



2019 Spring Newsletter No.



Website:
www.spokesgroup.org.uk

Facebook:
<http://bit.ly/2AYtCFR>



Chenies & Latimer ride



Are you ready for Spring? See page 9 for Rides



Where can you go with Spokes?



L to R: Langley Park café, CAKE!, Rex Bakery (Little Chalfont), signposts for cakes, Farmer's Boy pub (Kensworth), Emily's Tea Shop (Hitchin)



Is it possible that SPOKES might be a cake group with a cycling problem?



Current SPOKES Committee



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***WANTED: NEWSLETTER EDITOR**

If you would like to try your hand at editing copy sent in by members for our quarterly newsletter, get in touch: newsletter@spokesgroup.org.uk

There is a brilliant and helpful committee to support you!

NOTICE AND AGENDA FOR SPOKES ANNUAL GENERAL MEETING

Monday 8 April 2019, 7.30pm at the Watford Cycle Hub, Small Pavilion, Holywell Community Centre, Chaffinch Lane (off Tolpits Lane), WD18 9QD.

1. **Welcome**
2. **Present** – please write name on circulation list.
3. **Apologies**
4. **Minutes of AGM 2018**
5. **Reports** for the year up to March 2019
 - a. **Chairman**
 - b. **Treasurer**
6. **Election** of Future Committee Members, roles may vary:
 - a. **Chairman**
 - b. **Vice chairman/Secretary**
 - c. **Treasurer**
 - d. **Membership secretary**
 - e. **Meetings secretary**
 - f. **Newsletter**
 - g. **Information – Web Manager**
 - h. **Rides co-ordinator**
 - i. **Publicity & Promotion**
7. **Affiliations:** Cycling UK, British Cycling, CycleNation, CycleHerts.
8. **Resolutions**
9. **Other Business** - please notify the Chair at least one week before the meeting.
10. **Informal Discussion** – SPOKES Rides and Cycling Infrastructure

Please bring this agenda with you to the meeting.



CHAT FROM THE CHAIR – SPRING 2019



Life keeps on changing, including the lives of SPOKES members. Most of us enjoy cycling, as it benefits our health and allows us to get around easily without causing congestion or pollution.

Last winter saw the **Watford Cycling Forum** being reinstated. The new Mayor appears to be keen for Watford to become attractive for walking and cycling. We hope the Forum will allow the cycling public to influence councillors and officers involved in future developments.

Of the many improvements required, my **top three priorities** are:

1. Easier and safer cycling route through the Town Centre, both east/west and south/north.

Although we can now cycle the full length of the High Street within the ring road, the lower High Street is dangerous and unattractive for walking and cycling, as the most recent changes have been for the benefit of motorised traffic.

2. The NCR6/61 at the junction of Bushey Mill Lane and Radlett Road requires a safe crossing.

3. The existing shared use paths in Cassiobury Park need to be linked to the Canal path. This is a longstanding issue. We were assured that, following the recent changes, including the Heritage funded exercise, a continuous cycle route would be provided.

SPOKES AGM on Monday 8 April – see separate notice on page 4.

Please come to the AGM, as this is where you can help determine the future for SPOKES. We have had a stronger committee in recent years, increasing the number and range of rides and generally supporting cycling. We need active members to promote cycling.

Ebury Way - March Maintenance Session

In the last two years a few Sustrans and SPOKES members have spent a Sunday morning clearing and cutting back vegetation on the Ebury Way at the Rickmansworth end. As the adjacent Travis Perkins site is now being redeveloped for a new hotel, we are keen to ensure the Ebury Way is not adversely affected, but hopefully improved.

We will be having another Maintenance Session on Sunday 24 March. If you can help, please come along with gloves, secateurs, saws and/or a spade to help. You will be very welcome.



Rickmansworth Canal Festival

On the weekend of 18 and 19 May the annual Canal Festival will take place by the Aquadrome. See the separate notice on page 7.

Hertfordshire County Council often has consultations on future developments. A consultation on transport ideas for the A414/A405 corridor has now closed. There are several schemes between St. Albans and Watford that will affect cyclists, so we need to look out for detailed consultations in the future.

HCC also has an ongoing exercise inviting bids for its “Sustainable Travel Town (STT) programme”. This could have serious implications for our area. It would be good if Watford and Three Rivers Councils could work together towards making a bid for this programme.

