

# Community Cycling Events



## Improving your health is as easy as riding a bike!

Get ready for Ford RideLondon-Essex 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](http://eppingforestdc.bookinglive.com)  
Or to book visit : [www.eppingforestmtb.co.uk](http://www.eppingforestmtb.co.uk)



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 Epping Forest  
District Council