

OVER 55 GROUP CYCLE RIDES

Rediscover the joy of cycling

Welcome to Life Cycle's over 55 group cycle rides. We run both short & long rides and for this programme we have a beginners ride too.

Short Rides are generally 2 to 3 hours long including a stop at a cafe. They make use of traffic-free cycle paths & quiet roads and the ride goes at a gentle pace.

Longer Rides will go further afield at a brisker pace, generally between 4 & 6 hours depending on the route. Again there will be a break for lunch/snack at a pub or café.

The Beginners Ride, as with all our rides will be led by a qualified cycling instructor & ride leader. The route will be on a traffic free cycle path & probably be no more than 5 miles. Loan bikes are available for these rides. It's also possible to combine the beginner rides with free one to one training. Maybe have a session before joining a ride or book one afterwards to brush up certain cycling skills.

If you would like to join a ride – **PLEASE** book via the website www.lifecycleuk.org.uk/over-55s rides or call the office on 0117 353 4580. If we know in advance who is cycling this means the admin is sorted before the ride & less faff at the meet point! Thank you.

We will be capping longer rides to 15 riders, this is to ensure that the enjoyment and safety of the ride is not compromised for you, the ride leader or volunteers. As above please book your place.

Ride Leaders:

Polly Stubley 07734 958866 Jacky Jarrett 07952 933270 Veronica Pollard 07791 785850 Anna Hughes 07799 081776

If you have any questions about the rides or general questions about the project please call Julie Hares (Project Co-ordinator) on 0117 353 4580 or email julie@lifecycleuk.org.uk. **Cost of rides:** A £3 donation for rides is very welcome, however if you are unable to pay please do not let this put you off – we want you to join us. Please pay the ride leader on the day. Thank you.

JANUARY TO MARCH RIDE PROGRAMME 2018

Date	Meet Point & Time	Route	Ride Leader
JANUARY			
Sat 13th January	10am St Werburgh's City Farm, BS2 9YJ & 10:30am Temple Meads, BS1 6QF	Combined Ride with Bike Minded Group – Harbourside ride but via Whitchurch Way to M Shed to see Wildlife Photographer of the Year exhibition – free entrance today.	Paul Hier
Mon 15th January	10:30am to 12 noon Stephen's Café, St Stephens's Church, just off Corn Street, BS1 1EQ	Come along for coffee, cake & chat. Meet current & prospective riders & find out more.... Just turn up – no need to book	
Tues 23rd January	10am Easton Community Centre, BS5 6AW & 10:30am Temple Meads, BS1 6QF	Whitchurch Way to Whitehall Garden Centre. Explore the Whitchurch Way cycle path, heading gradually uphill through Bristol, Stockwood & then into the countryside. Follow Norton Lane to Whitehall Garden Centre (BS14 0BT) for coffee/lunch. Approx. 3 to 3.5hours	Anna Hughes
FEBRUARY			
Thurs 8th February	10am Temple Meads, BS1 6QF & 10:30am Easton Community Centre, BS5	Hanham Heights - A ride heading east from the city centre to Hanham via cycle paths & quiet roads. Opportunities to see some historic sites – Hanham Monument, Warmley Gardens & memorial cottage, maybe one or more depending on time & interest. Stop for tea & cake at Warmley Waiting Room (BS15 4NJ) or Grimsbury Farm Shop Café (BS15 9SE). Approx. 3 to 4 hours.	Jacky Jarrett
Thurs 15th February	10:30am to 12 noon The Station, Silver Street, BS1 2AG	Come along for coffee, cake & chat. Meet current & prospective riders & find out more.... Just turn up – no need to book	
Tues 20th February	10:30am Create	Clifton Loop followed by Pimp Up your Hi-Viz Workshop at Create. Cycle route up through Ashton Court across Suspension Bridge, around the Downs down through Sneyd Park, along the Portway back to Create for lunch or bring a packed lunch. Workshop starting at 1:30pm/2pm	Polly Stubley

JANUARY TO MARCH RIDE PROGRAMME 2018

MARCH			
Thurs 8th March	10am Temple Meads	International Women's Day – Combined Ride with Bike Minded – Women only TBC	Polly Stubley
Tues 13th March	10am Temple Meads, BS1 6QF & 10:30am Easton Community Centre, BS5 6AW	Iron Acton A longer ride to Iron Acton, mainly flat & a quiet route on cycle paths & country lanes. Lunch at Lamb Inn, Iron Acton (BS37 9UZ) or buy picnic lunch at farm shop in Frampton Cotterell. Approx. 23 miles about 4 to 4.5 hours.	Polly Stubley
Fri 16th March	10:30am to 12 noon The Watershed, Harbourside, BS1 5TX	Come along for coffee, cake & chat. Meet current & prospective riders & find out more.... Just turn up – no need to book	
Weds 21st March	10am St Werburgh's City Farm, BS2 9YJ & 10:30am Cameron Centre, Lockleaze BS7 9XB	Concorde Way Loop. A ride through the northern fringe. Follow the Concorde Way north through Stoke Gifford, Bradley Stoke, Patchway and Cribbs Causeway. Possibly to include a detour through a Nature Reserve. Mainly cycle paths, shared paths and quiet roads. Several café options for lunch. Approx 25 miles about 5 hours.	Anna Hughes
Tues 27th March	10:30am Create Centre, BS1 6XN	Returns/Beginners Ride. Get back in the saddle - come along with your bike or borrow one of ours for a short trip along some traffic free cycle paths. Gain cycle skills & build your confidence with our qualified instructor/ride leader. Enjoy a cup of tea/coffee & cake afterwards at Café Create in the Create Centre or at Gatcombe Farm, Long Ashton depending on the groups' progress. Up to 5 miles – approx. 2 hours including stop.	Veronica Pollard