Should SPOKES have a printed Newsletter?

Our quarterly Newsletter, which provides the opportunity to talk to members and others, has been successfully produced and edited by Nan Millette for the last two years, but she now wishes to hand over to someone else. We thank Nan for the great work she has done in ensuring the regular production and improved presentation of the newsletter.

SPOKES is a club/group of about 140 members. Spokes exists to organise local cycle rides and to campaign for better cycling facilities.

-We are successful at organising a variety of local rides. Approximately 20 to 30 members participate in the rides.

-We campaign for better cycling facilities. This is limited to very few members, but we have had success over the years.

-We are recognised by local authorities and other organisations for promoting cycling. Currently we have been instrumental in getting the Watford Cycling Forum restarted.

Producing the printed Newsletter does take time and effort. A lead/editor is required to produce it each quarter. There is also a small cost to produce the newsletter. It can be argued that the information could be available elsewhere if people would look for it.

Most members do not participate in rides or campaigning, but presumably do support our objectives. The only contact they have with SPOKES is the receipt of the printed Newsletter and membership renewal information. I suspect we would lose most of these members if they received nothing.

Other benefits of having a printed newsletter are that it allows us to present our views to influential councillors and local government officers, plus it demonstrates that we exist and do things. Perhaps we could influence others in a better way. When handed out to non-members, most people are impressed by the newsletter. There are also members who prefer having printed paper.

As in any voluntary organisation we depend on what members are willing to do. What do we want SPOKES to be in the future? **New ideas welcome, so do get in touch if you have an opinion about the Spokes newsletter.**

Roger Bangs, Chair SPOKES 2019

RICKMANSWORTH CANAL FESTIVAL

Saturday 18th & Sunday 19th May



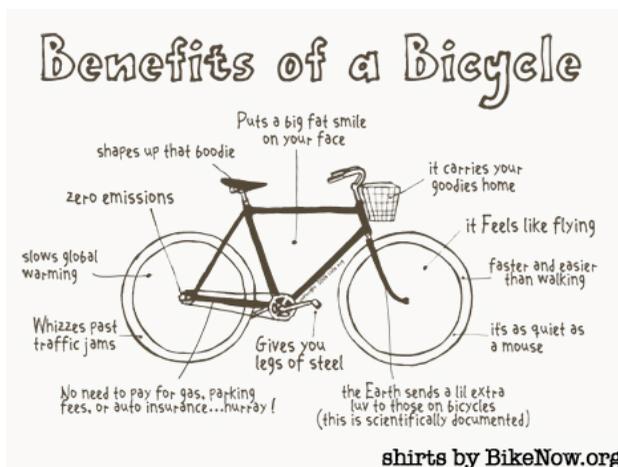
As in previous years, Spokes have a table in the Environment Marquee at the Rickmansworth Aquadrome for the Festival weekend. **Volunteers are needed to staff our stand.** Whatever you can offer will be most welcome, but ideally, we require two members on the stand for overlapping two hour slots each day: 09:30

to 11.30 (assist with set up and opening slot on Saturday); 11:00 to 13:00; 12:30 to 14:30; 14:00 to 16.00 and 15.30 to 17.30 (assist with dismantling on Sunday).

What do we want you to do on the stand? Just be happy, smile and chat to people. Perhaps the following may help the conversation: What do you think about the **Cycling Routes** in our area? **The benefits of cycling?** Cycling is ideal for short journeys, enjoyment, health, you can save money, less pollution and less traffic congestion. **Spokes SW Herts** offer regular rides and campaign locally for better cycling facilities and infrastructure.

Please let me know what you are able to do by emailing rides@spokesgroup.org.uk, text or phone 07715 107957, or respond to my email, when I send a partially populated rota to all members (once I have some volunteers), or tell me when you meet me on rides, etc.

Coming to the Festival but unable to help? Please visit the stand, it is a good meeting point for Spokes members.



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 issues you would like to discuss.

Next meeting: Monday 1st April (no joke! – Ed.), Cycling Campaign Meeting at **The Red House Pub, Watford Rd, Croxley Green WD3 3DX**



SPOKES RIDES AND EVENTS PROGRAMME

Stay In Touch With Spokes

Spokes' Web Site:

www.spokesgroup.org.uk

Information about Spokes, its rides, events and links to its campaigning.

