



## Information about our group rides

We organise free rides for Cycling UK members.  
Non-members are welcome to join us for up to 3 rides.

Each ride is led by a Cycling UK Ride Leader - please contact the ride leader in advance to book a place.

The maximum group size riding together on the road is eight.  
When more riders book onto a ride, separate groups will be formed with additional leaders.

Our rides are sociable leisure rides and we make sure that no one gets left behind.

## Saturday morning 8 mile rides

We complete an 8-mile circuit using the Stevenage cycleway system and quiet link roads, exploring the network, to help find useful routes to use when cycling for everyday journeys as well as leisure. Accompanied children who can comfortably ride 8 miles and are confident to do so in a group are welcome.

*Contact Tina (07775 538830) for more information*

## Saturday Afternoon Café Rides

These 20-mile rides involve about 2 hours of cycling on country lanes with a stop at a café for hot drinks and cake. Similar rides also take place on occasional mid-week mornings and some Sunday mornings.

*Contact Jill (07816625901) for more information*

## Sunday and Bank Holiday Rides

These are sociable rides and generally include at least one stop. Distances are generally around 40-60 miles with some special longer rides in the summer. Trains are used to enable rides further afield – for example London to Brighton and in Norfolk. Longer rides also take place mid-week especially during the summer months.

*Contact Dave (07771 738962) for more information*

## Off Road Rides

Enjoy beautiful countryside along local routes that use cycle paths, byways, bridleways, farm tracks, residential streets and quiet rural lanes. We also arrange rides further afield, travelling to the ride location via train or car, so we can explore trails in places like Cambridge, London and by the coast.

Rides normally include a refreshment stop, using local cafes.

Our experienced off-road Ride Leaders have extensive local trail knowledge and provide details of their routes, including: distance, trail types and likely trail conditions. They recommend the type of bikes and tyres suitable for their route: many routes are suitable for touring bikes or hybrids, some are better suited to gravel bikes or mountain bikes with knobbly tyres. They will also advise when there is a likelihood of mud!

*Contact Tim (07788 750436) for more information*

## Find out more on our website

<https://www.cyclinguk.org/local-groups/stevenage>

