

2019 Summer Newsletter -No. 101



Is this the real life or is this just fantasy?

The Ebury roundabout has had a recent upgrade with provision for bicycles. The protected cycleway in London (below) is a vision for the future.



Are you ready for Summer? See page 11 for Rides.

NEWSLETTER EDITOR REQUIRED

Our Newsletter Editor, Nan Millette, is stepping down. We are looking for someone to volunteer with the Spokes committee to edit our newsletters.

Get in touch with Nan or Roger, contact details inside.



CAN YOU HELP?

Where can you go with Spokes?



Recent events and rides:

L to R: Rickmansworth Festival Spokes stand, May 2019 (Peter, Theresa and Chris); Watford to Wembley ride (with a stop at Ace Cafe); Ebury Way maintenance (see page 4); Dorney reccie; Denham Country Park; Chesham ride; The Willow Foundation Herts ride (60 miles); Maureen Hitchcock Tribute (page 7)





Current SPOKES Committee



Chair

Roger Bangs

info@spokesgroup.org.uk

Treasurer & President

Pam Mann

treasurer@spokesgroup.org.uk

Meetings Secretary

Linden Sharp

mail@lindensharpe.com

Membership Secretary

Heather Harris

spokesmembership@icloud.com

Rides Co-ordinator

Peter Jackson

rides@spokesgroup.org.uk

*Newsletter Editor

Nan Millette

newsletter@spokesgroup.org.uk

Web Master & IT

David Edmondson

dme@dme.org

Publicity & Promotion

Lorraine Kennedy

lorraine@outlook.com

Campaigning

Roger Bangs, SW Herts

info@spokesgroup.org.uk

Clive Jones, Watford

citoyencj@hotmail.com

***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!

CHAT FROM THE CHAIR – SPRING 2019



SPOKES does many things. We organise cycle rides, we campaign for better cycling routes, we have social events, we produce this Newsletter four times a year and we provide a website. We also try to publicize what we do and recruit new members. All this requires volunteers to make things happen. If you feel you would like to help in making SPOKES an even better organisation, please contact one of the committee with your ideas. **At present we do need an Editor to produce this Newsletter. Can you help?**

On 8 April we had our **AGM**, which went smoothly with most of the committee agreeing to carry on in their existing roles. You can read the Chair's report on page 5. After the main business, Kate informed the meeting that the **Watford Cycle Hub** should have a new building on the same site within the next year.

On 24 March, volunteers from **SUSTRANS & SPOKES** had another successful morning clearing vegetation and growth from the Rickmansworth end of the Ebury Way, see photo page 2. This was a social and worthwhile event. After clearing parts of the path, it was easy to see how tree roots had damaged the surface making it dangerous for cyclists and less able pedestrians. This was then reported to the local council.

The second **Watford Cycle Forum**, held on 26 March was well supported by the Mayor and his officials, as well as around 30 other people interested in cycling. Clive and myself gave a presentation, identifying the local issues that we believe need to be tackled. Many improvements would have to be implemented by Hertfordshire Highways (HCC), but other schemes, like additional cycling routes in Cassiobury Park, are for Watford Council to implement. At the next Cycle Forum in June we hope to hear about progress on the issues we raised.

A local improvement we are pleased to see, is at the **Ebury Roundabout in Rickmansworth**, where pedestrians, cyclists and handicapped people can easily cross the approach roads, as the shared paths have been widened and sight lines improved.

What do you think about our **Website**? Do you use it? What improvement or changes would you like to see? Please let us know.

Some of you may remember **Maureen Hitchcock**, who was a founder member of SPOKES 23 years ago. Maureen passed away in March. A memorial and celebration her life was organised by her family at St Paul's Hall, Chipperfield, a beautiful venue. Maureen had many ideas about sustainability; she lived in a converted wooden house on Rousebarn Lane. Maureen's husband, Peter, made the square set of seats around the Mountain Ash Tree on the Ebury Way. You can find a photo of Maureen on page 2 and a tribute to her on page 7.

SPOKES AGM APRIL 2019 – CHAIR'S REPORT



The past year for SPOKES has again been successful in most respects. We have organised a large number of rides, and increased our campaigning for better cycling infrastructure in SW Hertfordshire.