Spokes' Facebook Group:

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. Invite others to join you on a ride you are doing.

Spokes' Campaigning Site:

spokesswherts.cyclescape.org

Spokes' campaigning activity for cycling.

Spokes' Letsride Group:

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 join your rides. Spokes Members may, but do not need to, book on Lets Ride. Members can just turn up on the day.

Spokes' Strava Club:

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' members put together a varied programme of social rides. Ride descriptions normally include speed, distance and hills information to help you find rides that suit you. We ride in a group that chats and enjoys a sociable break en route or at the end of the ride. If you are struggling on the day, you will not be left behind. Spokes' rides tend to be smaller sociable group rides. Rides may be added to the programme and details will be added to the web sites and Facebook.

Disclaimer: As a participant of Spokes' rides you must be aged 16 or over, unless accompanied by a parent or guardian. You need to be capable of riding in a group on the highway. Spokes cannot accept liability for you or your possessions. Your safety and wellbeing is your responsibility. 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 come to rides with appropriate clothing for the weather, and with water, snack, spare inner tube and pump. Bring lights if appropriate. Please carry something that gives your name, address and emergency contact details and note the phone number of the ride leader.

If bad weather is forecast or in other exceptional circumstances, the ride may be cancelled or changed. Unless the change happens at the very last minute, notice of the change or cancellation will be posted on our web site and our Facebook page. **Therefore, please contact the organiser before you travel to the start of a ride, if the weather looks bad, but try checking Facebook first.**

Cancelling your place on a full "Lets Ride" ride

When a ride is full it will not appear in the Lets Ride normal ride search. So, if you have booked and cannot find the ride, but wish to cancel, log in to your Lets Ride account. Go to your dashboard and select Ride Schedule to search for the ride. There will then be a button on the right hand side of the page titled "Cancel My Place".

Please turn up at the start location for a ride, ready to leave at the scheduled time.



MARCH

Wednesday 6th 9.30am London Canal Museum from outside Eastbury Road Post Office, 97 Eastbury Road, Watford, WD19 4JP

We ride out via Northwood Hills and Eastcote by road to Greenford, then canal towpath to Kings Cross. Visit the London Canal Museum, entry fees: £5 adult, £4 senior. Details at <http://www.canalmuseum.org.uk/visit/index.html>. Refreshment near the museum. Return on a short stretch of canal towpath then roads via Regents Park, South Hampstead, Willesden Green, Gladstone Park, Dollis Hill, Kingsbury Green and Harrow Weald.

1,718' of climbing but nothing challenging except for one short sharp hill in Dollis Hill which can be walked easily. Roads used are mainly quiet but some short stretches of busy major roads. Bike parking inside museum, locks needed for café stop.

45 miles **MEDIUM** Hybrid, Mountain, Touring Peter *elided*

Tuesday 12th 10.00am Tuesday Ride from outside The Harvester, Baldwins Lane, Croxley Green, WD3 3DJ

We ride along the canal towpath, then through lanes via Abbots Langley to Bedmond, returning via Leavesden Cycle Hub for refreshment.

18 miles **MEDIUM** Suitable for any bike Roger *elided*

Saturday 16th 10.00am 'To the Manor Born' from outside The Harvester, Baldwins Lane, Croxley Green WD3 3RX

A circular route covering Sarratt, Flaunden and Chenies with refreshments at Chenies Garden Centre.

22 miles **MEDIUM to FAST** Suitable for road bikes Katherine *elided*

Wednesday 20th 10.00am Wendover from outside Blackwells 10 The Common, Chipperfield WD4 9BS

A ride to Wendover and back. A few steep hills but less than 2000' of ascent overall, so not too challenging. We'll ride out through Hyde End and Swan Bottom for refreshments at the Café in the Woods. Return via Hawridge and Ashley Green.

35 miles **MEDIUM** Suitable for any bike Brian *elided*

MARCH

Sunday 24th 10.00am **Ebury Way Maintenance. At Rickmansworth end of the Ebury Way, just off Riverside Drive/Church Street roundabout.**

Join other volunteers to improve and tidy up this area by the old Travis Perkins site. Bring secateurs, saws, gloves and, if possible, a spade for minor maintenance.

