

Date	Meet time	Meeting point	Gradient
2nd November	10.00am	Fishers Green Car Park	▲▲
9th November	10.00am	Clayton Hill Country Park Car Park	▲
16th November	10.00am	Chingford Plain	▲▲▲
23rd November	9.30am-3pm	Gunpowder Park, Waltham Abbey	
		Bike Maintenance Workshop	
		Two hour indoor bike maintenance workshop followed by a two hour ride with lunch break, starting from Gunpowder Park Car Park, Waltham Abbey. Booking is essential. Call 01992 564226 (10am to 4pm Monday to Friday) or book on-line at www.eppingforestdc.gov.uk/cyclingforhealth Cost £13.50 for session (not including bike hire) With support of Lee Valley Regional Park Authority.	
30th November	10.00am	Fishers Green Car Park	▲▲
7th December	10.00am	Hooks Marsh, Fishers Green Lane	▲
14th December	10.00am	Clayton Hill Country Park Car Park	▲
21st December	10.00am	Gunpowder Park, Waltham Abbey	▲
28th December		MERRY CHRISTMAS	
4th January 2017		HAPPY NEW YEAR	
11th January	10.00am	Fishers Green Car Park	▲▲
18th January	10.00am	Hooks Marsh, Fishers Green Lane	▲
25th January	10.00am	Gunpowder Park, Waltham Abbey	▲
1st February	10.00am	Clayton Hill Country Park Car Park	▲
8th February	10.00am	Fishers Green Car Park	▲▲
15th February	10.00am	Gunpowder Park, Waltham Abbey	▲
22nd February	10.00am	Clayton Hill Country Park Car Park	▲
1st March	10.00am	Chingford Plain	▲▲▲
8th March	10:00am	Hooks Marsh, Fishers Green Lane	▲
15th March	10.00am	Fishers Green Car Park	▲▲
22nd March	10.00am	Gunpowder Park, Waltham Abbey	▲
29th March	10.00am	Chingford Plain	▲▲▲

Morning rides will last approximately 2 hours.



Meeting point maps



Cycling for Health

For more information

contact Karen Murray on 01992 564222
email kmurray@eppingforestdc.gov.uk

improving your health
is as easy as riding
a bike!



Information about Cycling for Health

The **Cycling for Health** programme is a series of weekly led rides in the Epping Forest and Lee Valley organised by Epping Forest District Council Community Services. Cycling is a great activity that can help you get active and improve your health without high costs or high intensity activity that can leave you aching and fatigued. Furthermore, cycling is a very low impact activity so it can also be enjoyed by absolutely everyone. The rides take place on a weekly basis and you do not even need your own bike as we can arrange a hire bike for you.

Why cycle?

You can ride a bicycle almost anywhere, at any time of the year and without spending a fortune. Most of us know how to cycle and once you have learnt you don't forget. All you need is a bike and a bit of free time as just one hour of steady cycling a day can:

- burn approximately 650 calories
- reduce the risk of coronary heart disease by 50%
- increase cardiovascular fitness by 3-7%
- improve mental well-being
- increase muscle tone



What kind of routes does the programme offer?

All the routes are in the Lee Valley or Epping Forest and are generally traffic free as we use bridleways or walking paths. The rides are approximately two hours long and we cover a distance of between 10 to 15km (6 to 10 miles). All our routes are graded Easy, Medium or Hard. The terrain on routes varies from tarmac to solid earth or redgrow. Earth paths can be very muddy in the winter or after wet weather.

During all cycles we stop for a break and a chat so that you can get to know your fellow participants.

Clothing & Equipment

You don't need to go out and buy any fancy kit. We suggest that you wear trainers, 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 may not be allowed to take part.**

Bike Hire

If you don't own a bike, then you can hire a bike and helmet for just £7 this includes your ride fee.

If you want to hire a bike **you need to choose a date you wish to attend and book your bike a minimum of 48 hours before the session.** Please call 01992 564226, between 10am to 4pm Monday to Friday. Or you can book online at www.eppingforestdc.gov.uk/cyclingforhealth

When hiring your bike on-line or over the phone please have your height or the bike size required so the correct size of bike can be allocated to you.

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 for a quote.

Weather

Rides will take place even in the rain. The only conditions that may stop a ride taking place are high winds, thunder and lightning or very icy or snowy conditions. 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.

Gradients

▲ **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.

▲▲▲ **Hard** – These routes are often forest based taking place on a mixture of bridle paths and trails. There will be long climbs of steep gradients. The terrain will be uneven and consist of solid earth and made up paths.

Registration

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

Hired bikes must be booked 48 hours before the session you wish to attend.

DIAMONDBACK

RALEIGH

Cost per ride

Just Ride £3.50
(with your own bike and helmet)

Hire & Ride £7
(Helmet and bike hire incl ride fee)