



# 2017 Autumn Newsletter - No. 94

[www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)

<https://www.facebook.com/groups/178161195994290/>



**Sunday riders at Ashridge House**

**Enjoy autumnal changes along leafy lanes**

## The Hub in Redbourn



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**Spokes riders in Shenley**

## The current SPOKES Committee

### Chair

Roger Bangs [info@spokesgroup.org.uk](mailto:info@spokesgroup.org.uk)

### Treasurer & President

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### Membership Secretary

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Clive Jones [citoyencj@hotmail.com](mailto:citoyencj@hotmail.com)

**CHAT FROM THE CHAIR – ROGER – AUTUMN 2017**



## **Have you enjoyed cycling this summer?**

SPOKES have organised a variety of rides, from short evening rides to 40 mile+ day rides. Most of our rides are just over 20 miles lasting around 3 hours with a refreshment break. **Are you willing to lead a ride?** We need more ride leaders. You can lead a ride on a day and route you choose. You just need to get the detail to the Ride-Coordinator, who will put it into the Newsletter and on the website. Rides are also entered onto Let's Ride and our 'Spokes Cycling Group – South West Herts' page on Facebook.

SPOKES is affiliated to British Cycling, which sponsors Let's Ride Social Groups. SPOKES has a Let's Ride Social group, but being a member of one does not automatically make you a member of the other. Likewise, if you join the SPOKES Facebook Group, you are not necessarily a member of SPOKES, but you will get the latest chat and information on local cycling. Our website is the main source of information about SPOKES, on which you will find the latest information on rides and links to other cycling issues, including campaigning for better cycling routes. We are continually revising the website, aiming to keep it up to date and relevant.

### **Social Events**

This summer we have held social evenings at a variety of local country pubs preceded by a short ride. These evenings give members an opportunity to meet and chat about cycling and other issues. The next social evening/ride is on Friday 5 September at the Rose & Crown - see the Rides & Event Calendar for details.

### **Newsletter**

This Newsletter is available for all members to comment, send letters/emails/photographs or report on cycling issues or holidays. Please consider contributing, we would love to hear from you!

### **Improving Cycling Routes**

Most cyclists accept the situation that country roads are unlikely to have major improvements, but keeping them maintained and with clear sight lines is important. We need to influence our councillors to ensure safe cycling routes are available. Walkways by busy country roads should be converted into shared use paths.

Early this year the Government introduced a **Walking & Cycling Investment Strategy** aimed at doubling the amount of cycling by 2025. To achieve, this money needs to be spent on creating safe urban cycle routes. Government strategies are mainly aimed at utility cycling for journeys up to five miles, as this will reduce congestion and pollution, whilst improving health and wellbeing, but progress is slow. Local Authorities can bid for money in the Paths for Communities Scheme; this could develop Off Road routes, for example, Sustrans routes. To take advantage of what is on offer, we need to pressurise our local politicians to take action for cycling.

### **Watford High Street**

Next year further changes will be made to the central part of the High Street, aiming to reduce traffic, whilst making a more pedestrian friendly environment. An email was recently sent out to the group about this. The objective is great, but, as a cyclist, I have a concern that the proposed width of the carriageway will only be 4.75m including a contraflow cycle lane. This width is less than suggested in government guidance notes.

### **Cassiobury Park**

The Heritage funded project for improving and restoring features in Cassiobury Park is almost complete, but we have a confusing situation for cycling. I believe the intention was to have cycling on most of the paths. Also, there was consideration whether to have white lines, identifying separate space for walkers and cyclists or no white lines allowing shared space for all. However, we now appear to have a mixture of both. Apart from the white line issue, the signing is confusing and inconsistent; most of the original cycle-related signs need to be removed.

Cassiobury Park and Whippendell Wood are great places to walk and cycle. It appears that you can cycle almost anywhere, you just need to be careful and considerate of others using the paths.

## **Rights of Way & Shared use Paths**

There has been a much discussion in both cycling and walking circles about the shared use of Rights Of Way (RoW). At present cyclists should not use Footpaths unless given permission. Cycling is allowed, on Bridleways and Byways. Some cyclists wish to cycle on Footpaths. Although many Footpaths are not suitable for cycling, some could be if at a suitable standard. With current legislation, when cycling is to be allowed the status of Footpaths are often converted to a Bridleway. Cycletracks, are not Rights of Way, but created by separate legislation. Walking is allowed on Cycletracks but Cycletracks are often not identified on maps.

