

## Cycling For Health Meeting Places and Gradients 2021/22

### Gradients

The routes used are generally traffic free as we stick to bridleways and paths. The rides are approximately 1.45hours long and we cover approximately 10 to 15 km (6 - 10 miles) and although this may sound short the routes differ in intensity and terrain. During the cycle we will stop for a drink and snake (not provided) We won't be stopping at any Cafes when we first return to Cycling from 14<sup>th</sup> April 2021 to 12<sup>th</sup> May 2021. Each ride is given a gradient.

**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 bridal way or solid earth paths. There will still be large sections of flat paths.

### Meeting Points

Meet at LVRPA Hooks Marsh car park.

**Fishers Green Lane, Crooked Mile, Waltham Abbey. EN9 2ED**

Gradient Easy.

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**

Wed 14/04/2021	09.30am	Hooks Marsh Car Park EN9 2ED	Easy
Wed 21/04/2021	09.30am	Gunpowder Park Car Park EN9 3GP	Easy
Wed 28/04/2021	09.30am	Clayton Hill Car Park EN9 2HU	Medium

Wed 05/05/2021	09.30am	Fishers Green Car Park EN9 2EF	Medium
Wed 12/05/2021	09.30am	Hooks Marsh Car Park EN9 2ED	Easy