Roger *elided*

Wednesday 27th 10.00am **Dancers End from Dacorum Cycle Hub, Sports Pavilion, Playing Fields, Redbourn Rd, Hemel Hempstead HP2 7BA**

A fairly challenging ride, over 2,500' of ascent with gradients of 10%+ to exercise your muscles and test your brakes. We'll ride through Berkhamsted then up and over to Tring and back via Dancers End and the Crong. A pub stop around Berkhamsted on our return.

35 miles **MEDIUM** Suitable for any bike Brian *elided*

Thursday 28th 10.00am **Flourish Bakery Bonanza, from outside Kings Langley Community Centre, The Nap, Kings Langley WD4 8ET**

We ride out via Bedmond, Potters Crouch to the edge of St Albans, then the Abbey Way and head through How Wood and Bricket Wood to Garston and our wonderful coffee stop at Flourish Bakery. Return via Leavesden and Abbots Langley. The route is mainly on quieter roads with a couple of traffic free sections. We have to cross a number of busy roads, but there are either footbridges, underpasses or traffic light crossings. There is one major hill right at the beginning.

19 miles **MEDIUM** Suitable for any bike Katherine *elided*

APRIL

Monday 1st 7.30pm **Cycling Campaign Meeting at The Red House Pub, Watford Rd, Croxley Green WD3 3DX**

A sociable evening, discussing ideas for influencing how improvements to cycle routes are made.

Roger *elided* Clive *elided*

APRIL

Wednesday 3rd 10.00am **Denham Airfield from outside The Cafe in The Park, The Aquadrome, Frogmoor Lane, Rickmansworth WD3 1NB**

A leisurely ride to enjoy refreshment and aircraft viewing at the Crew Room Cafe on Denham Aerodrome. Out on roads via Mill End and Chorleywood, past the Chalfont Open Air Museum. Return on roads via Denham Garden Village to join the Grand Union Canal Towpath at the, now closed, Bear on the Barge pub. Then ride the towpath to the Aquadrome. Only 717' of climbing, nothing challenging. 18 miles **SLOW** Suit Hybrid/Mountain/Touring bikes Peter *elided*

Saturday 6th 10.00am **Early Spring Ride to Redbourn Cycle Hub from Watford Rugby Club, Radlett Rd, Watford WD24 4LL**

A morning ride to Redbourn Cycle Hub for refreshments, heading out through Bricket Wood, Potters Crouch, on to Hemel, past Buncefield, where we pick up the Nicky Line (unpaved disused railway) on to Redbourn, coming back a more direct route through St Albans.

28 miles **MEDIUM to FAST** Suitable for any bike Chris *elided*

Monday 8th 7.30pm **Spokes SW Herts - Annual General Meeting at the Watford Cycle Hub, Pavilion 2 (Small Pavilion) Holywell Community Centre, Chaffinch Lane, (Off Tolpits Lane) WD18 9QD**

Please come along and participate, see Agenda on page 6 of this newsletter. In particular, the future of our newsletter is in the balance: do we want it, are you willing to edit it? **Please notify the Chairperson in advance if you wish to add items to the Agenda.**

Roger email info@spokesgroup.org.uk or call *elided*

Tuesday 9th 10.00am **Tuesday Ride from outside The Harvester, Baldwins Lane, Croxley Green, WD3 3DJ**

Along roads and tracks via Radlett to Shenley Park for refreshment, then return via Letchmore Heath.

18 miles **MEDIUM** Suitable for any bike Roger *elided*

APRIL

Wednesday 17th 10.30am The Paper Mill from outside The Cha Café Cassiobury Park Watford WD18 7HY

Out on roads via Langlebury, Hunton Bridge, Kings Langley to Apsley for refreshments at The Paper Mill Pub by the canal. Return along the canal towpath. Just 469' of climbing, only the early climb up Grove Mill Lane to make us puff, but no rush, nothing challenging.

14 miles **SLOW** Suits Mountain/Hybrid/Touring bikes Peter *elided*

Saturday 20th 10.00am Easter Ride to the London Motor Cycle Museum from outside Watford Rugby Club, Radlett Rd, Watford WD24 4LL

We ride out, skirting Hatch End, through North Harrow, Rayners Lane and South Harrow, to the Motor Cycle Museum in Greenford. Return by the same route. Entry is £12 (over 65s are £8). I will try to get a discount nearer the time when I know numbers going. As there are only tea and biscuits on site, we will stop at a pub locally for a meal, or bring packed lunch if you prefer. This Museum is expected to close down soon, so maybe a last chance to visit.