If the Government created a new form of Right of Way called a Cycleway, to be used by walkers and cyclists, these would then be shown on the RoW Definitive Map, therefore on Ordnance Survey Maps. Creating Cycleways as a RoW could resolve some issues between cycling and walking organisations, as these would be routes suitable for both. In this instance, many Sustrans routes/tracks could be suitable.

### **NEW RIDE CO-ORDINATOR REQUIRED**

Brian has been organising the presentation of our rides and events for the last two years, but next year hopes to concentrate on Cycling. We thank him for his contribution but now need to recruit a new Ride Co-Ordinator.

**Could this be you?** The essential role is getting the quarterly programme together by gathering information from the ride leaders and possibly developing the issue of spontaneous rides. The extent of the role depends on what the co-ordinator is willing and able to do. For further information please contact either Brian or myself, we can ease you into the job.

## **SPOKES RIDES AND EVENTS PROGRAMME**

*Please make sure you arrive in plenty of time at the start, so rides can leave at the stated time.*

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### **Stay In Touch With Spokes**

Spokes Web Site: [www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)  
Information about Spokes, its ride events and links to its campaigning.

Spokes Campaigning Site: [spokesswherts.cyclescape.org](http://spokesswherts.cyclescape.org)  
Spokes' campaigning activity for cycling.

Spokes Strava Club: [www.strava.com/clubs/Spokes\\_SW\\_Herts](http://www.strava.com/clubs/Spokes_SW_Herts)

See where other Spokes' members are riding and, if you're competitive, see how your cycling activity compares with theirs.

Spokes Let's Ride Group: [www.letsride.co.uk/groups/spokes-watford](http://www.letsride.co.uk/groups/spokes-watford)

Sign up to Let's Ride and join the Spokes Group. Keep up to date with Spokes rides and invite others to share your rides. Let's Ride will also help you find other local rides that you can join and routes that you download and ride yourself.

Spokes rides are posted to this web site. Some Spokes members use this web site to sign up for the ride and others just turn up on the day. Spokes rides are posted with a limit on the number of riders who can sign up to avoid the number of riders getting too large. However, as a Spokes member you can just turn up on the day, so don't worry if the ride doesn't show on Let's Ride as this only means that the Let's Ride limit has been reached.

Spokes Facebook Group:

[www.facebook.com/groups/178161195994290/](http://www.facebook.com/groups/178161195994290/)

Keep up to date with what other Spokes members are doing, find details of forthcoming rides, both from the Spokes ride programme and ad hoc rides added by Spokes members, and discuss or share issues you are passionate about.

### **Maintaining the Spokes Ride Programme**

Spokes members put together a varied programme of social rides, where you can find a ride that suits you, where you ride in a group that chats and enjoys a sociable break en route or at the end of the ride and where slower riders don't feel they are a burden. These tend to be smaller, more sociable group rides.

The programme relies on members volunteering to lead these rides. The rides are usually well attended and enjoyed by the participants. Our summer programme includes rides contributed by eight members including three members new to leading Spokes rides. It will be great if our Autumn programme includes more new leaders.

Most riders have a favourite route or area they enjoy and where they know at least one route. Offer to share yours with others, either as part of the next programme or by posting an invite to our Facebook group. So think about what ride you can share when we start to compile the winter programme at the end of October.

### **Rides and Events Programme**

As well as the list of rides in this newsletter, Spokes rides are published on the following web sites:

Spokes Web Site: [www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)

Spokes Let's Ride Group: [www.letsride.co.uk/groups/spokes-watford](http://www.letsride.co.uk/groups/spokes-watford)

Spokes Facebook Group:

[www.facebook.com/groups/178161195994290/](http://www.facebook.com/groups/178161195994290/)

Rides additional to those in this newsletter will appear on these web sites.

## **Spokes Buddy Rides**

If you are planning to go out for a ride, why not invite other Spokes members. Post the details to our Facebook Group. Include the start location and time, approximate distance, a description sufficient to allow others to decide whether they will be able to join you and the pace. You can invite anyone interested to reply to your post.

You can also add your ride to the Let's Ride web site. If you haven't registered on Let's Ride, then go to [www.letsride.co.uk](http://www.letsride.co.uk), create your account and join the Spokes Group on Let's Ride. You can then find and sign up for rides in the area, both Spokes rides and others, and add your own rides. If you set up your own ride, then why not make it an open ride for Spokes – you'll find this under the last section "RIDE ADDITIONAL DETAILS" under Group Options.

