



[Windsor Cycle Hub](#)

Rides Document, What to Expect – version 5.2, Feb 2026

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Intro

At Windsor Cycle Hub we believe that **cycling's for everyone**. People with different fitness levels, ages, experience and confidence in riding. We aim to help everyone enjoy cycling – first by feeling comfortable and confident on your bike. Then, by helping you get even more from it and your local environment.

Maybe you're looking for quiet cycling routes in and around **Windsor**. Perhaps to get to work or the shops, for exercise, to 'do your bit' for the environment, to enjoy our historic town and countryside, as well as meet new people. It could be all of the above – which is why cycling's great.

We're all volunteers, from different walks of life, but we all have one thing in common: **we love riding our bikes**, and we want to share that passion with you.

Because everyone's different, we organise regular rides with graded levels. All aim to be as low-traffic as possible: **we'll always pick the scenic route over the fastest route**. You may like one level of ride and decide stick with it. Or you see a natural progression, set yourself a challenge and 'move up' to the next level. You could do that over a summer, a year or take as long as you like. **Our goal is simple; for you to enjoy cycling, safely.**

We've run hundreds of rides now, so what follows is based on our experience (and will continue to evolve). **By signing-up for one of our rides we expect you to have read this document**. It's important that everyone understands that, for the safety of the whole group (and **to comply with the conditions of our insurance**) we may have to issue very brief and precise instructions to you. If you prefer to do your own thing, then our group rides may not be for you.

We have experienced Ride Leaders, with a Sweeper to make sure we don't drop anyone, and **everyone follows the Highway Code.**

Bikes, Clothes and Kit

We aren't a cycling club, **you can wear and ride what you like.** The key is that you're comfortable and safe – you must be dressed appropriately for the weather conditions (layers are key in winter, sunscreen in summer) and we check bikes before all rides (plus show you how to do it yourself) .

We'll advise on kit, and provide tips, but only if you want us to – or if you're endangering yourself and others on the ride, or walkers etc. on a shared path.

We don't insist on helmets, but you'll see that **all** our volunteers wear one. Our routes are scenic, so regularly take us under low hanging branches etc. Please ask if you want to borrow a helmet, as we sometimes have one available.

We suggest that you carry a spare innertube, pump, tyre levers and multi-tool. **It's advisory on Level 3 and mandatory on Level 4.** We'll show you how to use them if required, and can supply them if you don't have any.

Being able to make basic repairs gives you independence to ride solo. On Level 3 rides you'll be expected to try the repair yourself, by Level 4 you should be able to do it alone. Obviously, we won't leave you behind or not help if you're struggling – as we aim to be back cycling as soon as possible.

We request that you bring a drink and a snack on **all** rides – regardless of time of year. With our unpredictable weather, we recommend a waterproof jacket too, certainly for autumn, winter and spring. Plus, extra layers for winter.

Safety

Our rides are **insured by Cycling UK** (we're affiliated to them), if we follow their procedures and our own. **By joining us you agree to follow our rules.** This will be a more formal experience than riding with friends – but it's for everyone's safety and required by our insurance.

Safety of the whole group is our no.1 priority. All ride volunteers are trained in First Aid, and we carry kits with us. Our volunteers are also DBS registered. Routes are reced a day or so prior to the ride., adjustments are made if we spot hazards.

We expect everyone to be equipped to ride safely, and be fit enough to do so. **If you've any doubts, then please ask your GP before joining us.** If we need to know something about you (maybe you carry an EpiPen for stings), then please use the space on our sign-up form **and** speak to the Ride Leader before we depart. We can accommodate most things, if we know about them in advance.

If you have any doubts about your health or fitness (especially in cold winters and hot summers), please err on the side of caution and join us when the weather is milder. We cancel rides for all in extreme hot and cold conditions.

Everyone must provide an **Emergency Contact**, with phone number, even if that person is in another part of the country. We cannot be your emergency contact, nor can you be your own. We recommend you identify your emergency contact in your phone as **ICE = In Case of Emergency**, this is good practice for everyday life.

Our ride volunteers lead by example, but you are responsible for decisions you make on the road (e.g. pulling out at junctions). We may need to speak to you about your riding if it's endangering yourself and others – we'll try to do this in a respectful manner, but circumstances may dictate that we do so in an assertive manner. Please don't be offended, we just need to keep everyone safe – acting quickly and clearly to avoid danger.

Please do not overtake the Ride Leader, or cycle on their right. They ride in the **primary position**, with a clear view ahead and need to be able to look back down the group. Also, **please keep both hands on your handlebars** – unless signalling.

A note on e.bikes: (Legal) Electric assisted bikes are welcome, if **you travel at the pace of the group**, not in front of your ride leader, nor should you put any pressure on the group to travel faster. Also, if your bike requires special tools (to remove wheels to fix punctures etc.) please carry them with you.

