

Date	Meet time	Meeting point	Gradient
Wed 6th April	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 13th April	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 20th April	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 27th April	10am	Clayton Hill Car Park EN9 2HU	▲
Wed, 4th May	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 11th May	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 18th May	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 25th May	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 1st June	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 8th June	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 15th June	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 22nd June	10am	Green Acre Woodland Car Park CM16 6AD	▲▲▲
Wed 29th June	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 6th July	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 13th July	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 20th July	10am	Green Acre Woodland Car Park CM16 6AD	▲▲▲
Wed 27th July	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 3rd Aug	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 10th Aug	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 17th Aug	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 24th Aug	10am	Green Acre Woodland Car Park CM16 6AD	▲▲▲
Wed 31st Aug	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 7th Sept	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 14th Sept	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 21st Sept	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 28th Sept	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 5th Oct	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 12th Oct	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 19th Oct	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 26th Oct	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 2nd Nov	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 9th Nov	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 16th Nov	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 23rd Nov	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 30th Nov	10am	Gunpowder Park Car Park EN9 3GP	▲

Date	Meet time	Meeting point	Gradient
Wed 7th Dec	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 14th Dec	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 21st Dec	10am	The Plough Public House EN9 3QQ	▲
Wed 28th Dec	10am	No ride	
2023			
Wed 4th Jan	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 11th Jan	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 18th Jan	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 25th Jan	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 1st Feb	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 8th Feb	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 15th Feb	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 22nd Feb	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 1st Mar	10am	Clayton Hill Car Park EN9 2HU	▲
Wed 8th Mar	10am	Fishers Green Car Park EN9 2EF	▲▲
Wed 15th Mar	10am	Hooks Marsh Car Park EN9 2ED	▲
Wed 22nd Mar	10am	Gunpowder Park Car Park EN9 3GP	▲
Wed 29th Mar	10am	Clayton Hill Car Park EN9 2HU	▲



Bikes and helmets are available to hire



For more information
 contact Karen Murray on 01992 564222
 email kmurray@eppingforestdc.gov.uk



Cycling for Health

improving your health is as easy as riding a bike!



Information about Cycling for Health

The **Cycling for Health** programme is a series of weekly led rides organised by Epping Forest District Council. Cycling is a low impact activity that can be enjoyed by absolutely everyone. We have various rides taking place each week.

Why cycle?

You can ride a bike almost anywhere. Regular cycling can reduce the risk of a number of serious illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood, improving the symptoms of some mental health conditions such as depression and anxiety.

Routes & Gradients

The routes used are generally traffic free as we stick to bridleways and paths. The rides are approximately 10 to 18 km (6 to 11 miles) depending on the session. Although this may sound short, the routes differ on intensity and terrain. You will have plenty of time to get to know the other members on your ride as we will always try and stop at a café for 15 minutes to take a well-earned break, normally halfway into the ride. Each ride is given a gradient rating.

▲ **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 earth paths. There will still be large sections of flat paths.

▲▲▲ **Medium/Hard** – These routes may be harder due to recent weather conditions being on uneven solid earth paths that may be muddy and harder to navigate after wet weather.



Weather

Rides will take place even in the rain. The only conditions that may stop a ride taking place are high winds, thunder and lightening or very icy or snowy conditions. You will be contacted if a ride is cancelled for these reasons and offered a credit or refund.

Clothing & Equipment

Please wear comfortable clothing appropriate to the weather conditions on the day, we suggest trainers, tracksuit or shorts in warmer weather. A waterproof jacket. We also advise you bring a small rucksack so that you can safely store a rain jacket, water and money. A mountain bike is recommended, a city bike with thick tyres is also suitable. **Helmets are obligatory.** Please note, if your bike is deemed unsafe you will not be allowed to take part.

Hiring a bike (adult only)

Before hiring a bike you will need to know your height or bike size so we allocate you the correct one. Please see our size chart at eppingforestdc.bookinglive.com for details or ask for advice when booking on the phone.

Booking Essential

All rides need to be paid for and booked by 11am the day before the ride.

Book on-line at eppingforestdc.bookinglive.com
Or call **01992 564226** 10am to 4pm, Monday to Friday

Cost

Ride Only (bring your own bike and helmet)
2 hour Ride **£5.20 per session**

Hire & Ride Only (bike and helmet included)
2 hour Ride **£11.20 per session**



Meeting points

Fishers Green
Stubbins Hall Lane
Crooked Mile
Waltham Abbey
EN9 2EF

what3words
pages.patio.frozen

P CPT = Car Parking Tariff



Meeting points

Hooks Marsh Car Park
Fishers Green Lane
Crooked Mile
Waltham Abbey
EN9 2ED

what3words
icon.exchanges.spirit

P CPT = Car Parking Tariff



Clayton Hill
Nazeing Road
Nazeing
EN9 2HU

what3words
solo.sweat.united

P CPT = Car Parking Tariff



Green Acres
Kiln Road,
North Weald
Epping
CM16 6AD

what3words
season.water.could

Gunpowder Park

Sewardstone Road
Waltham Abbey
EN9 3GP

what3words
guises.safe.sober

P CPT = Car Parking Tariff



Scan here to book on-line

