



2022 Summer Newsletter – No. 112

National Bike Week Summer Cycle Gathering

At Chipperfield Common, Hertfordshire WD4 9BL

Following on from the success of last year's SPOKES cycling gathering we're inviting other cycling groups & individuals to join us in a mass gathering of Cyclists at Chipperfield Common on Saturday 11 June between 12.30 - 2.30pm.

Be there for the Big Photo Shoot at 1.30pm



*Enjoy a summer ride, meet other cyclists
Bring a picnic or use the local cafes & pubs*

Show your support for cycling in Bike Week

Celebrate Cycling

Please let us know if you intend to join by emailing
2022gathering@spokesgroup.org.uk - stating approx. numbers

Riding with SPOKES



Katherine's group on the Routes For All Redbournbury Mill & Gorhambury Estate, route 046.

Peter used Routes For All route 076 for his ride to Ashridge –more on page 10.



Peter organised a successful SPOKES' Isle Of Wight Cycling Weekend. Some of the group at Bembridge. Read more on page 11.

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Chris's ride to
Redbourn.



Philip's Ride to
Seer Green and
Jordans.

Stay In Touch With Your Spokes

SPOKES WEB SITE

SPOKESGROUP.ORG.UK

RIDES & EVENTS

Join one of our community rides and support our events

ROUTES FOR ALL

Use one of our fully checked out routes

MEMBERS' ROUTES

Try out one of our members' routes or share one of your routes

CAMPAIGNING

Support our efforts to improve cycling in South West Herts

SPOKES FACEBOOK GROUP

www.facebook.com/groups/178161195994290/

Find out about what other members are doing, forthcoming rides and ad hoc rides and post your cycling news and discuss issues you are passionate about.

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 STRAVA CLUB

www.strava.com/clubs/Spokes_SW_Herts

Sign up and see where SPOKES' members are riding, how your activity compares with theirs and how you are progressing.

Your Committee

Chair	Peter Jackson	info@spokesgroup.org.uk
Treasurer	Pam Mann	treasurer@spokesgroup.org.uk
Campaigning	Roger Bangs Clive Jones	campaigning@spokesgroup.org.uk
Membership	Heather Harris	membership@spokesgroup.org.uk
Rides Co-ordinator	Pam Stonebrook	rides@spokesgroup.org.uk
Newsletter	Brian Johnson	newsletter@spokesgroup.org.uk
Web Master	Graham Phillips	webmaster@spokesgroup.org.uk
Publicity	Lorraine Kennedy	lorraine@outlook.com
Watford Cycle Hub Appointed Attendee	Fiona Timme	fiona@watfordcyclehub.org.uk
Other Members	David Edmondson Katherine Deaney Philip Gibbs	dme@dme.org kldeaney@hotmail.com philip.gibbs2@gmail.com

Chat from the X Chair

Most of you will know I stood down as Chair of SPOKES at the April AGM after around 16 years in that role. I am pleased that Peter Jackson has taken over as Chair, he will be supported by a strong team of committee members. I hope to continue on the committee supporting others, leading rides and campaigning for safer cycling.

Most of the committee have a defined role but there is normally space for others who are willing to actively contribute to SPOKES activities.

Over the years SPOKES has developed its roles in organising local cycle rides and campaigning for safe good quality cycle routes.

We produce this quarterly Newsletter, which is now partly in colour. It is distributed to all members and other local influential people who are involved in cycling issues. We have developed the website which links to Let's Ride for booking onto rides.

SPOKES is affiliated to Cycling UK, British Cycling and CycleHerts, all organisations involved in campaigning for improved cycling facilities.

SPOKES have supported the Watford Cycle Hub from its inception. We encouraged Watford Council to restart the Cycle Forum. We hope for several improvements in Watford's cycling infrastructure in the near future, including the development of the Green Ring, a circular route around central Watford to which future cycle routes would link.

Recently we have been pleased to see more cycling in Cassiobury Park. I hope the adoption of the Local Walking and Cycling Infrastructure Plan will result in a safe cycling network.

