

Group Rides Programme – October - December 2021

Supported Leisure Rides – These rides are ideal for people returning to cycling or building up confidence on the bike. Short, mainly on cycle paths or quiet roads and led by one of our friendly and supportive Ride Leaders.

Over 55s Group Rides – Our over 55's cycling group offers regular bike rides for anyone over 55 who wants to get active and explore new places in friendly company. Rides vary in length and duration and we regularly offer shorter rides for beginners.

Cycle Café – Come and meet other riders and volunteers for a chat over tea or coffee. Everyone is welcome and your first drink is free! Turn up on the day, or register your attendance in advance online to be kept up to date with any changes or cancellations to the meet up.

To book: Online - lifecycleuk.org.uk/supported-leisure-rides and lifecycleuk.org.uk/over-55s **Email** - Rosie@lifecycleuk.org.uk
Call or Text - 07862 735925.

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. Due to COVID-19, rather than cash you can make a donation online at justgiving.com/lifecycleuk.

Ride Levels:

Level 1 - Short rides at a leisurely pace, using cycle paths & quiet roads. Good for beginners.

Level 2 - Intermediate level rides, generally between 10-20 miles.

Level 3 - More advanced level rides, 20-35 miles at a faster pace. Suitable for those more confident on roads

Date	Level	Route	Miles	Start Point	Ride Leader
Tues 12 th Oct	1	Supported Leisure Ride - Avenue Café Loop: A relatively flat route and mostly traffic free, from Easton Community Centre to Avenue Café and back via Rodway Common. Stopping at Avenue Café for a drink and a snack.	10	10am Easton Community Centre, BS5 6AW	Jacks Jarrett
Weds 13 th Oct	2	Over 55's - Troopers Hill Ride and Nature Walk: A mix of quiet and off road terrain, this ride follows the Avon River to Troopers Hill Nature Reserve. Once at the reserve the ride will dismount for a walk up the hill and take in the views over Bristol. Please note the walking terrain is rather steep and may not be suitable for all. Bring a packed lunch & your bike locks.	12	10am The Create Centre, BS1 6XN 10:30am Temple Meads, BS1 6QF	Helen Adshead

Weds 20 th Oct		October Cycle Cafe: Come meet other riders and volunteers for a chat over tea or coffee. Everyone is welcome - and your first drink is free!		10:30am -12:00pm at The Secret cafe on St Stephen's St, BS1 1EQ	Nick Gill
Fri 22 nd Oct	1	Over 55s - Beginners/ Returners Cycle, Festival Way to Long Ashton Community Café: A mostly flat linear route with some small hills. Mixture of cycle paths and quiet roads. This ride is especially suited to anyone new or recently returning to cycling and will be at a gentle pace. Stopping at Long Ashton Community Café for tea and cake.	7.5	10am Create Centre, BS1 6XN	Veronica Pollard
Tues 26 th Oct	1	Supported Leisure Ride - Hillfields to Warmley and Bitton: A short gentle ride along the Bristol to Bath railway path to Warmley and onto Bitton. Returning back along the cycle path.	10	11am Easton Community Centre 11.30am Hillfields Community Hub	Nick Gill
Weds 3 rd Nov	3	Over 55s - Dyrham Park: Dyrham Park is a National Trust property with beautiful views of South Gloucestershire and a courtyard café for refreshments/lunch. Part on cycle path, part on very quiet country lanes through the villages of Pucklechurch, Dyrham and Doynton. This is a challenging ride with some hills!	25	10am Temple Meads, BS1 6QF, 10:30am Easton Community Centre, BS5 6AW	Paul Hier
Thurs 11 th Nov	1	Supported Leisure Rides - Arnos Vale: Following the Millennium Mile Route to Temple Meads station and on to the Whitchurch way. Stopping at the lovely Arnos Vale Cemetery café with option for a stroll around the grounds before returning the same way.	8	10am The Create Centre, BS1 6XN 10:30am Temple Meads, BS1 6QF	Jacks Jarrett
Weds 17 th Nov		November Cycle Café: Come meet other riders and volunteers for a chat over tea or coffee. Everyone is welcome. And your first drink is free!		10:30am - 12:00pm at The Secret cafe on St Stephen's St, BS1 1EQ	Nick Gill
Thurs 18 th Nov	2	Over 55s - Blaise Castle: Along the Portway and over to Blaise Castle for an explore. Mainly off road or quiet roads some on uneven tracks which can be muddy and unsuitable for slick tires. Follows National Cycle Route 41 for much of the way. Some short but steep hills. Stopping for refreshments or bring a packed lunch.	15.5	11am The Create Centre, BS1 6XN	Jacks Jarrett