## **Remember to Bring**

Water and snack; spare inner tube; pump; appropriate clothing for the forecast weather and road conditions – reflective, waterproof and warm - and lights if appropriate.

## **Disclaimer**

As a participant of Spokes rides, you must be over 16, unless accompanied by a parent or guardian. Insurance is your responsibility. Spokes cannot accept liability for you or your possessions. Your wellbeing is your responsibility and it is your responsibility to follow the Highway Code at all times. Your participation in the rides is acceptance of these terms.

## **Ride Speed Guide**

Slow ----- Gentle up to 8mph  
Medium ----- Average of 9-11 mph  
Fast ----- Average over 12 mph

**Please check the web site or contact the organiser before you travel to the start of a ride. Please turn up at the start location for a ride, ready to leave at the scheduled time.**

## Rides and Events Calendar

Rides may be added to the programme and details will be added to these web sites. In exceptional circumstances a ride may be changed or cancelled. Unless the change happens at the very last minute, notice of the change or cancellation will be posted on our web site, our Facebook page and emailed to those in the group who have provided an email address.

### September

**Tuesday 5<sup>th</sup> 10am**

**Tuesday Morning Ride - from outside Harvester, Baldwin Lane WD3 3RX**

Ride to Denham Country Park via the high ground looking down to the Colne Valley. Return along the Colne valley Trail and canal path. Suitable for any bike.

18 miles

Medium

Roger *elided*

**Thursday 7<sup>th</sup> 9:30am**

**Thursday Ride – Canal fields car park (free) by the footbridge over the canal. Berkhamsted train station is a couple of minutes away. HP4 2AH**

Come and enjoy this lovely circular 20 mile ride from Berkhamsted around Tring to Wilstone, where we will stop for coffee and cake at PS Mead & Sons farm shop. It is an easy route with the only big hill near the start, then a few slight undulations. All on road so suitable for any bike.

20 miles

Medium

Katherine *elided*

**Friday 15<sup>th</sup> 7pm**

**Social Evening– a ride from outside Harvester, Baldwin Lane WD3 3RX or a pub social at the Social Evening at the Rose & Crown, Harefield Rd, south of Rickmansworth WD3 1PP**

Short ride on roads and good tracks to the Rose & Crown at Woodcock Hill. Return on your own route, or meet us at the there at 8pm. Suitable for any bike.

8 miles one way

Slow/Medium

Roger *elided*

## September

**Sunday 17<sup>th</sup> 10am**

**Ride to Penn – from outside  
Harvester, Baldwin Lane WD3 3RX**

Through Chorleywood to Chalfont St Giles and then across country to Penn and refreshments before continuing to Beaconsfield and Chalfont St Peter and then back to Croxley Green via Chorleywood. All on road so suitable for any bike.

36 miles

Medium

Brian *elided*

**Sunday 24<sup>th</sup> 9:30am**

**Bucks Village Explorer – from outside Hemel  
Hempstead Station, London Road, Hemel  
Hempstead HP3 9BQ**

A ride through glorious countryside exploring the lovely villages in the Chilterns. Refreshments in Chesham. Whilst there are a few hills to exercise your lungs, generally it's a pleasant ride giving you the opportunity to take in the scenery rather than gulps of air! All on road so suits all types of bike.

28 miles

Medium

Katherine *elided*

## October

**Sunday 1<sup>st</sup> 10am**

**Winging It - from outside Harvester, Baldwin  
Lane WD3 3RX**

A gradual climb up to Hastoe, then over the cliff edge to Tring and another gradual climb to Wing and refreshments at the Cock Inn. On to Pitstone and a climb past the Ivinghoe Beacon. Then back to Croxley Green via Potten End and Sarratt. All on road so suitable for any bike.

62 miles

Medium

Brian *elided*

**Tuesday 17<sup>th</sup> 9:30am**

**Whipsnade Day Ride - from Watford Rugby  
Club, Radlett Road, Watford WD24 4LL**

A hilly all day ride using roads and tarmac cycle ways out via Chipperfield and Studham to Whipsnade. Return via Redbourne and Gorhambury Estate (St Albans). Lunch at Studham, cake stop (if wanted) at The Cycle Hub, Redbourn. Estimated time back 4:30 p.m. All on road so suitable for any bike.