I wish to thank the past and present committee for supporting me and allowing a well organised local friendly club to develop serving local cyclists.

Best wishes for the future – Roger

Chat from the New Chair

Thank you for accepting me in my new role, I look forward to supporting SPOKES to the best of my ability. I move into the seat with SPOKES in very good shape, Roger has played a significant part in achieving this and his award, on behalf of all of us, at the AGM was a well-deserved token of our thanks to him. I have the good fortune of inheriting a full committee to take SPOKES forward and know the continuing Members all work to support us very effectively. I am sure that

will be true of the new Committee Members we were able to welcome at the AGM.

Let's now look forward to a Summer of great cycling whether with SPOKES, family, friends or solo. We know it's good for our health and wellbeing.

Peter Jackson

Read Dara's Story

Dara Godivala, one of our members, has been sharing what he has been up to since he retired and how training children with special educational needs and disabilities to ride a bike led him to develop a method that he believes will work for anyone. Dara is pictured with his daughter. Not sure if the bikes are all his!



www.cyclinguk.org/article/meet-our-members-dara-godivala

Discovery Award

Judith Conlon

A year ago this month the Duke of Edinburgh passed away and a conversation struck up on a walking group regarding how the Duke of Edinburgh Award Scheme had changed people's lives. Others commented they wished they had had the opportunity to do it, when someone replied, you can do an equivalent for the over 50's called the Discovery Award. As I was in the category of 'wish I had had the opportunity to do it' and was soon to retire I looked into it. It has the same quadrants, Service to the Community, an Expedition (you plan yourself and don't have to carry rucksacks!), Hobby/interest and Recreational Pursuit. I thought this would help me 'do' rather than just 'think of doing' these things particularly getting back to group cycling after lockdown, as I was lacking confidence, feeling I wasn't fit enough, fast enough, may hold others back, as had done shorter distances in lockdown. I set myself the goal of doing a 30 mile ride in 3 months. I had previously been cycling with ladies Breeze groups and have resumed these too. We joined SPOKES so that my husband could join in too and have thoroughly enjoyed the rides and the company. I have now completed my bronze! Now to set my target for silver. Anyone interested just apply to Discoveryaward www.discoveryaward.org.uk.

Thank you, Judith, for sharing this with us. We hope you and your husband continue to enjoy riding with SPOKES and that your story will inspire others to consider the Discovery Award scheme.

Pam's Challenge

Pam Mann, President of SPOKES and one of the founder members, is taking on a BIG challenge for her 80th birthday. She and her sister will be cycling from Land's End to John o' Groats in May/June. This is the story from their Just Giving page. The link to the page if you would like to contribute is:

www.justgiving.com/pammannandsuegotley



Pam and Sue's Story:

We decided to cycle from Land's End to John o' Groats as an 80th birthday challenge for Pam. It seemed like a good idea at the time! We will be setting out in May and plan to complete the 1,027 mile ride in three weeks. Let's hope we get the prevailing south-westerly winds and not the north-easterly ones!

We are raising money for the British Heart Foundation, and we'd be very grateful for your support. Last year a very close member of the family had a heart attack out of the blue, even though he is fit and active and displayed no symptoms. We hope that the money we raise will help to fund research that will find out why such heart attacks occur.

The British Heart Foundation has helped halve the number of people dying from heart and circulatory disease in the UK, but sadly everyday hundreds of people

lose their lives. Through your support the British Heart Foundation can develop new treatments and discover new cures. Every pound helps, so please give what you can to help us hit our target. Thank you so much!

Drift Ghost XL Camera Update

Brian Johnson

In the last newsletter I was very enthusiastic in my review of the Drift Ghost XL camera. Unfortunately, I'm now not so enthusiastic. After a few rides when it performed perfectly, it began to crash after about 2½ hours of recording. After many emails and tests, the camera was replaced. The replacement died after 4 hours of recording and CPR failed to revive it. At best the company appears to have manufacturing quality issues. Waiting for a 3rd camera.

