



**SPOKES**  
SW HERTS CYCLING GROUP

2021 Summer Newsletter - No. 108



Spring Ride to Burnham Beeches

## Where can you go with Spokes?



*Above: Phil's ride to Bovington on 5<sup>th</sup> May 2021.*

*Below: Chris's ride to Apsley on 6<sup>th</sup> April 2021.*



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# Chat from the Chair - Summer 2021

## **SPOKES - The New Normal**

SPOKES is bursting into action again. We will be celebrating twenty five years of encouraging cycling and influencing local authorities to provide improved safe cycling routes.

At the recent AGM we were able to keep a strong committee. We value support from members in contributing rides and participating in our activities. We welcome contributions of articles and photographs for this newsletter and for the Spokes Group page on Facebook.

## **SPOKES – 25th Anniversary celebrations**

We hope you can join us for our celebration events, whether it be cycling the Watford Green Ring or joining one of the short rides to the social gatherings. There are also plans to provide an online library of cycling routes and gpx mapping files.

## **Reflecting on the past year** (excerpts from my report to the AGM in April 2021)

SPOKES has survived and continued to function, despite all the problems associated with Covid 19. The number of organised rides was drastically reduced. The SPOKES committee met several times using Zoom, ensuring continuity of membership, rides, campaigning and distribution of our Newsletter.

Peter Jackson, our rides coordinator, managed to provide a number of rides when conditions allowed. The use of the “Let’s Ride” bookings tool became essential for organising these rides.

## **Safer cycling schemes**

Campaigning continued, as many changes were occurring in the cycling world. Local government was encouraged to provide temporary safer cycling schemes. Some of these became very political nationally. The main local scheme was on Wiggshall Road which, whilst good for cyclists on the NCR6, was not helpful for the cyclists on Wiggshall Road. Hopefully this will change in the next tranche of local schemes which are as follows:

**Wiggshall Road** – upgrading the temporary cycle lane to provide a permanent facility.

**Cassiobury Estate** – creating a low traffic neighbourhood with alterations to vehicle access to discourage ‘rat running’ traffic and to provide an improved walking and cycling environment.

**Watford Business Park to Cassiobury** – improved cycle facilities via quiet roads and the park, linking the business park to the town centre and station. Proposals include junction improvements at Stratford Way and Hempstead Road.

**Town Centre** – upgrading existing cycle lanes along parts of High Street and Market Street.

I believe further funding will become available for another tranche, so we need to feed information to Hertfordshire Highways and local councils.

### **Local access issues**

Local issues have also arisen with landowners trying to stop cycling at Wall Hall and Holloway Lane in Sarratt. There is also a serious problem at the Rickmansworth end of the Ebury Way (NCR6/61). Due to the closeness of a new warehouse and high fencing the route has become dark and dangerous. This is aggravated by tree roots breaking up the tarmac surface. We are trying to agree a slight re-alignment of the route with Three Rivers District Council.

### **Watford Cycle Forum / Sustrans**

We hope to see the Watford Cycle Forum restart in the near future, and we hope there will be effective consultation on the Local Walking and Cycling Investment Plans. SPOKES has a good local relationship with SUSTRANS with occasional working parties clearing undergrowth and vegetation from a section of the Ebury Way.

## 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 Facebook Group:** [www.facebook.com/groups/178161195994290/](https://www.facebook.com/groups/178161195994290/)

Keep up to date with what other Spokes' members are doing, find details of forthcoming rides, 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](http://spokesswherts.cyclescape.org)

Spokes' campaigning activity for cycling.

### **Spokes Letsride 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 join your rides. Spokes Members may, but do not need to, book on Let's Ride. Members can just turn up on the day.

### **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 Rides and Events - Information

### Spokes Rides.

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 over 16, 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 well being 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.

### What to bring on a ride?

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.