44 miles

Medium

Peter *elided*

## **October**

**Saturday 21<sup>st</sup> 10:30am**      **NW to Pimlico - from outside Watford Junction Station WD17 1EU**

Visit to Pimlico and Kings Langley on quiet roads and towpath with pub stop for lunch.

24 miles

Medium

David *elided* or *elided* on the day

**Monday 23rd 7:30pm**      **Space For Cycling Campaigning Meeting - Halfway House, 91 Uxbridge Road, Rickmansworth, WD3 7DQ**

Meet to campaign for more cycling in SW Herts. We meet in an alcove on the side of the Halfway House, as near as possible to the door. See our Cyclescape website for further details

<https://spokesswherts.cyclescape.org/threads/3449>

Peter *elided*

**Saturday 28<sup>th</sup> 10am**      **Ride for Lunch - from Watford Cycle Hub, The Pavilion, Holywell Community Centre, Tolpits Lane, Watford WD18 9QD**

Cycle on road and good tracks via Bedmond, Gorhambury & Sandridge for a pub lunch. Then return along the Alban Way and Abbey Way. Suitable for all bikes.

32 miles

Medium

Roger *elided*

**Monday 30<sup>th</sup> 7:30pm**      **Spokes Committee Meeting - Watford Cycle Hub, The Pavilion, Holywell Community Centre, Tolpits Lane, Watford WD18 9QD**

It's your group. Please come along and meet the committee and participate in organising SPOKES.

Roger *elided*

## **November**

**Sunday 5<sup>th</sup> 9:30am**

**London Ride - from Stadium side outside  
Wembley Park Station, Metropolitan Line**

Mainly off-road though parks and the canal towpath to Hyde Park. Cycle along the Embankment Cycle route to Farringdon and a refreshment stop at Essex Market. Return to Wembley along the canal path. Ten riders only. You must inform Roger by email at [info@spokesgroup.org.uk](mailto:info@spokesgroup.org.uk) if you hope to ride. Should be suitable for any bike.

29 miles

Medium

Roger *elided*

**Tuesday 7<sup>th</sup> 10am**

**Tuesday Morning Ride - from outside  
Harvester, Baldwin's Lane WD3 3RX**

Cycle into the Chilterns with a coffee stop at Chipperfield. Suitable for any bike.

18 miles

Medium

Roger *elided*

**Wednesday 15<sup>th</sup> 10am**

**Burnham Beeches - from Watford Cycle Hub,  
The Pavilion, Holywell Community Centre,  
Tolpits Lane, Watford WD18 9QD**

Lanes, B Roads and some A Roads and tarmac cycle ways. Out via Gerrards Cross, return via Beaconsfield, Seer Green and Chorleywood. Hilly. Refreshment at Burnham Beeches. All on tarmac so suitable for all bikes.

36 miles

Medium

Peter *elided*

**Sunday 19<sup>th</sup> 10am**

**Ley Hill - from outside Harvester, Baldwin Lane  
WD3 3RX**

After skirting Chorleywood Common we'll descend through Chenies and then climb to Ley Hill. After a few ups and downs we'll stop at Blackwells in Chipperfield for refreshments and then back to the start via Chandler's Cross. All on road so suitable for any bike.

23 miles

Medium

Brian *elided*

**CAMPAIGNS: WHAT'S NEW?** You tell us: what is new in your area? We'd love to hear about any campaigns you are involved in, or any burning issues you would like to get involved with.



**Join Spokes today**  
**Only £12 per annum**  
**£3 for an additional family**  
**member at the same address**

You will receive regular details of our cycle rides, social events and other activities. You will also be helping us campaign for improved cycling conditions in the South West Herts area. When joining you agree to become a member of SPOKES and Cyclescape, unless you opt out by ticking the spaces below.

|                           |        |                               |                          |
|---------------------------|--------|-------------------------------|--------------------------|
| Title                     |        | First Name                    |                          |
| Surname                   |        |                               |                          |
| Address                   |        |                               |                          |
| Post Code                 |        |                               |                          |
| Telephone                 | Mobile |                               |                          |
| Member Email              |        |                               |                          |
| Second Family Member Name |        |                               |                          |
| Second Member Email       |        |                               |                          |
| Second Member Phone       |        |                               |                          |
| Amount £                  |        | Opt out of printed Newsletter | <input type="checkbox"/> |
| Donation £                |        | Opt out of Cyclescape         | <input type="checkbox"/> |
| Total £                   |        |                               |                          |
| Signature                 |        | Date                          |                          |