I wish to thank all committee members for their participation in running SPOKES, ensuring that everything runs smoothly. This year Nan will be relinquishing her role as Newsletter Editor after three successful years of producing a lively, colourful publication. **We now need a new member to take on this role. Contact Nan or Roger for details about the role – we need your help.**

Peter Jackson, our rides co-ordinator, has successfully increased the number of rides, coordinating them into a varied programme which is available in our Newsletter, on the web-site and displayed on Let's Ride. Peter has also been influential in developing our use of Let's Ride and liaising with British Cycling, with a view to improving its effectiveness for promoting cycling. Peter is an excellent promoter of all SPOKES activities.

Our campaigning has developed over the last year. A small group have met several times often at the Red House for a social chat, identifying the issues we are interested in. Clive has been effective in influencing Watford Council to give more attention to cycling issues and to reintroduce to the Cycling Forum. We now hope that Watford Council, working with HCC, will be able to develop a safe cycling network.

SPOKES has a good local relationship with Sustrans. This year we again had a workday clearing growth and vegetation from a part of the Ebury Way, helping to keep it accessible, and to show local authorities we are active in the community.

This year in May we again had a stall with Sustrans at the Rickmansworth Festival, promoting cycling and our organisations.

We have now obtained some new banners, which can be used to promote SPOKES at various events.

Again, I wish to thank all committee members and other members who have participated in our activities, helping to keep SPOKES on the road.

Roger Bangs, Chairman

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 campaign meeting, Monday 10th June - see page 11 for details.

Our campaigns count! Clive received this email from Councillor Derrick Ashley, Herts CC on 4 April 2019:

"Dear Clive,

Many thanks for contacting me. My apologies for the slight delay in replying

The Local Transport Plan (LTP) puts significant emphasis on walking and cycling as a fundamental part of the county's transport policy, recognising not only its role in supporting a resilient and efficient transport network, but also improving health and reducing air pollution. A revised Active Travel Strategy is being developed, which will expand further and support the LTP policy.

We are beginning the process of developing a Local Cycling & Walking Infrastructure Plan (LCWIP) for Watford, working with the Borough Council over the next year. This will take a comprehensive look at the current network and identify a cycling network and walking network that we want to work towards, with a prioritised programme of improvements. The county and borough council will engage SPOKES and the Watford Cycle Forum in the process through workshops and other stakeholder engagement.

The South West Herts Growth and Transport Plan has now been adopted, and this includes various concept-level proposals for cycling improvements in particular locations and corridors around Watford. SPOKES took part in the consultation, as did a few other of our local cycling campaign groups. A number of the aspirations from SPOKES are reflected in the GTP concepts. The South Central Herts Growth and Transport Plan is also under development and SPOKES would be welcome to

feed into the consultation process which is expected later this year. St Albans and Borehamwood fall under this plan. There are ideas in the draft Plan to improve the cycle links between Borehamwood and Centennial Park at Elstree, for instance. The LCWIP is an opportunity to pick up on ideas for improving the cycling network in Watford and adjoining areas and to develop some of the GTP concepts further.

With the cooperation of the local planning authorities, we look forward to making some real progress on these issues in the years ahead

Kind regards

Derrick Ashley
Exec member HCC"

TRIBUTE TO MAUREEN HITCHCOCK

(see photo page 2)

3rd May 1936 – 16th March 2019

It was with great sadness that we learned some weeks ago, that Maureen, a founder member of Spokes, had passed away.

Maureen was a passionate advocate for the environment and a keen campaigner for cycling. It was she who contacted Sustrans, the sustainable transport charity, to ask them to do a mail shot to all Sustrans supporters in SW Herts, with a view to setting up a local cycling group. Around 18 of us met at The Two Bridges pub in Croxley in April 1996 and this meeting led to the creation of Spokes.