### What if the weather is bad?

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.**

### Rides leave on time!

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

#### **Ride Speed Guide**

Slow ----- Gentle up to 8mph

Medium ----- Average of 9-11 mph

Fast ----- Average over 12 mph

## SPOKES Rides For All Project - explained

One of the SPOKES 25<sup>th</sup> Anniversary celebration projects is to create a library of ride routes on our Spokes web site. The routes will be from the SPOKES book published in June 2004, “Good Cycle Rides Around Watford” (known as the Yellow Book) and the “Cycle Rides from South West Herts” published in 2008 (known as the Blue Book). There will be additional rides contributed by current Members.

We aim to launch this “SPOKES Rides For All” web page either before or during our celebratory gathering on the 28 August 2021.

Users of the “SPOKES Rides For All” web page will be able to choose their rides using a filter system e.g. rides under 20 miles, starting in Watford, suitable as a family ride. The actual categories in the filter system have yet to be finalised. For each ride there will be a description, including reference to points of interest, refreshment and toilet facilities, hazards etc. Where appropriate and available, photos will be added to the points of interest markers on the map of the ride. There will be links to a GPX for the ride and a cue sheet, so users have a choice of following the ride by GPX or using the cue sheet, printed out or perhaps on their phone.

The first volunteers started route checking on 1st April and we now have 17 volunteers. Thanks to them, 10 routes have been checked and 14 routes are in the process of being checked, out of the 41 rides currently ready for checking, as at 3 May.

Brian Johnson is producing the route GPXs and, thanks to his work, the list of completed rides is growing rapidly. It would be lovely if we could have more volunteers to help us launch the web site with a good number of varied rides by 28 August (not far away considering there is plenty to do). If you would like to help, either by riding a route using GPX or using a cue sheet, then giving feedback on accuracy etc. please email me.

This project will be ongoing after launch with more rides added and existing rides updated to reflect any changes e.g. Café closures.

Over the next two pages you can see examples of the “SPOKES Rides For All” web page. Whilst still a ‘work in progress’ this draft for route 58 “Burnham Beeches Loop” shows firstly the route overview page, which contains detailed information about the route, and suggested refreshment stops. The second page shows route details with both written instructions and maps included.

***Peter Jackson, Spokes rides coordinator. email [rides@spokesgroup.org.uk](mailto:rides@spokesgroup.org.uk)***

# SPOKES Rides For All - a draft route overview page

## 058 Burnham Beeches Loop



A pleasant ride through mostly countryside to Burnham Beeches, not too hilly and all on road.

Ride Considerations: The route takes you through some large villages with light traffic. No significant hills.

Surface: Road. There is a small section of off-road leaving and re-entering the Aquadrome but suitable for road bikes.

Experience level: Confident riding in light traffic.

Bike suitability: Suitable with any bike.

Start/Finish Locations: Outside the Cafe in the Park cafe in the Aquadrome, Frogmoor Lane, Rickmansworth WD3 1NB. Free parking, cafe and toilets available.

Refreshment & Toilet Stops: At 6 miles, there are cafes, shops and pubs available in Chalfont St Giles on route; At 10 miles, there are a number of shops, cafes and pubs in Beaconsfield on route; At 16.5 miles there is a useful shelter for enjoying your own refreshments; At 17 miles Beeches Eco cafe; At 21 miles, the Apple Tree pub and there are a variety of shops and cafes in Gerrards Cross which is off the route. Where you turn off Oxford Road onto East Common with the Apple Tree pub on your right, continue on Oxford Road to the lights. Turn right onto Packhorse Road into Gerrards Cross. To re-join the route continue down Packhorse Road and when it bends to the left and a no entry road joins from the left turn right into South Park and immediately fork left to stay on South Park. At the T-junction turn left left onto Lower Road and you have re-joined the route.

Points of Interest: Burnham Beeches is a site of special scientific interest and the southern section is owned by the City Of London.

Information accurate as at: ???

