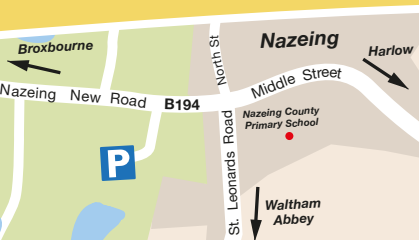
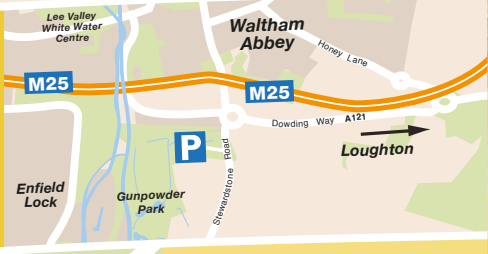
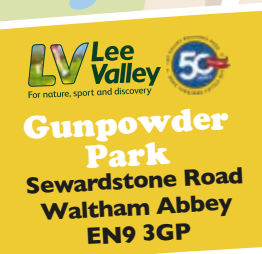


Date	Meet time	Meeting point	Gradient
14th July	10:00am	Gunpowder Park Car Park EN9 3GP	▲
21st July	10:00am	Clayton Hill Car Park EN9 2HU	▲
28th July	10:00am	Hooks Marsh Car Park EN9 2ED	▲▲
4th August	10:00am	Gunpowder Park Car Park EN9 3GP	▲
11th August	10:00am	Hooks Marsh Car Park EN9 2ED	▲▲
18th August	10:00am	Clayton Hill Car Park EN9 2HU	▲
25th August	10:00am	Hooks Marsh Car Park EN9 2ED	▲▲
1st September	10:00am	Gunpowder Park Car Park EN9 3GP	▲
8th September	10:00am	Clayton Hill Car Park EN9 2HU	▲
15th September	10:00am	Hooks Marsh Car Park EN9 2ED	▲▲
22nd September	10:00am	Gunpowder Park Car Park EN9 3GP	▲
29th September	10:00am	Clayton Hill Car Park EN9 2HU	▲



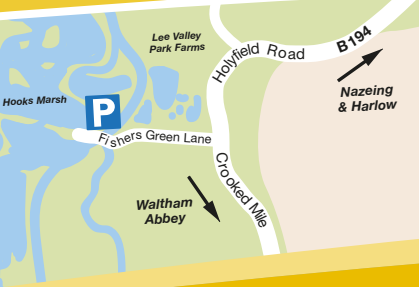
**Lee Valley** 50  
For nature, sport and discovery

**Clayton Hill Country Park**  
Nazeing Road  
Nazeing EN9 2HU



**Lee Valley** 50  
For nature, sport and discovery

**Gunpowder Park**  
Sewardstone Road  
Waltham Abbey  
EN9 3GP



**Lee Valley** 50  
For nature, sport and discovery

**Hooks Marsh Car Park**  
Fishers Green Lane  
Waltham Abbey  
EN9 2ED

**For more information**  
contact Karen Murray on 01992 564222  
email [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)



**NEW  
EXTRA  
FRIDAY  
session**

# Cycling for Health

**improving your health  
is as easy as riding  
a bike!**



## Routes & Gradients

The routes used are generally traffic free as we stick to bridleways and paths. The rides are approximately two hours long and we cover approximately 10 to 15km (6 – 10 miles) and although this may sound short the routes differ in intensity and terrain. During the cycle there is a break at a café along the way to chat and socialise with fellow participants.

Each ride is given a gradient rating of easy, medium and hard which helps guide your selection.

▲ **Easy** – Routes are flat and on walking/cycling paths where participants can keep a constant steady pace.

▲▲ **Medium** – These routes will have varying gradients and may be on bridle way or solid earth paths. There will still be large sections of flat paths.

## Weather

Rides will take place even in the rain. The only conditions that may stop a ride taking place are high winds, thunder or lightning. If this is the case a leader may not be able to get to the start location and we would ask that all cyclists take weather conditions into consideration before they leave home.

If you are at all unsure please contact Community Services Reception on 01992 564561.

**RALEIGH**

**DIAMONDBACK**

## Bikes, parts & accessories

Thanks to our partnership with Raleigh and Diamondback we are able to offer sales of bikes, parts and accessories. If you are interested in anything please contact Karen by email [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) for a quote.

## Clothing & Equipment

You don't need to go out and buy any fancy kit. We suggest that you wear trainer's, track suit (shorts in warm weather) and depending on the conditions a waterproof jacket. You may want to bring a change of clothing to keep in the car.

We also advise you bring a small rucksack so that you can safely store a rain jacket, refreshments and some money. Though a mountain bike is recommended, a city bike with **thick tyres** is also suitable. **Helmets are obligatory** and if you wish you can wear cycling gloves. **Please note, if your bike is deemed unsafe you will not be allowed to take part.**

## Cost

### Ride Only – £4 per session

Simply bring your own bike to the meeting point in the diary and join the guided ride.

### Hire & Ride – £8 per session

Bike and Helmet Hire are available if needed (included in this price is your ride entry fee). **48 hours notice required.**

## Booking

### Pay on day (ride only) – No booking required.

If you have your own bike and helmet then you can just turn up at one of the meeting places on the dates listed in the calendar and register. If you are new to Cycling For Health we ask you to arrive 30 minutes before the start of the session so you can fill in your registration form.

### Pre paid (hire and ride session)

– **Bike hire must be booked in advance at least 48 hours before the session.**

Before hiring a bike you will need to know your height or bike size so we allocate you the correct one. Please see our size chart online for details. To hire a bike and helmet, choose the date you wish to attend and book online at [www.eppingforestdc.gov.uk/cyclingforhealth](http://www.eppingforestdc.gov.uk/cyclingforhealth) or call 01992 564226 between 10am to 4pm Monday to Friday.

For our year long programme of Wednesday Cycling For Health sessions go to [www.eppingforestdc.gov.uk/cyclingforhealth](http://www.eppingforestdc.gov.uk/cyclingforhealth) or contact Karen Murray on [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) or call 01992 564226 between 10am to 4pm Monday to Friday.