Maureen was indefatigable in her support of Spokes. She played a prominent role over many years at the three environment fairs in Ricky, Croxley and Watford, where Spokes had a stall. She also served for some years on the Committee as Treasurer and Publicity Officer. She and her husband, Peter, also organised and led rides, for example, the Bluebell Ride, which ended up at Blacketts for a full English breakfast! Some of you may also remember the ride to the allotment in Sarratt, where we were treated to a selection of vegetables to take home.

An occasion that I, personally, will never forget, was a day in late November 2003, when a group of Spokes members gathered on the Ebury Way to install the seat that Peter had made in memory of my husband, John, a former Chairman of Spokes. It was a very wet, dull day and rather cold, but we were

sustained by Maureen's home-made soup and hot cups of tea and coffee. A day of camaraderie, cooperation, and group support.

I will remember Maureen as a person of great spirit and passion. Even towards the end of her life, when she was quite frail, she was still willing and able to engage with issues concerning the environment. The last time I saw her we discussed an article on climate change by George Monbiot. That was typical of her – she was interested, committed and passionate right to the end.

Pam Mann



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 our campaigns.

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.

NOTE: A Spokes Day out To Littlehampton – Wednesday 19 June

I intended to repeat a ride led, in the early days of Spokes, by Pam Mann to Worthing. However, my first reconnoitre of a fairly direct 80-mile route included a very cycling unfriendly stretch of the A24. A quieter route is via Arundel and Littlehampton but that

is about 92 miles. Therefore, I have changed the destination to Littlehampton via Arundel keeping the mileage down to 83.

There are three alternative rides offered in the Summer Rides and Events Programme:

- Join others going to **Guildford** by train and ride with us to **Littlehampton** from there, **41 miles** or
- Join me to ride from **Watford** and return by train from **Guildford**, **42 miles** or
- Join me to ride from **Watford** to **Littlehampton**, **83 miles**.

I will do my best to let each group know who is expected to take each option to facilitate easier meeting up. The ride from Guildford to Littlehampton will not be advertised on Lets Ride. The en-route café stops are sorted, including what looks to be a real cycling café in Billingshurst, but I will research the Littlehampton evening meal. Surely it must be fish and chips at the seaside? A lunch stop in Guildford Costa Coffee is the convenient meeting up point, current meal deal £4.95. At the time of writing, I have yet to ride the route via Arundel so have the challenging hills to look forward to!

So, an opportunity for a great day out and a breath (if we have any breath left when we get there) of sea air, with easier alternative rides. Please join me for one of the rides. Details are in the Ride/Events Programme.

Summer Rides Programme

Thanks to seven Ride Leaders for a comprehensive Summer Rides Programme, including some welcome new “Thursday Short Rides” (slow) from John O’Connor. If you do all the rides (wow!) you will cycle 674 miles on 23 rides. There are five slow or slow to medium, 16 medium, 2 fast or medium to fast rides in our Summer Rides programme.

Happy Riding!



JUNE

Saturday 1st

10.00am Making tracks to Stockwood Park

**from Dacorum Cycle Hub, Sports Pavilion, Cupid
Green Playing Fields, Redbourn Road Hemel
Hempstead HP2 7BA**

Ride along the Nickey Line and Upper Lea Valley Way to Luton and the cultural hub, Stockwood Park. The route back is on quiet country lanes.

22 miles **MEDIUM** Not Suitable Road Bike. Katherine *elided*

**Tuesday 4th 10.00am Tuesday Ride from outside The Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

Ride along canal path and lanes via Bedmond, and return to Leavesden Cycle Hub for refreshment.

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

**Friday 7th 7.00pm Evening Pub Ride from outside The Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

Ride to the Windmill Pub, Chipperfield or meet there at 8pm for a social drink.

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



8 to 16 June Bike Week



**Monday 10th 7.30pm Campaign Meeting in the Red House,
Watford Road, Croxley Green WD3 3DX**

Social discussion on how to improve local cycle routes.

Roger *elided*

Clive *elided*

**Wednesday 12th *9.30am* Windsor Great Park from Blackwells,
The Common, Chipperfield WD4 9BS**

A ride to Windsor Great Park taking in Black Country and Langley Parks, Old Windsor, Windsor and Eton. A long distance, but not too challenging in terms of ascent. Pub lunch en route. Expect to be back around 5.00pm.