Contributed by: Peter Jackson

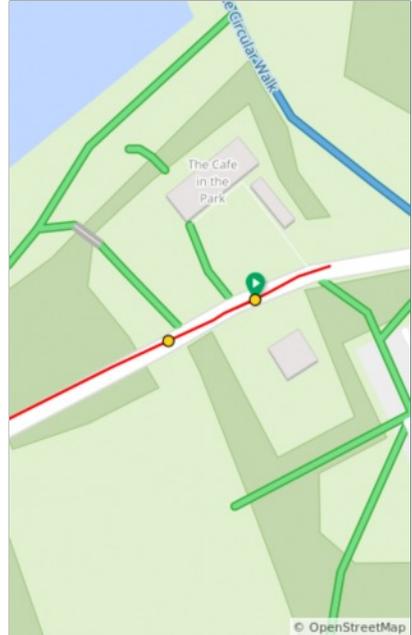
A.	Cafe in the Park and Toilets	E.	Beeches Eco Cafe, Burnham Beeches
B.	Chalfont St Giles Refreshments	F.	Gerrards Cross Shops
C.	Beaconsfield Refreshments	G.	The Apple Tree Pub
D.	Shelter for picnic out of the rain!		



# SPOKES Rides For All - a draft of route details (extract)

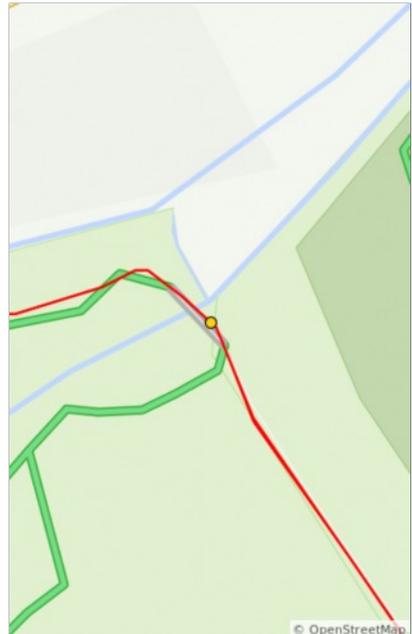
## 058 Burnham Beeches Loop

Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	↑	Follow the road away from the entrance and as it becomes a track follow it as it bends round to the R keeping Bury Lake to your R. Continue straight on until you come to a bridge.	0.5



0.0 miles. +0/-0 feet

Num	Dist	Type	Note	Next
3.	0.6	↑	Continue across the bridge and follow the path round to the L and up and across another bridge. Continue to the T-junction.	0.1



0.5 miles. +0/-0 feet

# June

Ride out with **Chris**, through Bricket Wood and Potters Crouch, on to Hemel, where we join the Nicky Line (disused unpaved railway line) to the Redbourn cycle hub for a cuppa. Back via the direct route through St Albans, stopping off at the Redbournbury Watermill, where bread is made and sold along with flour and yeast, so you may want to bring a rucksack!

28 Miles

**Medium/Fast** Suitable for any Bike.

Limit 15 Riders (including non-Members).

**Tuesday 15<sup>th</sup>**

**10.00am Tuesday Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Ride with **Roger** on roads and track via Chorleywood & Chalfont Common to Denham Country Park. Return on tracks to Rickmansworth.

21 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Thursday 17<sup>th</sup>**

**10.00am Thursday Short Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Ride out with **John**, 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. Return via the Ebury Way and the cycle hub. The route may change, as John is investigating variations to add interest.

10 Miles

**Slow** Suitable for any Bike.

Limit 15 Riders (including non-Members).

**Saturday 19<sup>th</sup>**

**10.00am Burnham Beeches**

**Outside the Café in the Park, The Aquadrome, Rickmansworth WD3 1NB**

Ride with **Roger**, on roads via Chalfont St. Giles and Hedgerley to Burnham Beeches. Returning via Fulmer. Refreshment stop at café or pub.

31 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Wednesday 23<sup>rd</sup>**

**10.00am Denham Airfield**

**Riverside Park, Riverside Road, Watford WD19 4HU.** On Colne Valley Cycle route near the swings and approach to Ebury Way. (Street parking nearby)

All on road with **Peter** out via Croxley and Mill End. Return via Harefield, Rickmansworth and South Oxhey.