25 miles **MEDIUM** Suitable for any bike Chris *elided*

Monday 22nd 10.00am All the way to Rootz from outside Kings Langley Community Centre, The Nap, Kings Langley WD4 8ET

Circular route with a few hills to challenge us, heading to Flaunden, Chenies and Chorleywood, where we stop at an independent coffee shop "Rootz". We head back via Loudwater, Chandlers Cross and Hunton Bridge

21 miles **MEDIUM to FAST** Suitable for road bikes Katherine *elided*

Wednesday 24th 10.00am Royal Parks from Richmond Park, Sheen Gate Car Park, free parking.

An easy ride through Richmond Park, across Ham Common and the Thames and into Bushey Park. We have refreshments at the Pheasantry and then along the Thames path, across Ham Common and back through Richmond Park to the start.

22 miles **MEDIUM** Suitable for any bike Brian *elided*

MAY

Sunday 5th 10.00am

Bank Holiday Weekend Workout from outside The Harvester, Baldwins Lane, Croxley Green, WD3 3DJ

A brisk, moderately hilly circuit, out to the Brown Sugar Cafe at Chesham for lunch and return.

45 miles **FAST** Suit Hybrids/Touring/Road Clive *elided*

Tuesday 7th 10.00am

Tuesday Ride from outside The Harvester, Baldwins Lane, Croxley Green, WD3 3DJ

On road and tracks along the Colne Valley to Denham Country Park for refreshments, returning along the canal path.

20 miles **MEDIUM** Bikes suitable for road and track Roger *elided*

Wednesday 8th 10.00am

Great Hampden from Dacorum Cycle Hub, Sports Pavilion, Playing Fields, Redbourn Rd, Hemel Hempstead HP2 7BA

A challenging and hilly ride to Great Hampden. Through Berkhamsted, Hawridge and Swann Bottom to Dunsmore and onto Great Hampden for lunch. Return via Hyde End, Chesham and Latimer. Over 3,000' of ascent and some steep gradients.

50 miles **MEDIUM** Suitable for any bike Brian *elided*

Saturday 11th 10.30am

**FA Cup final (one week before)
from Watford Met Line Station WD18 7LE**

Ride to Wembley via Harrow to visit Sir Bobby Moore and ride up Empire Way the week before the Cup Final. Gentle River Brent tour and lunch stop at the famous Ace Café. Return via the Grand Union towpath. Normally this annual ride is on Cup Final Day but brought forward due to Ricky Festival.

24 miles **MEDIUM** Suitable for any bike David *elided*

Wednesday 15th 10.00am

Royal Standard from outside The Cafe in The Park, Rickmansworth Aquadrome, Frogmoor Lane WD3 1NB

A Chilterns ride out to the oldest Pub in England via Mill End, Chalfont St Giles and Penn to Forty Green for refreshment in the Royal Standard of England Pub. <http://rsoe.co.uk/>. Return via Beaconsfield, Seer Green, Chalfont St Peter, and Maple Cross then canal towpath to the Aquadrome. 1,490' of climbing with a few quite challenging hills.

37 miles **MEDIUM** Suitable for any bike Peter *elided*

MAY

Saturday/Sunday 18th and 19th

**Rickmansworth Festival at The Aquadrome Frogmoor Lane,
Rickmansworth WD3 1NB**

We seek volunteers to staff our stand at Rickmansworth Festival in 2 hour slots from 9.30am to 5.30pm each day (including setting up on Saturday and packing away on Sunday). The Festival is open from 10.30 am to 10.30 pm. An opportunity to meet up with interested members of the public, talk cycling and Spokes Membership. Members visiting the festival are encouraged to meet fellow members at our stand. See separate article on page 10 in this Newsletter.

