

## Cycling For Health WEDNESDAYS 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 1.45 hours 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 snack (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 bridleway 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 19/05/2021	10:00am	Gunpowder Park Car Park EN9 3GP	Easy
Wed 26/05/2021	10:00am	Clayton Hill Car Park EN9 2HU	Medium
Wed 02/06/2021	10:00am	Fishers Green Car Park EN9 2EF	Medium
Wed 09/06/2021	10:00am	Hooks Marsh Car Park EN9 2ED	Easy
Wed 16/06/2021	10:00am	Gunpowder Park Car Park EN9 3GP	Medium