Route GPX at <https://ridewithgps.com/routes/35819977>

26 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

# July

**Friday 2<sup>nd</sup>**

**7.00pm Celebration Ride - 25<sup>th</sup> Anniversary**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

A gentle ride with **Roger** to Chipperfield to celebrate 25 years since SPOKES was formed. Social Celebration at the Windmill Pub. Or just meet us at The Windmill, The Common, Chipperfield, Kings Langley WD4 9BU. Choose your own return ride.

4 Miles + return

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Tuesday 6<sup>th</sup>**

**10.00am Tuesday Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Ride under the Heavens with **Roger** on various Chiltern lanes. Refreshment stop.

20 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Saturday 10<sup>th</sup>**

**10.00am Lazy Llama**

**Riverside Park, Riverside Road, Watford WD19 4HU. On Colne Valley Cycle route near the swings and approach to Ebury Way. (Street parking nearby)**

With **Peter**, ride the Colne Valley Cycle Route and Abbey Way to the Lazy Llama Café in Greenwood Park, Chiswell Green (outside seating only). Return by same route.

15 Miles

**Slow** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Wednesday 14<sup>th</sup>**

**10.00am Chess Valley and Chilterns**

**Outside the Café in the Park, The Aquadrome, Rickmansworth WD3 1NB**

Ride, with **Phil** via Chenies, Latimer and Bovington. Café stop in Chipperfield, then back.

20 Miles

**Medium** Suitable for any Bike.

Limit 10 Riders (including non-Members).

**Thursday 15<sup>th</sup>**

**10.00am Thursday Short Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Ride out with **John** 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 Café. Return via the Ebury Way and the cycle hub.

10 Miles

**Slow** Suitable for any Bike.

Limit 15 Riders (including non-Members).

# July

**Saturday 17<sup>th</sup>**

**10.00am Day Ride**

**Watford Cycle Hub, Chaffinch Lane WD18 9QD**

Cycle with **Roger** on good tracks and road via Bedmond and Sandridge. Returning on Alban Way and NCR6/61. Pub lunch if we are able.

35 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Tuesday 20<sup>th</sup>**

**10.00am All Around Herts (A SPOKES Rides For All Route)**

**Riverside Park, Riverside Road, Watford WD19 4HU.** On Colne Valley Cycle route near the swings and approach to Ebury Way. (Street parking nearby)

Ride with **Peter** via Hemel and Harpenden to Wheathamstead (Café stop). Return via Welwyn Garden City, Hatfield and St Albans. Linking dismantled railways, cycle paths and canal towpaths, with over 35 miles traffic free and a height climbed of only approximately 1500 feet. This is a lovely ride with very enjoyable off-road sections.

Route GPX at: <https://ridewithgps.com/routes/35413577>

46 Miles

**Medium** Any Bike, wider tyres best.

Limit 12 Riders (including non-Members).

**Friday 23<sup>rd</sup>**

**7.00 p.m. Evening Social Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Cycle with **Roger** along the canal towpath and though Leavesden Country Park to the Gate Pub at Bricket Wood, for a social noggin and natter. Or just meet us there. Return on the last leg of SPOKES Rides For All "Route 20 To Bricket Wood" (Abbey Way). 10 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Monday 26<sup>th</sup>**

**7.30pm SPOKES Committee Meeting**

**Watford Cycle Hub, Chaffinch Lane WD18 9QD**

A committee meeting led by **Roger** and open to all members.

**Thursday 29<sup>th</sup>**

**9.30am Curiosity around the Ashridge Estate**

**Canal Fields Car Park, Broadwater, Berkhamsted HP4 2AL**

Circular route with **Katherine** via Tring and Cheddington to Ivinghoe. Back through Ringshall and Little Gaddesden. All on road. Café stop at Curiosi tea rooms in Ivinghoe or BYO.

GPX of route at: <https://ridewithgps.com/routes/33716852>

23 Miles

**Medium** Suitable for Road Bikes.

Limit 6 Riders (Members only).

