

Cycling For Health MONDAY EVENINGS- Dates, Meeting Places & Gradients 2021

Gradients

The routes used are generally traffic free as we stick to bridleways and paths. The rides are approximately 10 to 15km (6-10miles) and although this may sound short the routes differ in intensity and terrain. Currently we won't be having a break at a café, so please bring a drink and a snack and the sessions will be one hour and 45minutes long.

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 path.

Meeting Points

Meet at LVRPA Gunpowder Park car park.

Sewardstone Road, Waltham Abbey. EN9 3GP

Gradient Easy.

Meet at LVRPA Clayton Hill car park.

Clayton Hill, Nazeing Road, Nazeing. EN9 2HU

Gradient Medium.

Meet at LVRPA Fishers Green car park.

Stubbins Hall Lane, Crooked Mile, Waltham Abbey. EN9 2EF

Gradient Medium.

Programme of Rides

1. 17.05.21 Gunpowder Park
2. 14.06.21 Clayton Hill
3. 05.07.21 Fishers Green
4. 26.07.21.21 Gunpowder Park
5. 23.08.21 Clayton Hill
6. 06.09.21 Fishers Green