

On Your Bike with Go50

Cycling Off-road in East Surrey with Go50

- All rides meet at 10.00 am for 10.15 am start. Distances from 10 to 15 miles adjusted to suit participants. Optional lunch.
- No charge is made but a suggested donation of £2 welcome.
- Helmets are advisable and it is important to use a suitable off road cycle. Please telephone to check.
- Remember trail bike riding is fun, offering a varied form of exercise - you get more puffed than walking!
- For more information contact Gill or Lizi on 01483 534706, Go50@acsurrey.org.uk
- A leader will always be there at the start of the ride.
- **Go50 rides continue throughout the year.** Please call us for details of Summer and Autumn rides or see details on our website www.acsurrey.org.uk.

You take part entirely at your own risk. GO50, Age Concern Surrey cannot accept liability for any injuries or losses during the course of or related to any of these cycle rides.

Bike week 2004

Join our events in Reigate & Banstead borough in a week celebrating pedal Power! For Full details see separate NBW leaflet in libraries and press.



Saturday 12th June **Second-hand Bike Sale Launch Event**

- St John's School, Pendleton Road, Redhill. 10.30am – 2pm
 - Free entry, small charge to sell bikes
 - Information point with leaflets and friendly advice
 - Bring your bike to Dr Bike for a free check-up
- Contact Jonathan 01737 216134

Sunday 13th June **Family Pedalling Picnic** Details overleaf

Monday 14th June **All day ride from Banstead**

- Ride the Wandle Way from Carshalton Pond to the Thames
 - Start 9.30am from Grange car park, Sutton Lane, Banstead
 - Distance approximately 25 miles, mostly level, return by 4pm
- Contact Brian 01737 354813

Tuesday 15th June **Evening Social Ride** Details overleaf

Wednesday 16th June **Family Treasure Hunt**

- Safe off-road cycle fun for families and novice riders
 - Start at Reigate Hill car park anytime between 6.30pm - 7.30pm
 - Distance approximately 5 miles
 - Bring pencil and plastic bag for collecting 'treasure'
- Contact Graham 01737 248950

Friday 18th June **Evening jaunt along Wealdway**

- Circular route towards Horley along NCR 21
 - Mostly smooth off-road track
 - Start 7pm from Elmshades PH, Earlswood. Approx 14 miles
 - Returning on-road along Lonesome lane to Elmshade PH
- Contact Karen 01737 244901

Wednesday Evening Off-road Rides

Would you enjoy off-road cycling in good company? Why not join our summer rides, held every Wednesday evening between May 5 and August 25. Start time: 6.30 pm for a 2 to 3 hour ride. These rides are not suitable for beginners as a degree of experience and fitness is required, but we are a friendly bunch and the rides are very sociable. **For further details and ride list contact Graham on 01737 248950 or see www.redhillcc.co.uk**

Tandridge Family Bike Rides

Starting/finish: Hurst Green Railway station car park.
Start times: 10:00 am Saturday mornings March 13, April 10, May 15, June 12, July 10, August 7 and September 11.
14:30 Sunday afternoons June 27, July 25.
 Easy Rides in the Tandridge area suitable for near beginners and families. Our rides are usually around a fairly flat circuit of lanes, from 14 to 17 miles in length and taking typically 2 to 2.25 hours. The introduction of our Sunday Rides is an experiment in 2004. If there is a demand, then we will focus more time to Sunday Rides in 2005. *Led by Nigel Bentley, a qualified Exercise Leader.*
 Contact 01883 625876 or nigel@lifeafterforty.com or website www.lifeafterforty.com for more details



All ages catered for on the Tandridge Family Bike Rides

Local CTC Rides

The CTC organises a weekly programme of weekend and mid-week cycle rides starting in Cheam or Banstead for beginners and experienced cyclists. Many rides for the experienced meet for elevenses and afternoon teas in Reigate, Redhill, Dorking or villages in surrounding areas. *Contact Brian Starey 01737 354813 e-mail wayfarers@brianstarey.go-plus.net*



Reigate & Banstead Cycle Forum are a group of volunteers, keen to promote cycling and encourage newcomers to pedal-power. We cover the full spectrum of cycling interests from racing to 'utility' rides to the shops. Forum members have been active with Reigate & Banstead Borough Council on cycling projects. Visit our website or phone Karen on 01737 244901 if you would like to know more.

www.rbcforum.freemove.co.uk

CYCLE RIDES 2004



*Cycle rides and events around
Reigate, Banstead and Tandridge*



www.rbcforum.freemove.co.uk

Tuesday Evening Rides

Regular evening rides around the country roads. Rides start at Earlswood Lakes car park at 7.30pm on Tuesdays. Distance 10-15 miles with a stop at a pub decided on the evening. Rides will sometimes finish in the dark, so don't forget lights. Unsuitable for children. First ride: 27 April. Last ride: 7 September. Organised by Reigate & Banstead Cycle Forum.
Contact Karen 01737 244901