# August

**Tuesday 3<sup>rd</sup>**

**09.30am Apsley Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Ride out with **Chris** along the canal towpath to Hunton Bridge, up Gypsy Lane to Abbots, along Bedmond Rd, through Bedmond and Pimlico. Dropping down to Nash Mills to Apsley for a breather, before the climb up Featherbed Lane (challenging) to Chipperfield, where we will have refreshments at either the Garden Centre or Blackwell's. Home through Sarratt to Croxley.

20 Miles

**Medium to Fast.** Suitable for Road bikes.

Limit 12 Riders (including non-Members).

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

**10.00am Tuesday Ride**

**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Join **Roger** and cycle on tracks and lanes to Shenley for refreshments. Return via Letchmore Heath.

20 Miles

**Medium** Suitable for any Bike.

Limit 12 Riders (including non-Members).

**Thursday 12<sup>th</sup>**

**10.00am Ebury Way and Abbey Way**

**Outside the Café in the Park, The Aquadrome, Rickmanworth WD3 1NB**

Ride with **Phil**, along the Ebury Way and Abbey Way to St. Albans and back. Mostly off road along well surfaced tracks, but some short stretches of road.

28 Miles

**Slow/Medium.** Suitable for Hybrids.

Limit 10 Riders (including non-Members).

**Wednesday 18<sup>th</sup>**

**9.15am Viking Trail – SPOKES Day at the Seaside**

**Watford Junction Station Forecourt.**

Join **Peter** to catch the 9:37 train to Euston, ride to St Pancras then a train to arrive Margate 12:25. Cycle the Viking trail, a quiet road and coastal trail (well surfaced). Hopefully anti clockwise so we can have a sea front lunch snack, but clockwise if strong coastal breezes from the north. About a third of the route is coastal, from Margate to Reculver, then quiet lanes back to Margate. Evening meal at the very large seafront Wetherspoon aiming to return on the 19:55 from Margate arriving Watford 22:32. Approximate fare £37 with railcard or group saver tickets. The Viking Trail web site is at <https://explorekent.org/activities/viking-coastal-trail/> and a GPX of the route will be published on SPOKES and Let's Ride Web Sites. The 6 limit is to ease rail travel potential issues. If there is demand, and a volunteer second Leader, Peter will happily lead a group leaving on the 9.59 train and arriving back at 23:05. So, if the ride is full, register on the Lets Ride waiting list and email [rides@spokesgroup.org.uk](mailto:rides@spokesgroup.org.uk).

33 Miles

**Medium.** Suitable for any Bike.

Limit 6 Riders (Members only).

# August

- Thursday 19<sup>th</sup> 10.00am Thursday Short Ride**  
**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**  
Ride out with **John** 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 café. Return via the Ebury Way and the Cycle Hub.  
10 Miles **Slow** Suitable for any Bike.  
Limit 15 Riders (including non-Members).
- Friday 20<sup>th</sup> 7.00pm Ride the Green Ring (A SPOKES Rides For All Route)**  
**Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**  
Cycle with **Roger** around the Watford Green Ring, which SPOKES are consulting on with Watford and Hertfordshire Councils, aiming for it to be adopted. Followed by an optional social drink at the Red House, Croxley Green.  
7 Miles **Medium** Suitable for any Bike.  
Limit 12 Riders (including non-Members).
- Saturday 28<sup>th</sup> 12.30pm onwards SPOKES 25<sup>th</sup> Anniversary Gathering**  
**Please Join us and make this a big celebration event.**  
**Near Queen Street Car Park on Chipperfield Common WD4 9BT**  
Members and their families are invited to join fellow Members for a social gathering to celebrate 25 years of SPOKES. You can picnic or use the various Chipperfield pub and café alternatives. We plan to offer led rides to, and or from the Gathering or rides including the Gathering as a lunch stop. Other Members may prefer to travel independently. All are welcome. Rides already in place for this programme are listed below. If you are willing to lead a ride, from a start location of your choice, please email **Peter** at [rides@spokesgroup.org.uk](mailto:rides@spokesgroup.org.uk). When we have the day's ride programmes assembled we will notify all Members by email.
- Saturday 28<sup>th</sup> 11:30 Anniversary Gathering Ride**  
**Outside Cha Cafe Cassiobury Park**  
Out with **Peter** via Croxley Green and Sarratt (7 miles). Return via Chandlers Cross and Rousebarn Lane (6 miles). We will avoid the biggest hills. Under 16's accompanied by family members are welcome. Some riders may wish to join the ride one way only, and that is fine.  
13 Miles **Slow** Suitable for any Bike
- Saturday 28<sup>th</sup> 11:45 Anniversary Gathering Ride**  
**Outside the Café in the Park, The Aquadrome, Rickmansworth WD3 1NB**  
Join **Roger** and ride via Croxley Green to Chipperfield Common. Led return ride if wanted.  
5 Miles each way **Medium** Suitable for any Bike