Guided Ride Schedule

It's simple: the 1st Saturday of the month is always an easy Level 1; the 2nd Saturday is Level 2 and so on up to Level 4. The rides get longer, faster and hillier as the month progresses – so there's something for everyone. On 5th weekends, we'll run an adult riding skills session.

Guided Rides

All start and finish at The Swan (unless it's an Away Day – follow us on [social media](#) for details), a great place for coffee, cold drinks, snacks and chats.

All rides leave at 11:00, be with us 10-15 mins prior and registered. **Please sign-up at last 1 day before the ride, so we can plan volunteer numbers.**

Because we support our hosts The Swan, **our breaks are for on-board drinks and snacks** (unless it's a really hot day and everyone deserves an ice-cream) – so please bring drinks and food, **we don't usually make cafe stops.**

Levels 1 and 2 (L1 & 2) are aimed at inexperienced cyclists – so are at a gentle pace. If you want something faster, please look at L3+. Of course, you're welcome to join a lower level to support a friend.

If you're unsure about your stamina, climbing ability/gear use, bike handling etc. please don't attempt L3+ ride until you've successfully ridden a few L2s.

- **Level 1 (L1): Easy**

Almost entirely off-road and flat. Typically, on the tracks along the Thames, Jubilee River and edge of Eton. In winter we add more tarmac to avoid mud.

Popular with people riding after a long break, young families and older riders.

Children must be accompanied, with one adult per child. A minimum age of 7 is advised if they're riding under their own steam, **they must be able to cycle for the specified time and distance.** You must bring snacks for them.

L1 rides are at the pace of the slowest person – we'll split into paced groups if we've enough volunteers. All L1 rides are at a pace to allow a good chat as you cycle. We stop regularly to admire the view, wait for people to catch-up and say hello to fellow riders, walkers, horses, dogs and people on boats.

These rides will include some basic bike handling training; hand signalling, riding through tight gaps etc.

If you're uncertain of your ability to keep up/ride in a group, we suggest you book onto a Ride Skills course first – email us at info@windsorcyclehub.org

At least 1 hr, stop frequently, up to 8 miles

- **Level 2 (L2): Moderate**

A lot like L1, also flat but quicker and longer. Mainly on tracks, but we'll venture onto quiet roads too, so we can see more sites and build confidence – around Dorney, Eton, and Slough's parks.

They're suitable for accompanied **teenage children** who are already familiar with road riding and cycling in groups. If your children have ridden with us before, our Ride Leader may allow two per responsible adult.

At least 1 ½ hrs, stop once & up to 12 miles

- **Level 3 (L3): Intermediate**

The progression over L2 is that we add hills, more pace and distance. These can be a good level to get involved, if you're already a pretty confident cyclist, but perhaps don't know the area and want to see how you fit into our structure.

Riding from The Swan to Stag Meadow up the cycle track to Windsor Great Park (WGP) is common. With less experienced visitors we'll stay within WGP's roads. If the whole group is feeling more eager, and we know you're OK, we might pop out to visit the RAF Memorial, Englefield Green etc. Often, we'll have 2 groups, with L2 riders stepping up a bit, and more confident visitors wanting to go a little further.

We strongly advise that you carry a spare inner tube, drink, snack and a waterproof jacket.

At least 2hrs, stop once & up to 18 miles

- **Level 4 (L4): Advanced**

Distance, pace and hills build – if we cycle to WGP we'll go up via Crimp Hill to stretch your legs.

We often leave Windsor – heading to Cookham via the Maidenhead Greenway or riding around the Walthams. These rides will inspire you to join up our quiet routes to plan your own longer circular adventures.

Because the rides are longer, and aimed at more experienced riders (who we expect to have well maintained bikes) we set off at a much faster pace.

It's mandatory that you carry an innertube with tools and that you know how to use them (we offer training on 5th Saturdays). You must also carry: drink, snack and waterproofs.

At least 2 ½ hrs, stop once & up to 25 miles

- **Level 0: Beginner's Ride/Ride Skills**

Aimed at **adults*** from the Windsor area who've not ridden since childhood, or perhaps not at all. We organise these on request, but often hold them on 5th Saturdays (see social media). Sometimes, they're one-to-one sessions, or we'll team you up with someone at a similar level, or a friend, for mutual support. Our trained ride leader will structure the session around your specific needs.

They'll perhaps work on balance, brakes, gears, turning and hand signals. We're situated on a quiet road with plenty of safe places to practice nearby.

If it takes more than one session, that's fine. Hopefully you'll be confident to join us soon on an L1 ride.

We normally run these on 4th and 5th Saturdays. It's down to availability of our trainer. Please email booking requests to: info@windsorcyclehub.org

*Sorry, but we're not covered to train children; the local schools offer Bikeability for this purpose. If your child still needs help, then we're some registered local trainers that we can recommend

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