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

JUNE

**Thursday 13th 10.00am Thursday Short Ride from outside The Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

Via Two Bridges and Ebury Way to the Aquadrome then the canal tow path to Springwell Lake, cycle path to Mill End, Springwell Lane to Aquadrome Cafe, then Ebury Way to the Watford Cycle Hub.

10 miles **SLOW** Suitable for any bike John *elided*

Monday 17th *9.30am* **Wigginton from Dacorum Cycle Hub, Sports Pavilion, Cupid Green Playing Fields, Redbourn Road, Hemel Hempstead HP2 7BA**

Join Katherine for a circular ride to the community cafe in Wigginton, lots of outside seating and bike rack. Out via Great Gaddesden, Frithsden, Berkhamsted, back via Aldbury, Little Gaddesden. 2000ft of climbing, challenging route, plenty of hills.

30 miles **MEDIUM/FAST** Road bikes only Katherine *elided*

***Wednesday 19th 8.00am** **Watford to Littlehampton from front of Watford Junction Station**

A day out, riding via Moor Park, Harefield, Denham, Wraysbury (Karellies Coffee Shop short stop), Staines, Woking, then to lunch stop (and meet other riders joining us for the rest of the ride) at Costa Coffee, Guildford Station. Onward via Smallford, Loxwood, Billingshurst (short stop at Whisperers' Cafe) and Arundel to Littlehampton. Return by train. 2489 feet of climbing, some challenging. Cost of train back £30 full price so expect to pay under £20 with Group Saver or railcard discounts. Our expected time back at Watford is between 21:20 and 23:24. Lights needed if cycling home.

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

***Wednesday 19th 8.00am** **Watford to Guildford from front of Watford Junction Station**

A morning ride with a train back. Riding via Moor Park, Harefield, Denham, Wraysbury (Karellies Coffee Shop short stop), Staines and Woking then to lunch stop (and meet other riders joining us for a ride to Littlehampton) at Costa Coffee, Guildford Station. 1082 feet of climbing, nothing challenging. Return independently, the best train route is with one train change at Clapham, leaving Guildford at 37 minutes past the hour. Expect to arrive Watford between 14:24 and 16:20. Cost £20.40 less any discounts.

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

JUNE

***Wednesday 19th 1.30pm** **Guildford to Littlehampton from Costa Coffee, the ticket hall, Guildford Station GU1 4UT**
(turn left out of ticket hall for Cycle racks at far end of station)

This Ride will not be advertised on Lets Ride but please let me know you are coming, email rides@spokesgroup.org.uk or phone. I will try and let you know who will be with you so you can meet up and get Group Saver train fare reduction. At Guildford join me and other riders for an afternoon ride to Littlehampton. **Recommended train from Watford Junction** is the 10:52 Southern, change at Clapham Junction, arrive Guildford 12:24. Fare £20.40 less discounts. Meet in the Costa Coffee for lunch. 1407 feet of climbing, some challenging hills. We aim to ride out from Guildford at 13:30 via Smallford, Loxwood, Billingshurst (short stop at Whisperers Cafe) and Arundel to Littlehampton. Train back £30 full price so expect to pay under £20 with Group Saver or railcard discounts. Expected time back at Watford is between 21:20 and 23:24. Lights needed if cycling home.
41 miles **MEDIUM** Suitable for any bike Peter *elided*

**Saturday 22nd 9.30am Redbourn Cycle Hub
from Watford Rugby Club, Radlett Road,
Watford WD24 4LL
free public car park (Timberlake) nearby**

A morning ride to Redbourn Cycle Hub, heading out through Bricket Wood and Buncefield, where we join the Nickey Line (unpaved disused railway line) to the Hub for refreshments, taking the direct route back through St Albans, with an optional stop at the Redbournbury Watermill and bakery for a look round, where bread is for sale.

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

**Thursday 27th 10.00am Bean Here Cafe from outside Cha Cha Cafe,
3 Cassiobury Park Avenue, Watford WD18 7HY**

Out via Langlebury Lane, Warner Studios and Leavesden to the Bean Here Cafe. Return via Hunton Bridge and the canal towpath. 496 feet of climbing, nothing too challenging. Those who want to walk the two climbs, which will exercise the lungs, are welcome to do so.