***We hope to add more Gathering rides. Members will be updated by email.***

## SPOKES - 25th Anniversary Gatherings

At each significant anniversary since SPOKES was formed a get together of Members has been held. This year, our 25<sup>th</sup>, there will be an evening and a lunch event opportunity to meet socially with fellow Members. We are also marking our 25<sup>th</sup> anniversary with the "SPOKES Rides For All" online rides library Project.



*Plenty of space awaits us on Chipperfield Common!*

### **Friday 2<sup>nd</sup> July - Evening Anniversary Ride and Social Gathering**

A gentle ride with Roger to Chipperfield to celebrate 25 years since SPOKES was formed. This will be followed by a social celebration at the Windmill Pub Chipperfield. Details in the Rides Programme.

### **Saturday 28 August - Anniversary Social Gathering from 12.30 pm.**

Members and their families are invited to a social gathering on Chipperfield Common. Members can choose if they picnic, or use one of the Chipperfield Cafes or Pubs. Linked to this gathering, there will be a number of organised rides for those who wish to ride to or from the Gathering, or to use it for a ride refreshment stop.

We hope that some of the rides for the Anniversary Gathering will be from the "SPOKES Rides For All" Web page. I will email details to all Members once the day's programme of rides is ready. Please see the Rides Programme in this Newsletter for those rides already on offer. It includes a slow paced ride suitable for adults and accompanied under 16's from Watford to and from the Gathering, led by me using the flattest route I can identify.

Please contact me if you can assist with leading rides on the day. It would be good to have rides from various start points.

***Peter Jackson, Spokes rides coordinator. email [rides@spokesgroup.org.uk](mailto:rides@spokesgroup.org.uk)***

# Spokes Rides and Events Programme - Summer 2021

This programme has been assembled before the post 17 May Covid Guidance changes are announced. It is likely that some of the guidance changes will enable us to relax arrangements for some of the rides. Members will be notified by email and the SPOKES Web Site Rides Guidance will be updated once we know the changes we are able to make post 17 May and again post 21 June. Meanwhile pre-booking of rides, on Let's Ride remains essential.

We would love to offer more rides, and route variations, but to do that we need more **Members willing to lead rides**. Please speak to or email Peter Jackson if you are interested in others joining you on your favourite route/s.

## June

**Friday 4<sup>th</sup> 7.00pm Ride the Green Ring (A SPOKES Rides For All Route) Outside the Harvester, Baldwins Lane, Croxley WD3 3RX**

Cycle with **Roger** around the Watford Green Ring. SPOKES is consulting with Watford and Hertfordshire Councils, aiming for this route to be adopted. Followed by an optional social drink at the Red House, Croxley Green.

7 Miles **Medium** Suitable for any Bike.  
Limit 12 Riders (including non-Members).

**Saturday 5<sup>th</sup> 09.30am Stanborough Lakes Outside the Leverstock Green Library, Leverstock Green Way, Hemel Hempstead HP3 8QG**

Ride with **Katherine** on a circular route to Stanborough Lakes, near Welwyn Garden City. Out via Gorhambury Estate, around St Albans then take the Alban Way, back through Sandridge, Bernards Heath and Potters Crouch. Refreshment kiosk at the lakes or BYO picnic. Route on Strava:

<https://www.strava.com/routes/2713792012401895864>  
27 Miles **Medium** Hybrid/MTB/Gravel best.  
Limit 6 Riders, (Members only).

