



Cycling for Health

Weekly Ride Programme

The rides are graded from easy (▲) to hard (▲▲▲), this grading is based on the gradients encountered on the ride and also the surface types. A typical ride will cover in the region of 10 to 12 miles (15-19km) in total, depending on route and overall speed of the group.

Wednesday, 18 March 2026	10:00am	Gunpowder Park Car Park EN9 3GP	Easy ▲
Wednesday, 25 March 2026	10:00am	Fishers Green Car Park EN9 2EF	Easy ▲
Wednesday, 1 April 2026	10:00am	Clayton Hill Car Park EN9 2HU	Easy ▲
Wednesday, 8 April 2026	10:00am	No Ride	
Wednesday, 15 April 2026	10:00am	Hooks Marsh Car Park EN9 2ED	Medium ▲▲
Monday, 20 April 2026	09:30am	Gunpowder Park Car Park EN9 3GP	All Day ▲▲▲
Wednesday, 22 April 2026	10:00am	Clayton Hill Car Park EN9 2HU	Easy ▲
Wednesday, 29 April 2026	10:00am	Chingford Plain Car Park E4 7QL	Hard ▲▲▲
Wednesday, 6 May 2026	10:00am	White Water Centre EN9 1AB	Easy ▲
Wednesday, 13 May 2026	10:00am	Gunpowder Park Car Park EN9 3GP	Easy ▲
Monday, 18 May 2026	09:30am	Clayton Hill Car Park EN9 2HU	All Day ▲▲▲
Wednesday, 20 May 2026	10:00am	Hooks Marsh Car Park EN9 2ED	Medium ▲▲
Wednesday, 27 May 2026	10:00am	No Ride	
Wednesday, 3 June 2026	10:00am	Hooks Marsh Car Park EN9 2ED	Medium ▲▲
Wednesday, 10 June 2026	10:00am	Gunpowder Park Car Park EN9 3GP	Easy ▲
Wednesday, 17 June 2026	10:00am	Chingford Plain Car Park E4 7QL	Hard ▲▲▲
Wednesday, 24 June 2026	10:00am	White Water Centre EN9 1AB	Easy ▲
Wednesday, 1 July 2026	10:00am	Clayton Hill Car Park EN9 2HU	Easy ▲
Wednesday, 8 July 2026	10:00am	Hooks Marsh Car Park EN9 2ED	Medium ▲▲
Wednesday, 15 July 2026	10:00am	Gunpowder Park Car Park EN9 3GP	Easy ▲
Wednesday, 22 July 2026	10:00am	Fishers Green Car Park EN9 2EF	Easy ▲

Please ensure your bike is in a safe rideable condition, and you have a suitable helmet (We operate a "no helmet no ride" policy)

Please remember to bring a drink and snack, we will factor in time for a short break however this may not necessarily be somewhere where refreshments are available.

We recommend arriving at least 10-15 minutes before the ride start.

Over our winter program it may be necessary to cancel a ride due to poor weather, typically the decision will be made by 9am. Please join the WhatsApp group using the QR code to be notified of any short notice ride changes/cancellations.

We look forward to seeing you!

