

## Cycling For Health Meeting Places and Gradients 2021 Sept, Oct, Nov Dec 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. You will have plenty of time to get to know the other members on your ride as we always try and stop at a café for 15/20 minutes to take a well-earned break, normally halfway into the ride

#### 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 bridleway or solid earth paths or short grass sections. 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.

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 in September October, November and December.**

**September**

Wed 15/09/2021 10.00am Clayton Hill Car Park EN9 2HU Easy

Wed 22/09/2021 10:00am Fishers Green Car Park EN9 2EF Medium

Wed 29/09/2021 10:00am Hooks Marsh Car Park EN9 2ED Medium

**October**

Wed 06/10/2021 10.00am Gunpowder Park Car Park EN9 3GP Easy

Wed 13/10/2021 10:00am Clayton Hill Car Park EN9 2HU Easy

Wed 20/10/2021 10:00am Fishers Green Car Park EN9 2EF Medium

Wed 27/10/2021 10.00am Hooks Marsh Car Park EN9 2ED Medium

**November**

Wed 03/11/2021 10:00am Gunpowder Park Car Park EN9 3GP Easy

Wed 10/11/2021 10:00am Clayton Hill Car Park EN9 2HU Easy

Wed 17/11/2021 10:00am Fishers Green Car Park EN9 2EF Medium

Wed 24/11/2021 10.00am Hooks Marsh Car Park EN9 2ED Easy

**December**

Wed 01/12/2021 10:00am Gunpowder Park Car Park EN9 3GP Easy

Wed 08/12/2021 10:00am Clayton Hill Car Park EN9 2HU Easy

Wed 15/12/2021 10:00am The Plough Public House EN9 3QQ (Christmas Lunch)

Wed 22/12/2021 10.00am Hooks Marsh Car Park EN9 2ED Easy

Wed 29/12/2021 10:00am No ride