**Tuesday 8<sup>th</sup> 10.30am Bovingdon, Kings Langley Outside the Café in the Park, The Aquadrome, Rickmansworth WD3 1NB**

Join **Phil** for a ride, all on road, through Latimer, Bovingdon, Kings Langley, Chipperfield, Chandlers Cross, Cassiobury Park and Croxley Green. Cafe stop in Chipperfield.

30 Miles **Medium** Suitable for any Bike.  
Limit 10 Riders (including non-Members).

**Saturday 12<sup>th</sup> 9.30am Redbourn Ride Watford Rugby Club, Radlett Rd. WD24 4LL (free public car park nearby)**

# How to pay for membership?

To pay your subscription please set up an annual standing order payable on the 1 July. This will save administration for you and us. Alternatively you can make a bank transfer.

Payment should be made to SPOKES, sort code **20-91-79**, account **63401626** giving your surname as the reference.

When you have paid, please inform the membership secretary by email: [membership@spokesgroup.org.uk](mailto:membership@spokesgroup.org.uk)

You will receive a Membership Pack, including a SPOKES Membership Card, entitling you to discounts of 10% on bike repairs and spares at the locations shown below.

Any queries please contact the Membership Secretary.

<p><b>Cycles UK</b>          484/486 St. Albans Road          Watford, WD24 6QU          01923 243707  <a href="http://www.cyclesuk.com">www.cyclesuk.com</a>  <a href="mailto:watford@cyclesuk.com">watford@cyclesuk.com</a></p>	<p><b>Northwood Cycle Depot</b>          118 Pinner Road          Northwood , HA6 1BP          01923 824174  <a href="http://www.northwoodcycles.com">www.northwoodcycles.com</a>  <a href="mailto:northwoodcycles@tiscali.co.uk">northwoodcycles@tiscali.co.uk</a></p>
<p><b>Watford Cycle Hub</b>          Holywell Community Centre          Tolpits Lane, Watford WD18 9QD          01923 223994  <a href="http://www.watfordcyclehub.org.uk">www.watfordcyclehub.org.uk</a>  <a href="mailto:office@watfordcyclehub.org.uk">office@watfordcyclehub.org.uk</a></p>	<p><b>The Bike Shop</b>          66 Queens Road          Watford, WD17 2LA          07941 800029  <a href="mailto:thebikeshop66@outlook.com">thebikeshop66@outlook.com</a>  <i>(N.B. discount discontinued)</i></p>
<p><b>Ride St Albans</b>          318 Watford Road          Chiswell Green, St Albans          AL2 3DP          01727 614778  <a href="http://www.ridestalbans.com">www.ridestalbans.com</a>  <a href="mailto:mike@ridestalbans.com">mike@ridestalbans.com</a></p>	

## Where can you go with Spokes?



*Above: Peter's Hatfield ride in April 2021.*

*Below: Celebrating SPOKES 20th anniversary in June 2016*





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

## Benefits of membership?

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.

Our membership year is from 1 July to 30 June.

If you would prefer to receive an electronic rather than posted paper copy of our Newsletter, please inform the Membership Secretary.

To join, please complete the form below and email a scanned copy to the Membership Secretary: [membership@spokesgroup.org.uk](mailto:membership@spokesgroup.org.uk).

This information is kept for membership purposes only. It will not be given to other organisations.

1 <sup>st</sup> Person Name	
Address	
Post Code	
Phone Number	
1 <sup>st</sup> person mobile	
1 <sup>st</sup> person email	
2 <sup>nd</sup> person name	
2nd person mobile	
2 <sup>nd</sup> person email	
Total subs due £	
Donation £	
Total £	
Signature	
Date	



bike registration

advice

social rides

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# Your One Stop Cycling Shops

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**OPEN NOW - COVID-19 SAFE OPERATIONS**



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**fix**

**In the Community, for the Community**



01923 223994

<https://watfordcyclehub.org.uk/>

07340 866123