Weds 24 th Nov	1 - 2	Supported Leisure Rides - Park Life: Cycling through Stoke Park, Snuff Mills and Oldbury Court Estate to The Kingfisher Cafe in Fishponds. Mostly off-road or quiet streets. Returning via Easton and then St. Werburghs, using The Concorde Way. Some hilly bits.	9	10am The Vench, Lockleaze, BNS7 9TB	Helen Adshead
Thurs 2 nd Dec	1	Over 55s - Three Brooks Nature Reserve: Cycling mostly on dedicated cycle route or quiet residential roads to the picturesque Three Brooks Nature Reserve in Bradley Stoke. We will circuit the nature reserve which is on gravel track. Stopping for lunch at Willowbrook Shopping Centre or bring your own packed lunch.	12	10am St Werburghs City Farm, BS2 9YJ	Nick Gill
Tues 7 th Dec	1	Supported Leisure Rides – South Bristol: A South Bristol ride using the Malago Greenway, South Link Road and Festival Way. Stopping for refreshments on route.	tbc	11am – The Gatehouse, BS13 9JN. Second meet point TBC. Check details online.	Paul Hier
Thurs 16 th Dec	2	Joint Over 55s and Supported Leisure Ride - Bird in Hand Pub: A slightly longer, but leisurely and mostly flat, cycle along the Bristol to Bath railway path to the Bird in Hand pub at Saltford for lunch and pre-Christmas social. Returning home via the same route.	22	11am Temple Meads, BS1 6QF 11:30am Easton Community Centre, BS5 6AW	Nick Gill

What should I bring on a ride?

-  **Drinking water** – plenty, especially in warm weather!
-  **Refreshments / snacks, or money** – there will usually be somewhere to buy food and drinks at our stopping point.
-  **Spare inner tube that fits your wheels, or a puncture repair kit** – good practice for any cyclist! Your Ride Leader can show you which size of inner tube you need. Alternatively, a mechanic at your local bike shop will be able to help.
-  **Bike lights** – in the autumn and winter when the days are getting shorter, bright bike lights are really useful.
-  **Bike lock** – if we stop off at a café or place of interest, a D-lock ('U-Lock') or chain will help keep your bike secure.
-  **Medication** – please bring any necessary medication with you e.g. an inhaler or EpiPen.

What should I wear?

-  **Helmet** – not required, but we do recommend you wear one for your own safety.
-  **Appropriate clothing** – check the weather forecast and think about what to wear.
-  **High visibility clothing** – not required, but if you would like to wear one, please ask your Ride Leader or contact Life Cycle.

Can I borrow a bike?

Yes! We have bikes available to borrow for our rides including eBikes. These can be loaned out for longer periods if needed. Please contact the project coordinator to find out more: rosie@lifecycleuk.org.uk

Who should I contact if I need to cancel my place on a ride?

You can contact the Project Coordinator directly by email – rosie@lifecycleuk.org.uk. You can contact the Ride Leader nearer the time of the ride by calling or texting them on the numbers listed above.

Where can I get cycling lessons?

Life Cycle UK offer **three, free** cycling lessons with a qualified instructor for anyone living in Bristol. Build up your confidence on two wheels and find the **best cycling route** from your home to work, or wherever you want to go in Bristol. See <https://www.lifecycleuk.org.uk/cycle-training>. We also run group lessons for beginners and returners, see: <https://www.lifecycleuk.org.uk/getcycling>.

Where can I get a bicycle or bicycle service?

[Bike Back](#) is Life Cycle UK's bike recycling scheme. Please see our website (www.lifecycleuk.org.uk) for the latest Opening Times for bike sales or to book a service. And if you have an old bike, why not donate it to us?

Coronavirus: Code of Conduct

Do not attend the ride if:

- You, or any member of your household, are in **self-isolation** or have been asked to self-isolate through contact tracing, **have recently tested positive**, or if you are **in quarantine** following travel abroad.
- You are **unwell**, especially if you **have any symptoms** which include a high temperature, a new continuous cough, sudden loss of sense of taste or smell, or any of the **new Delta Variant symptoms** of headache, sore throat or runny nose.

On the ride:

- **Tell the Ride Leader immediately if you feel unwell** or if you develop symptoms during the ride.
- **First aid** - If you require first aid or closer physical support of any sort, please expect to allow the Ride Leader to establish first if they do need to approach to closer than 2metres. If they need to, they may first put on any PPE (mask, gloves) carried for the purpose
- **Follow the guidelines** at all times. For the latest UK Government advice [Gov.uk/coronavirus](https://www.gov.uk/coronavirus), and whilst on the ride follow instructions from the Ride Leader

We recommend you:

- **Keep social distance** whilst stationary with anyone who is not in your household.
- **5m - 10m distance between cyclists whilst riding** for a slow or moderate pace - please be aware that harder breaths and “slipstream” increase the risk of airborne transmission anything up to 20m behind at a fast pace. These distances are guidelines and cyclists may choose what they are comfortable with on the day.
- **Bring a face covering**, rides will often stop at a cafe or similar for a drink or snack.
- **Wash your hands with soap and water** for at least 20 seconds as often as you can.
- **Hand sanitizer** will be carried by the Ride Leader which can be used to disinfect hard surfaces e.g. handlebars or tools when checking over bikes. This can also be used when hand washing with soap and water is not available. You may also wish to bring your own hand sanitizer.

Life Cycle UK will try to reduce the risks of transmission of the Coronavirus as much as possible, however by booking onto a ride you accept that no activity is free of risk and that Life Cycle UK accepts no responsibility for attendees contracting the Covid 19 virus, coming into contact with those who later test positive, or being asked to self-isolate after contact with someone on the ride.