

Cycling For Health MONDAY EVENINGS – Dates, Meeting Places and Gradients 2021

Gradients

The routes used are generally traffic free as we stick to bridleways and paths. The rides are approximately 2 hours long and we cover approximately 10 to 18km (6 - 11 miles) and although this may sound short the routes differ in intensity and terrain. Please bring a drink as we don't normally have a café stop as a lot of them are closed at this time in the evening but feel free to bring a snack

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 bridleway or solid earth paths or short grass sections. There will still be large sections of flat paths.

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 Easy/Medium.

- Meet at LVRPA Fishers Green car park. Stubbins Hall Lane, Crooked Mile, Waltham Abbey. EN9 2EF

Gradient Medium.

Please note that at all the above car parks, tariffs apply. For more information go to <https://www.visitleevalley.org.uk/parking-at-our-open-spaces>

Dates of Rides

- 26.07.21 Gunpowder Park
- 23.08.21 Clayton Hill
- 06.09.21 Fishers Green