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

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



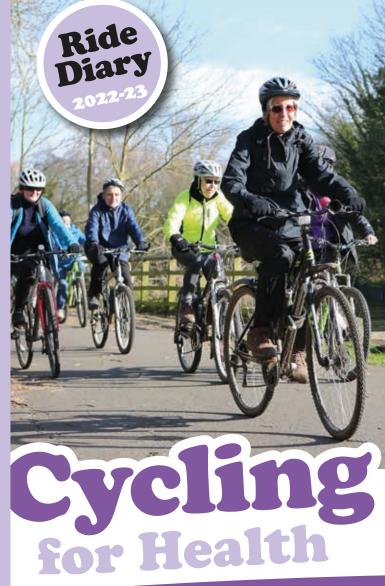




# Bikes and helmets are available to hire







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







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 maybe 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 advice 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)

£11.20 per session 2 hour Ride

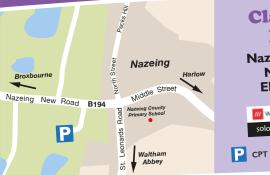
### **Meeting points**

#### **Fishers** Green

Stubbins Hall Lane Crooked Mile Waltham Abbey EN9 2EF



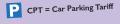




#### Clayton Hill

**Nazeing Road Nazeing** EN9 2HU



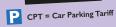


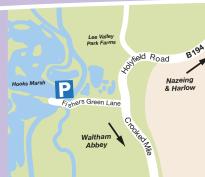
### Meeting points

#### **Hooks Marsh** Car Park

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









#### Acres Kiln Road,

Green

North Weald **Epping** CMI6 6AD

what3words season.water.could

#### Gunpowder Park

Sewardstone Road Waltham Abbey EN9 3GP



CPT = Car Parking Tariff









