

Community Cycling Events



Improving your health is as easy as riding a bike!

Get ready for RideLondon 2024, the world's greatest festival of cycling. The EFDC Community and Wellbeing team are here to help you get ready for the action.



Family Ride

Sunday 12 May

Meet: 9:30am

Ride: 10:00am – 12:00noon

Lee Valley Fishers Green
Overflow Car Park
What 3 Words: [trains.caged.price](#)

Gradient: Easy

Family rides are a fixed distance so those taking part can take their time. These rides are suitable for families with children 8 years and over.

Women's Ride

Friday 17 May

Meet: 9:30am

Ride: 10:00am – 12:00noon

Lee Valley Fishers Green
Overflow Car Park
What 3 Words [///trains.caged.price](#)

Gradient: Easy

Cycling is a great low impact activity that can help you get active and improve your health.

Adults Ride

Sunday 19 May

Meet: 9:30am

Ride: 10:00am – 12:00noon

Green Acre Woodland Park.
Kiln Road, North Weald, Epping
CM16 6AD.
What 3 Words [///season.water.could](#)

Gradient: Easy/Medium

BOOKING IS ESSENTIAL

COST:

- Ride Only: Bring your own bike and helmet £5 per adult and children are free but **MUST** be booked on
- Ride and Hire Adult Ride: Hire adult bike and helmet £12 per adult (please note no children's bikes are available for hire)

For more information visit: eppingforestdc.bookinglive.com
Or to book visit : www.eppingforestmtb.co.uk