SPOKES AGM

The AGM was held on Monday 25 May at Watford Cycle Hub. Thank you to all those who attended. SPOKES are in a very healthy position with Membership up to 191 and the finance position much improved, mainly thanks to our increased Membership and, as a result, subscriptions remain unchanged. Our end of financial year balance was a healthy £3701.02.

We elected a full Committee, thanks to all of those Committee Members who continue in post or who have now joined us. The full list is on the Committee page of this Newsletter and minutes of the meeting will be emailed to all in due course.

The highlight of the evening was the opportunity to express our heartfelt thanks to Roger Bangs who stepped down from the Chair (but remains on the Committee with his ongoing Campaigning role) for 16 years of outstanding



service in that role. At various times in that remarkable 16 years, apart from chairing duties he has passionately, and successfully, campaigned for improvements to our local Cycling Infrastructure, covered many other

committee jobs and led countless rides. We know from Members comments that Roger is rightly held in high regard throughout SPOKES.

Pam Mann, our President and a Founder Member, presented Roger with a token of thanks on behalf of all SPOKES Members. She presented two sets of Coasters with photos on each reflecting Roger's time with SPOKES so far. A well-deserved award.

Cycling Routes From SPOKES

Offering cycle routes to encourage members and non-members onto their bikes, has always been part of SPOKES' mission. First with the Yellow Book and then the Blue Book and, most recently, with the digital Rides For All library, now renamed Routes For All. SPOKES is now inviting its members to share their own routes with the launch of the Members' Routes, a digital route library to complement Routes For All. SPOKES also has a Strava Club. You can sign up with a free subscription and see where other members are riding and download their routes. Strava also provides an excellent means of monitoring how your cycling is improving. Sign up and join the SPOKES Club.

Routes For All

The Routes For All library has 61 routes offering over 1,000 miles of rides ranging from around 3 to 46 miles. Of these 52 have been checked by members. This leaves 9 to be checked. If any of you would like to reccy these routes, please email routes@spokesgroup.org.uk.

These routes include details of refreshment stops and points of interest and are a great way of learning more about the history of the area. If you would like to lead a ride but are stuck for a route, try one from Routes For All.

Featured Routes

With the warmer and drier weather hopefully just around the corner we'll look at two routes, one with off-road sections, that will take you to parts of our area that you may not visit by bike very often.

All Around Herts - Ride 005

A lovely 47 mile ride linking dismantled railways, cycle paths and canal towpaths, with over 35 miles traffic free. With a height to climb of only around 1500' this is a delightful way of getting in the miles whilst enjoying lovely countryside.

Another SPOKES Blue Book ride, this is a great way of spending a full day exploring the area served by SPOKES. You'll visit the Alban Way, the Ayot Greenway, the Nicky Line, the Grand Union Canal and the Ebury Way. There are also plenty of lovely places to eat and points of interest to explore. You will probably be very familiar with one of these but, perhaps, not its history.



Lady Capel's bridge was named after the wife of a Grand Junction Canal Company board member. It was built at the beginning of the 19th century and restored in 2013.

To find this route, select the Rides For All page on the SPOKES's web site, check **VISIT: Ayot Greenway** in the feature list and then click on **show rides**.

Ashridge Estate Ride – Ride 076 – Review By Peter Jackson

On 13 April, 10 of us enjoyed riding this 32-mile route in the Chiltern Hills, the opposite way around to the published route. The reason for reversing it was to



enable a visit to the Chiltern Velo Café at about 22 miles rather than 10. Having said this, Graham Phillips and I checked out the route the week before and, out of a sense of duty to fellow Members, also sampled the very good Bake House

café at Ashridge House (about halfway point). With this and very good alternatives in Albury, there is no shortage of cake or lunch stops on this route.