12 miles **SLOW** Suitable for any bike Peter *elided*



JULY

**Tuesday 2nd 10.00am Tuesday Ride from outside The Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

Ride lanes and tracks to Shenley for refreshment, return via Letchmore Heath.

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

**Saturday 6th 10.00am Abbots and Kings from The Community Centre,
The Nap, Kings Langley WD4 8ET**

Ride through Bedmond, Potters Crouch to Leavesden Park for coffee. Back via Abbots Langley. All on roads.

11.5 miles **SLOW/MEDIUM** Suitable for any bike Katherine *elided*

**Monday 8th 7.30pm Committee Meeting,
open to all at Watford Cycle Hub**

See how Spokes matters are arranged and make suggestions if you wish.

Roger *elided*

**Thursday 11th 10.00am Thursday Short Ride from outside The Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

Via Two Bridges and Ebury Way to the Aquadrome, then canal tow path to Springwell Lake, cycle path to Mill End, Springwell Lane to Aquadrome Cafe, then Ebury Way to the Cycle Hub.

10 miles **SLOW** Suitable for any bike John *elided*

**Saturday 13th 10.00am Day Ride from Watford Cycle Hub,
The Pavilion, Chaffinch Lane, Watford WD18 9QD**

Cycle into the Chilterns mainly on lanes, some good tracks. Flaunden, Cholesbury, Swan Bottom. Pub lunch after around 20miles. Return via Amersham and Heronsgate to finish at the Aquadrome.

35 miles **MEDIUM** Suitable for Road/Hybrid bikes Roger *elided*

**Wednesday 17th 10.00am Great Missenden for Lunch from Dacorum Cycle
Hub, Playing Fields, Redbourn Rd, Hemel
Hempstead HP2 7BA**

A ride into the Chilterns through Hastoe and Swan Bottom to Great Missenden, the home of Roald Dahl, and lunch at Cafe Twit. Return via Hyde End, Ley Hill and Felden. A few challenging hills, lots of lovely scenery.

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

JULY

**Saturday 20th 10.00am Metro-Land from the Overflow Car Park,
Vale Farm Sports Centre, Watford Road,
Wembley HA0 3HG**

This route follows in the footsteps of the poet John Betjeman. Starting in Sudbury, close to Betjeman's beloved Brent Valley, the ride ascends Harrow on the Hill, descending into Harrow Weald then out into the countryside up Clamp Hill and along Old Redding, to enjoy views over the Weald and back towards Harrow Hill. Then it's on to Oxhey Woods and Moor Park. This route has 1,454 feet of climbs. The pace should average 10 mph over the ride.

25 miles **MEDIUM** Road/touring/hybrid (road tyres) Yves *elided*

Wednesday 24TH 1.30pm Classics on Harpenden Common
from Watford Rugby Club, Radlett Road, Watford
WD24 4LL

free public car park (Timberlake) nearby

Join me for an afternoon ride to Harpenden for "Classic Vehicles on the Common", and much more to see. The route out will be through Bricket Wood, St Albans, where we join the A6. It will at a brisk pace and on roads, returning the same route.

28 miles **FAST** Suitable for Road/Touring/Hybrid Chris *elided*

Wednesday 31st 10.00am Rusty Bike from Watford Cycle Hub
The Pavilion, Chaffinch Lane, Watford WD18 9QD

Out via Chorleywood, Gerrards Cross, Fulmer and Pinewood Studios to the Rusty Bike Cafe, Uxbridge. Return Via Ickenham, Harefield, and Moor Park. 1354 feet of climbing with some challenging hills.

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

AUGUST

Thursday 1st 10.00am Thursday Short Ride from outside The Harvester,
Baldwins Lane, Croxley Green WD3 3RX

Via Two Bridges and Ebury Way to the Aquadrome, then the canal tow path to Springwell Lake, cycle path to Mill End, Springwell Lane to Aquadrome Cafe, then Ebury Way to the Watford Cycle Hub.

