

**Cycling For Health Meeting Places and Gradients December 2021 and January
2022**

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 December 2021 and January 2022.

December

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

Sun 05/12/2021 10:00am Fishers Green Car Park EN9 2EF Medium

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

January 2022

Sun 02/01/2022 10:00am Gunpowder Park Car Park EN9 3GP Easy

Wed 05/01/2022 10:00am Clayton Hill Car Park EN9 2HU Medium

Wed 12/01/2022 10:00am Fishers Green Car Park EN9 2EF Easy

Wed 19/01/2022 10.00am Hooks Marsh Car Park EN9 2ED Easy

Wed 26/01/2022 10:00am Gunpowder Park Car Park EN9 3GP Easy