Hilly? Yes. Challenging? Yes, but a beautiful route and we were rewarded with views, bluebells and the pleasure of a decent work out enabling a guilt free café stop. The Velo café is a true cyclist café and was very busy with significant numbers of cyclists as well as car users and walkers. Due to their policy of all food being fresh cooked and being very busy, there was a bit of a wait for very good food, a worthwhile, sociable wait in my view. They are very aware of the problem and have plans afoot to revamp the kitchen to reduce waiting time. Very friendly atmosphere engendered by staff and fellow customers.

This impressive route was new to me but definitely on my favoured rides list. I now look forward to leading my Summer Programme Caddington ride, also from Routes For All, and new to me but looks very promising.

To find this route, select the Rides For All page on the SPOKES's web site, check **VISIT: Ashridge** in the feature list and then click on **show rides**.



Members' Routes

SPOKES has launched a facility to allow members to submit their routes for inclusion in Members' Routes available on the SPOKES' web site. This complements Routes For All by making more routes available to download. However, the routes aren't being checked other than by the person submitting the ride, so users of the routes will need to take more care in checking the route on the map before they ride it.

If you have a route that you think other members will enjoy riding or are a ride leader and would like others to enjoy the routes you lead, please send the GPX file to routes@spokesgroup.org.uk. If you don't have a GPX file, please provide sufficient information for the route to be followed on a map and it may be possible for the GPX file to be created from this (no promises!). Any information you can provide, such as points of interest, refreshment stops or photos, will be recorded with your route and will help others to enjoy it.

Check out the Members' Routes on the web site and if you have any feedback on how the information is presented or accessed or suggestions for improving the feature, please email routes@spokesgroup.org.uk.

Great SPOKES' Isle of Wight Cycling Weekend

Peter Jackson

At least 18 SPOKES' Members and Guests were cycling on the Isle of Wight on Sunday 1 May. It was the IOW Randonnée day, organised annually by Wayfairers Cycle Touring Club who also offer an Autumn New Forest Randonnée out of Lymington. On the Island, we had a choice of a 100K or 55K route, with plenty of hills, some challenging, to keep us warm on a drizzly day.



On Saturday 6 of us rode to Woking, then train to Portsmouth Harbour and a Seacat Ferry to Ryde. Others travelled by various means but the most challenging trip down was completed by Graham Phillips, who rode over 200 miles that weekend, including the 73 mile Sunday ride. He rode from Bath to stay with his sister in Bournemouth then on Saturday cycled to

Lymington, Ferry to Yarmouth and cycled the full length of the island to join us at our Ryde Hotel. He wimped out on Monday and took the train to London, we don't know why.

10 stayed in a Ryde hotel and 14 of us met up for Dinner on Saturday night, 15 set off together from Ryde to Wootton and the start of the Randonnée on Sunday. By Bembridge we divided into smaller groups so each could enjoy the ride they wanted at their preferred pace. The majority did the 100K, others did the 55K with one Member enjoying the 55K plus detours to enjoy some seaside resorts and views. Everyone had a great time and can be proud of achieving the challenge they were set.



Those who rode from Ryde, according to my Garmin stats, rode 73 miles, climbed 5,588 feet and used up 4,149 calories. The calorie stat is important due to the Hotel breakfast offering! It did drizzle all day on Sunday so sea views were rather hidden in the mist but it was beautiful countryside to ride through with lovely inland views. No one seemed particularly troubled by the

rain, it did not stop us enjoying a great ride.

It was a very sociable weekend and, in my view, felt like a great “club” weekend.

Peter Jackson

SPOKES Rides and Events Programme

Pam Stonebrook – Rides Co-ordinator

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. Rides may be added to the programme after the Newsletter is published, these rides are posted on Facebook and, if there is sufficient time, Lets Ride, SPOKES Web Site and in an email to Members.

Disclaimer: As a participant of a SPOKES' ride, 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 and 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.

What if the Weather is bad? If bad weather is forecast or in other exceptional circumstances, the ride may be cancelled or changed to ensure enjoyment for all riders. Unless the change happens at the very last minute, notice of the change or cancellation will be posted on Lets Ride, SPOKES Web Site and our Facebook page.