10 miles **SLOW** Suitable for any bike John *elided*



AUGUST

Friday 2nd 7.00pm Evening Ride from Watford Cycle Hub,
The Pavilion, Chaffinch Lane, Watford WD18 9QD

12 miles	MEDIUM	Suitable for any bike	Roger <i>elided</i>
----------	---------------	-----------------------	---------------------

Enjoy a day of sociable riding on vehicle free London roads, iconic buildings and festivities.

Register here: <https://www.prudentialridelondon.co.uk/events/freecycle/> and use the Spokes Facebook page to invite others to join you. As soon as I see a post I will mark it as an announcement, so it is easily found for others to join in by commenting.

Peter *elided*

Ride the lanes to Bovingdon, then refreshments at Chipperfield and return.

18 miles	MEDIUM	Suitable for any bike	Roger <i>elided</i>
----------	---------------	-----------------------	---------------------

Out via Chorleywood, Chalfont St Giles, Penn, Cliveden, Taplow, Jubilee River cycle way and Dorney Lake to the Dorney Court Tea Rooms. Return via Jubilee River cycle way, Stoke Green, Fulmer, Gerrards Cross and Chalfont St Peter. 1484 feet of climbing, but nothing too challenging. Roads and reasonably surfaced cycle ways.

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

Some grand views on a route that takes us past the Ivinghoe Beacon, through Aldbury and then up the other side of the valley, past Champneys, through Berkhamsted and on to the Little Heath Tea Room for refreshments before returning to the Cycle Hub. Hills but not too challenging.

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

Monday 26th 10.00am Late Summer Bank Holiday Monday ride to

**Gaddesdon from The Harvester, Baldwins Lane,
Croxley Green WD3 3DJ**

A ride to Hemel Hempstead and Gaddesden including a Dodds Lane and Piper's Hill circuit. We will proceed counter-clockwise on both loops of the route, which has 2,079 feet of climbs. Pace should average 10 mph over the route.

37 miles **MEDIUM** Suitable for all bikes (road tyres) Yves *elided*

**Wednesday 28th 10.00am Emily's Cake Hunt the Chiltern Way
From Dacorum Cycle Hub, Playing Fields,
Redbourn Road, Hemel Hempstead HP2 7BA**

A ride out to Emily's Tea Room at Whitwell, mostly following the Chilterns Cycleway. We'll get there via Flamsted, Chilterns Green and Ley Green, passing the watercress beds as we enter Whitwell. Return via Harpenden and Redbourn. Some hills but not too challenging.

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

FINDING SPOKES RIDES ON FACEBOOK

I schedule Facebook Posts to appear on the Spokes Facebook page 7 days before each ride in the Spokes Programme. As a result of welcome input at Ride Leading meetings we have been experimenting with ways of ensuring current rides are more easily found, rather than being “buried” by more recent posts, some way down the page.

The latest experiment “Announcements” has worked and is the process we will continue to use. If there is a planned ride/s within 7 days the most recently posted should appear at the top of the Spokes page under a heading “Announcements”. To the right of the heading is a note with the number of current announcements, e.g. “See all (4)”. Clicking on “See All” will take you to all current announcements with the next available planned ride at the bottom of the list.

When I see them in time I will also mark as “Announcements” any ad hoc rides offered on Facebook. Enjoy the rides.

Peter Jackson – Rides Coordinator

Join Spokes Today
Only £12 per annum
£3 for each additional family
member at the same address



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: spokesmembership@icloud.com 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



Royal Standard pub ride

GTH CYCLES Independent bike shop to suit all!

Fully Fitted Service & Repair Centre!
LOOKING FOR A NEW BIKE?
We sell Orbea, Diamondback & Raleigh bikes with a great range from kids, youth, adults covering the Leisure, MTB, Road and e-bikes market.
We will make sure you go away with the right bike for you!
A full range of parts & accessories available.

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



Summer Rides, see page 11.

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



Sights of London ride



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 meeting time from 9:30am

www.watfordcyclehub.org.uk

01923-223-994

office@watfordcyclehub.org.uk



WATFORD
BOROUGH
COUNCIL

