation>

Bike Night at the Virginia Zoo

Put those pedals to the metal and gear up for a wild, after-hours ride at the Virginia Zoo! Cruise through the Zoo on designated paths, listen to our DJ spin dance-worthy tracks, take a break to walk the animal trails, and meet local bike vendors that can help you repair or trick out your ride with wheel-y cool accessories.

Friday, May 2, 5-8 pm

Virginia Zoo, 3500 Granby Street
<https://virginiazoo.org/event/bike-night/>

National Ride a Bike Day

Let's spend the first Sunday of Bike Month rediscovering that simple joy of riding a bike! You are part of the movement for safer streets, connected communities, a healthier planet, and happier people.
<https://bikeleague.org/events/bike-month/>

Tour de ORF

Monthly, leisurely bike ride on the Elizabeth River Trail and through Norfolk, all skill levels are welcome. Leaving from Smartmouth Brewing Company.
Sunday, May 4, 3:00pm
Smartmouth Brewing Company, 1309 Raleigh Avenue
<https://www.facebook.com/events/466885769765612/466885793098943>

Taco Tuesday Ladies' Ride

Norfolk Cycle Sisters take off from Norfolk Recycle Factory on a casual ride and end with tacos
Tuesday, May 6, 6:30pm
Norfolk ReCycle Factory, 4909 Colley Avenue
https://www.instagram.com/norfolk_cycle_sisters/

Bike & Roll to School Day

National Bike & Roll to School Day invites participants to celebrate the joy of active commuting while building a sense of community and school spirit.
Wednesday, May 7
<https://www.walkbiketoschool.org/>

Mother Lover Ride

Annual Mother's Day ride for families, led by Norfolk Cycle Sisters and Slow & Steady Bike and Goods. Little wheeler friendly, around 5 miles and ends with brunch!
Sunday, May 11, 10:30am
Slow & Steady Bike and Goods, 2406 Colley Avenue
https://www.instagram.com/norfolk_cycle_sisters/

National Bike to Work Week

Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.
May 12-16
<https://bikeleague.org/bikemonth>

Park to Park to Park Mountain Bike Ride

Mountain bike ride of Greater Ocean View with Bike Norfolk, starting from the Northside Park Mountain Bike Trailhead and rolling for around 15 miles
Thursday, May 14, 6pm
Northside Park, 8400 Tidewater Drive
<https://www.facebook.com/events/996931978779126>

Bike to Work Day 2025

Celebrate Bike to Work Day by visiting any of the 11 pit stops throughout NFK and Portsmouth to pick up water, snacks and bike freebies.

Pit Stops will be located at:

- * High Street Ferry Dock, *Hampton Roads Transit and GoCommute*
- * City Hall Plaza, *Norfolk Bicycling, Pedestrian, and Active Transportation Commission*
- * MacArthur Square Tide Station, *Downtown Norfolk Civic League*
- * Elizabeth River Ferry Dock, *Hampton Roads Transit and GoCommute*
- * The Plot, *NEON District and Downtown Norfolk Council*
- * 400 Granby Street, *Rise, Three Ships, Assembly, WPA*
- * EVMC Light Rail Station, *Hampton Roads Transit and GoCommute*
- * Orapax Street & Raleigh Avenue, *Elizabeth River Trail, Smartmouth Brewing Co.*
- * 2406 Colley Avenue, *Slow & Steady Bikes and Goods*
- * 4909 Colley Avenue, *Norfolk ReCycle Factory*
- * ODU Webb Center, *ODU Transportation and Parking Services*
- * Newtown Road Light Rail Station, *Hampton Roads Transit and GoCommute*

Friday, May 16, 7-9am

<https://www.facebook.com/events/2423196571413941>

Glow Ride IX

Annual nighttime critical mass ride in the NEON District for riders of all ages and experience levels, leaving from The Plot

Friday, May 16, 8pm

The Plot, 776 Granby Street

<https://www.facebook.com/events/2440380539632613>

Ladies' Late Night Ride

For ladies and friends of ladies, a Norfolk Cycle Sisters casual ride leaving from Elation Brewing

Friday, May 16, 8:30pm

Elation Brewing, 5104 Colley Avenue

https://www.instagram.com/norfolk_cycle_sisters/

Norfolk FUN Ride

Join E-Bike Alley (former Pedego Bikes) for a fun and leisurely ride along the Elizabeth River Trail

Saturday, May 17, 10am

E-Bike Alley, 223 E. City Hall Avenue

<https://ridewithgps.com/events/356282-norfolk-fun-ride-ert>

Taco Tuesday Ladies' Ride

Norfolk Cycle Sisters take off from Norfolk ReCycle Factory on a casual ride and end with tacos

Tuesday, May 20, 6:30pm

Norfolk ReCycle Factory, 4909 Colley Avenue

https://www.instagram.com/norfolk_cycle_sisters/

Bridge & Ferry Casual+ Ride

Social Cycling takes the Wednesday ride up a notch with a trip to the Jordan Bridge and a ferry ride back.

Wednesday, May 21, 6:30pm

Slow & Steady Bike and Goods, 2406 Colley Avenue

<https://www.facebook.com/events/1273548743849844/1273548757183176/>

ERT Botanical Bike Tour

Take a casual ride through the Lafayette-Winona Neighborhood and tour residential gardens, learn about restored wetlands, and enjoy peaceful scenery along the Lafayette River.

Saturday, May 24, 9am

1530 Lafayette Boulevard

<https://www.facebook.com/events/502341839579611>

Bike Swap

Bring bike stuff for swapping and find gently used bike gear for sale at Norfolk ReCycle Factory.

Saturday, May 24, 10-4pm

Norfolk ReCycle Factory, 4909 Colley Avenue

<https://www.instagram.com/norfolkrecyclefactory>

Ladies' Late Night Ride

For ladies and friends of ladies, a Norfolk Cycle Sisters casual ride leaving from Elation Brewing

Friday, May 30, 8:30pm

Elation Brewing, 5104 Colley Avenue

https://www.instagram.com/norfolk_cycle_sisters/

Kidical Mass Group Ride

Starting at Jeff Robertson Park, a 2- or 4-mile ride for kids of all ages riding balance bikes, scooters, or trailers with a stop for coffee and pastries at Chelsea Bakehouse & Vessel Coffee.

Saturday, May 31, 10am

Jeff Robertson Park, 1542 Armistead Bridge Road

<https://www.facebook.com/events/s/kidical-mass-bike-ride/1646984406182248/>