Rides Leave on Time! Please turn up at the ride start location 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

Ride Categories on Let's Ride:

- Easy Going. SPOKES Slow Pace rides, up to 15 miles, flat and no busy roads.

- Steady. SPOKES Slow Pace rides over 15 miles with some easy climbing and SPOKES Medium Pace rides which are 30 miles or less with some easy climbing.
- Challenging. Any ride with challenging climbs, any SPOKES Fast Pace ride and Medium Pace rides which are over 30 miles.
- Mountain Bike. Off Road rides on unsurfaced trails.

Tips on Use of Let's Ride: If the ride is full, register on the Waiting List, cancellations happen, even at the last minute. Searching for a full ride on Lets Ride is easiest by following the link in the ride description in "Rides and Events" on the SPOKES web site.

Summer 2022 Programme

Pre-booking on Lets Ride is required for all SPOKES rides.

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, Pam Stonebrook if you are interested in others joining you on your favourite route/s. The SPOKES "Routes for All" collection on our Web Site has great routes you can use.

June

**Wednesday 1st 10.00am The Royal Standard of England
Outside The Cafe in The Park, The Aquadrome,
Frogmoor Lane, Rickmansworth WD31NB**

Out with **Phil**, on road via Mill End, Chorleywood, Chalfont St Giles and Penn for Forty Green. Return via Beaconsfield, Jordans, Chalfont Common, Maple Cross
24 Miles **Medium** Suitable for any bike

**Friday 3rd 10.00am Lazy Llama
Outside Kings Langley Community Library,
The Nap, WD4 8ET**

A road ride with **Katherine** to Bedmond, Potters Crouch, St Albans. Coffee at Lazy Llama, Chiswell Green. Back via Bricket Wood and Leavesden.
19 Miles **Medium** Suitable for any bike

Saturday 4th 9.30am Redbourn Ride
Watford Rugby Club, Radlett Rd, WD24 4LL

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

28 Miles **Medium to Fast** Suitable for any bike

Tuesday 7th 10.00am Chilterns
Outside The Cafe in The Park, The Aquadrome,
Frogmoor Lane, Rickmansworth WD31NB

With **Roger**, into the Chilterns lanes via the Swillet and Latimer to Chipperfield for refreshment. Return via Sarratt to Croxley Green

19 Miles **Medium** Suitable for any bike

Saturday 11th 11.30am Gathering Ride
Cha Cafe Cassiobury Park, Park Avenue WD18 7HY

Out with **Peter** via Croxley Green and Sarratt to the Gathering at Chipperfield Common in the morning. Leave at about 2.30pm to return via Chandlers Cross and Rousebarn Lane (7 miles each way).

14 Miles **Slow** Suitable for any bike

Saturday 11th 11.30am Gathering Ride
Northwood Cycles 118 Pinner Road, Northwood HA6 1BP

Ride with **Carmel**, out via Rickmansworth, Loudwater and Belsize, to the Gathering at Chipperfield Common in the morning. Afternoon return via Bucks Hill. 924 feet of climbing, not challenging.

22 Miles **Medium** Suitable for Hybrid and Road Bikes

Saturday 11th 11.30am Gathering Ride
Hemel sports centre, Heath Lane

Out with **Katherine**, via Nash Mills, Flaunden and Belsize, to the Gathering at Chipperfield Common in the morning. Afternoon return via Felden.

19 Miles **Medium** Suitable for any bike

Saturday 11th 11.00am Gathering Ride
Outside The Cafe in The Park, The Aquadrome,
Frogmoor Lane, Rickmansworth WD31NB

A one-way ride with **Roger**, on tracks and minor roads via Ebury Way and Sarratt Lane to the Chipperfield Common Gathering.