Please also indicate below if would like to contribute to the following SPOKES activities:

|                     |                          |               |                          |
|---------------------|--------------------------|---------------|--------------------------|
| Publicity           | <input type="checkbox"/> | Campaigning   | <input type="checkbox"/> |
| Assisting at Events | <input type="checkbox"/> | Leading Rides | <input type="checkbox"/> |

**For membership please make cheques payable to SPOKES and send to:**

SPOKES Membership,  
120 Kenilworth Drive,  
Croxley Green, WD3 3NA.

You will receive a Membership Pack, including a SPOKES Membership Card, entitling you to discounts of 10% on repairs and spares at these locations:

|  |   |
|--|---|
| <p><b>Cycles UK</b><br/>484/486 St. Albans Road<br/>Watford, WD24 6QU<br/>01923 243707<br/><a href="http://www.cyclesuk.com">www.cyclesuk.com</a><br/><a href="mailto:watford@cyclesuk.com">watford@cyclesuk.com</a></p> | <p><b>Northwood Cycle Depot</b><br/>118 Pinner Road<br/>Northwood , HA6 1BP<br/>01923 824174<br/><a href="http://www.northwoodcycles.com">www.northwoodcycles.com</a><br/><a href="mailto:northwoodcycles@tiscali.co.uk">northwoodcycles@tiscali.co.uk</a></p>  |
| <p><b>Watford Cycle Hub</b><br/>Holywell Community Centre<br/>Tolpits Lane, Watford WD18 9QD<br/>01923 223994<br/><a href="http://www.watfordcyclehub.org.uk">www.watfordcyclehub.org.uk</a></p>                         | <p><b>The Bike Shop</b><br/>66 Queens Road<br/>Watford, WD17 2LA<br/>07941 800029<br/><a href="mailto:thebikeshop66@outlook.com">thebikeshop66@outlook.com</a></p>  |
| <p>Spokes is the local cycle club for South West Hertfordshire, formed to encourage cycling by organizing rides and campaigning for better and safer cycling routes.</p>   |   |
|    | <p><b>Get on your bike and join us!</b><br/>If you want to join us on a ride, then just turn up at the stated start point. Look at our programme of rides. We have rides most weekends, some weekdays and summer evenings. They start at several places around Watford. Visit our web site to catch the latest news and rides:<br/><a href="http://www.spokesgroup.org.uk">www.spokesgroup.org.uk</a><br/><a href="https://www.facebook.com/groups/178161195994290/">https://www.facebook.com/groups/178161195994290/</a></p> |



**Watford Cycle Hub**

# Watford Cycle Hub

The Pavilion Holywell Community Centre,  
King George V Playing Fields, Tolpits Lane, WD18 9QD  
Tel: 01923 223 994 Mob: 07818 047 838

## We're your local cycle recycle centre and do all things cycling

- Fix Bikes
- Sell new accessories
- Sell new and reconditioned parts
- Security tag and register bikes
- Teach you about bikes
- Train you to ride bikes
- Guide you on bike rides
- Accept your unwanted bikes
- Sell fully reconditioned, warranted bikes
- Hire you a bike



## The BIG BIKE Revival.



### Standard Cycle Hub Opening Times:

|            | Opening Hours    | Regular Bookable Activities                      |
|------------|------------------|--|
| Monday:    | CLOSED           |  |
| Tuesday:   | 9:00am – 5:00pm  |  |
| Wednesday: | 9:00am – 5:00pm  |  |
| Thursday:  | 9:00am – 5:00pm  |  |
| Friday:    | 10:00am – 5:30pm | Kids Go-Ride Club 6pm ( <i>sharp</i> ) to 7:30pm |
| Saturday:  | 9:00am – 5:00pm  |  |
| Sunday:    | 9:30am – 4:00pm  | Rides <i>meeting time from 9:30am</i>            |

[www.watfordcyclehub.org.uk](http://www.watfordcyclehub.org.uk)

01923-223-994

[office@watfordcyclehub.org.uk](mailto:office@watfordcyclehub.org.uk)



**WATFORD  
BOROUGH  
COUNCIL**