The Great Surrey Cycle Ride

Sunday 18 May Organised by the British Heart Foundation.
Venue: Start and finish at Friends Provident, Pixham Lane, Dorking.
Rides: Choice of two routes - a 37 mile route following part of the Surrey cycleway through West Humble, Abinger, Capel and Leigh, or a 6 mile family ride through Norbury Park.
Cost: £5 per adult or £10 for a family. Registration on the day.
Only open to adults and children over 14 years. Children under 16 must be accompanied by an adult
Contact: B.H.F. 0808 100 2109 or www.bhf.org.uk

Probus Club of Banstead

This Club comprises retired professional and business men; it has monthly lunches and various other activities. Within Banstead Probus there is a small cycling group led by Ken Preece which has occasional, leisurely all-day rides of about 40 miles, including breaks for elevenses and a pub lunch.
Contact Ken Preece 01737 351943 for further information

Cycle Training in Reigate & Oxted

CycleSkills runs courses for children to help them ride their bikes safely and enjoy cycling, while learning vital skills necessary to develop 'road sense'. Lessons are lead by experienced trainers.

Riders are ability graded and taught in small groups. Lessons start with a basic bike and helmet check.

CycleSkills courses are held in Oxted on Saturdays and in Reigate and Redhill during school holiday weekdays. Each lesson lasts one hour over three days. A fee is charged.

For information on child or adult cycle training contact Jonathan on 01737 216134 or visit www.rbcforum.freemove.co.uk



Summer Sunday Rides from Reigate and Redhill

18 April Redhill to Gatwick via Riverside Park

Starting/finishing point - YMCA centre Earlswood

Start time 2pm - approx. finish 5pm

Easy ride south from Redhill to Gatwick and back. Off road route following some of the National Cycle Route (NCR21). Stop at 'The Farmhouse' on return leg for tea break. Surface suitable for most bikes
Contact Robin 01737 241996

9 May Reigate to Gatton Park - Go Green at Gatton

Starting point: Warwick School, Noke Drive. Start time: 10.30am

Finishing point: Gatton Park 2pm

Family cycle ride, mainly using the National Cycle Network. The ride finishes at Gatton Park where, riders will have the opportunity to visit this historic park and be entertained by the various activities of the Going Green Fair. Special discount entry to cyclists! Only £2.50 for adults, children free. Open between 13.00 and 17.00.
Contact Raymond 01737 276211

13 June Pedalling picnic Free family fun picnic ride to Inn on the Pond, Merstham

Start/finish point: east end of Cavendish Road, Redhill. i.e. furthest away from Redhill Station.

Start time 1pm. Approx. return 5pm. Distance: 4 miles. No hills! Family cycle ride on Nation Cycle Network (NCN) track. All bikes suitable. Bring a picnic, enjoy group games on the green and discover NCN route 21.
Contact David 01737 771007



Pedalling picnic parachute games

Mole Valley Cycle Day 13 June

Family rides, short 6 to 7 mile rides in the local area, **"Little Villages Cycle Tour"**, a 20 and 30 mile rides around village events in rural Mole Valley, **SeeAbility "Seaweed" ride**, an 80 mile sponsored cycle ride to the South Coast and back.

All routes use minor roads and quiet lanes. Music, barbecue and refreshments available on return to Dorking.

Note: to help the organisers we would appreciate pre-booking for "little Villages" and "Seaweed" rides through the SeeAbility website. More information on www.mvcf.org.uk.



Departing for Leigh from Reigate last year

11 July Reigate to Brockham Victorian Fun-Fair

Starting/finish point: Reigate Priory Park, entrance to playground at rear of school.

Start time: 2pm. Approx finish: 6pm.

Distance: 9 miles to Brockham.

Ride to Brockham on quiet roads and bridleways. Visit the Brockham Victorian Fair on the green.

Contact Jonathan 01737 216134

22 August Reigate to Henfold Lakes

Starting/finish point: Reigate Priory Park, playground at rear of school.

Start time: 2pm. Approx finish: 5pm.

Distance: Approx 15 miles

Leisurely cycle ride on quiet roads via Four Wents Pond. Stop for refreshments at Henfold Lakes, before returning to Reigate Priory.

Contact David 01737 764337

12 September Cycle over Headley Heath

Meet and return: Reigate Hill car park TQ 263524.

Start time: 2pm. Approx finish: 6pm.

Ride: flat off-road open common land with good views.

Refreshments at Headley Heath.

Contact Fran 01737 241672

10 October The Miller's Tale

Starting/finishing point: YMCA centre Earlswood

Start time 2pm. Approx. finish 5 pm. Distance 18 miles - easy grade

Ride to Outwood Mill and then take some of the loneliest imaginable countryside in Surrey. The outward southerly leg is along nearly 4 miles of deserted off-road track which are in good condition. The return is along lanes that are almost as remote. Refreshments at the 'Dog and Duck'.

Contact Karen 01737 244901

Organised by Reigate & Banstead Cycle Forum

Rides are open to everyone - just turn up at the start point. All rides are held at a leisurely pace on country lanes and tracks. Under 14's must be accompanied by a responsible adult. We recommend the use of Cycle helmets.

No charge is made but a voluntary contribution towards administrative costs will be welcome at the start of each ride