Peter: rides@spokesgroup.org.uk or *elided*

Wednesday 22nd 10.00am Garden City Ride. London

***Contact Brian to Book a Place.**

An easy ride around some of London's most well known parks and past some of the capital's iconic sights. We'll have lunch at the Serpentine Cafe. Limited to 6 riders, so contact Brian if you are interested. A great opportunity, if you haven't ridden in London before, to find out that it's not that frightening. Santander Cycles locations close to the start, if you'd prefer not to take your bike into London. **THIS RIDE WILL NOT BE ADVERTISED ON LET'S RIDE.**

17 miles **SLOW** Suitable for any bike Brian *elided*

**Wednesday 29th 10.30am Two Reservoirs from outside The Cafe in The Park,
Rickmansworth Aquadrome, WD3 1NB**

Out via Harefield to Ruislip Lido, San Remo Café for refreshment. Return via Eastcote, Northwood Hills and Moor Park. Only 679' of climbing, nothing challenging.

15 Miles **SLOW** Suitable for any bike. Peter *elided*





RIDE LEADERS WANTED

Many thanks to all our Ride Leaders for continuing to put on such a comprehensive programme of rides. In the following summary of the Winter 2018/19 and Spring 2019 programme, I have assumed 6 riders per ride, on average, to estimate total participant miles.

This winter we offered 27 rides totalling 684 miles of riding so about 4,100 miles ridden by participants. Of these rides 6 were slow, 17 medium and 4 fast paced. The Spring programme offers 20 rides totalling 3,078 miles, so about 3,078 miles of riding opportunity for members. There are 4 slow, 12 medium and 4 fast rides.

We have included museum trips, London rides and even a day at the seaside! Hopefully there will be a trip to Worthing this June. The mix of rides is not a precise art, but early last year the ride leaders decided, based on member feedback, to introduce more slow rides. There has not been a big take up of the slow rides, but at this February's ride leading meeting it was agreed it has been a worthwhile change, so we do not intend changing the mix this year. However, if you think we have got it wrong please come to the AGM (Monday 8 April, details on page 4 – Ed.) where you will have a chance to offer your view.

We would love to offer more rides but to do so we need more ride leaders.

Why not contact me to discuss offering your favourite ride to others?

Peter Jackson rides@spokesgroup.org.uk or call *elided*

Join Spokes Today
Only £12 per annum
£3 for each additional family



You will receive regular details of our cycle rides, social events and other activities in our quarterly Newsletter. You will also be helping us to campaign for improved cycling conditions in the South West Herts area. When joining Spokes you also agree to become a member of Cyclescape, which does not incur a membership fee. If you would prefer to receive an electronic rather than posted paper copy of our Newsletter, please inform the Membership Secretary.

Name		
Address		
Post Code		
Telephone		Mobile
Member Email		
Second person Name		
Second person Email		
		You will receive occasional emails from Spokes (for example ride cancellations) unless you opt out by ticking this box: <input type="checkbox"/>
Amount £		
Donation £		
Total £		
Signature		Date

To pay your subscription please either set up an annual standing order or make a bank transfer to sort code 20-91-79, account 63401626 giving your surname as the reference. Please inform the membership secretary by email: membership@spokesgroup.org.uk Alternatively, but least favoured, send a cheque to Spokes Membership Secretary, 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 bike repairs and spares at these locations:

Cycles UK

484/486 St. Albans Road
Watford, WD24 6QU
01923 243707

www.cyclesuk.com
watford@cyclesuk.com

Northwood Cycle Depot

118 Pinner Road
Northwood , HA6 1BP
01923 824174

www.northwoodcycles.com
northwoodcycles@tiscali.co.uk

Watford Cycle Hub

Holywell Community Centre
Tolpits Lane, Watford WD18 9QD
01923 223994

www.watfordcyclehub.org.uk

The Bike Shop

66 Queens Road
Watford, WD17 2LA
07941 800029

thebikeshop66@outlook.com



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97 Old Watford Road, Bricket Wood, St Albans AL2 3UN
01923 674555



Spring Rides, see page 9.

Get on your bike and join us!

If you want to join us on a ride, look at our programme of rides, and turn up at the stated start point. We have rides most weekends, some weekdays and on summer evenings. Rides start at several places in Hertfordshire. Visit our web site and Facebook page to catch the latest news and rides:

www.spokesgroup.org.uk

<https://bit.ly/2AYtCFR> (Facebook)



© Can Stock Photo



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



There are **FOUR** cycle hubs to choose from: **Watford, Dacorum, Leavesden and Stevenage!** See

<https://www.watfordcyclehub.org.uk/> for location and opening times details.



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

01923-223-994

office@watfordcyclehub.org.uk