9 Miles **Medium** Suitable for any bike

Saturday 11th 12.30pm SPOKES National Bike Week Gathering
Chipperfield Common, Herts. WD4 9BL

A social Gathering on the Common with a mass photo shoot at 1.30pm and finish about 2.30. A repeat of last year's successful event, but this year we have invited other Cycle Groups to join us, so expect a large number of cyclists to take part. You can bring a picnic or buy from one of the catering establishments next to the common. Book on one of the advertised rides to the gathering or come independently, your choice. If you have questions about the gathering email 2022gathering@spokesgroup.org.uk

Thursday 16th 10.00am Thursday Short Ride
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

Out with **John**, via Two Bridges and Ebury Way to the Aquadrome, then the canal towpath to Springwell Lake, cycle path to Mill End, Springwell Lane to Aquadrome Cafe, return via the Ebury Way to Two Bridges.

12 Miles **Slow** Suitable for any bike.

Wednesday 22nd 9.30am (train tbc) Viking Trail
Watford Junction or Hemel Hempstead Station

A SPOKES day out at the seaside with **Peter**. Train to Euston, ride to St Pancras International, then Train to Ramsgate (group saver tickets). Ride the Viking Trail, a lovely, coastal and country lane route. Lunch break at Minnis Bay and evening meal at Ramsgate Wetherspoon's. The ride is on well surfaced shared use paths and quiet roads. Return by train etc. to arrive back in Herts. about 9.30 pm.

A sociable day, we will go at the pace of the slowest. 1200' of climbing but not challenging. We may have stairs to negotiate with bikes if station lifts are out of order. Initially, a Members only ride but, on 8 June, if not fully booked it will be opened to non-Members. Last year the ride filled up very quickly so **early booking is advised.**

The ride numbers limit is 12, if more than 6 book we will travel down in two groups to avoid being refused using the same train. I will seek a volunteer to guide a group on the journey down, including the short back street ride from Euston to St, Pancras, we will meet up at Ramsgate Station to spend the day together. Coming back, we will try to travel together.

For Viking Trail Web Page search for: Viking Trail Explore Kent
32 Miles **Slow/Medium** Suitable for any bike

Thursday 23rd **9.30am (train tbc)** **London by bike, boat and train**
Watford Junction - Day travel card / Oyster card needed.
Boat trip extra, cheaper through Uber app

With **Katherine**, by train to Euston, then hire Boris bikes to ride along the canal to Olympic Park and down to Limehouse. Bikes docked, then walk through Thames foot tunnel to Cutty Sark, Greenwich. Uber boat from Greenwich to Embankment Pier, tube back to Euston. Riders to bring their own helmets, gloves etc.

12-15 Miles **Slow** Hire bikes only

July

Saturday 2nd **10.00am** **Day ride**
Outside the Harvester, Baldwins Lane, Croxley, WD3 3RX

Cycle with **Roger**, mainly on Chiltern lanes to the Velo Café, Hawridge, for refreshment. Return via Chesham and Sarratt to Croxley Green.

31 Miles **Medium** Suitable for any bike

Saturday 9th **8.30am** **Chalfonts**
Northwood Cycles 118 Pinner Road, Northwood HA6 1BP

Out with **Carmel**, via Rickmansworth, Chorleywood, Little Chalfont, Amersham, Little Missenden, Holmer Green, Winchmore Hill, Chalfont St. Giles, Maple Cross. Back through Rickmansworth and Moor Park. Stopping in Little Missenden or Holmer Green. 2700' of climbing.

31 Miles **Medium** Suitable for Hybrid and Road Bikes

Tuesday 12th **10.00am** **Tuesday Ride**
Outside the Harvester, Baldwins Lane, Croxley, WD3 3RX
Cycle with **Roger** on roads and tracks via Radlett to Shenley for refreshment.
Return via Letchmore Heath.
20 Miles **Medium** Suitable for any bike

Thursday 14th **10.00am** **Lazy Llama**
Outside The Cafe in The Park, The Aquadrome,
Frogmoor Lane, Rickmansworth WD31NB
Ebury Way and Abbey Way with **Phil**, to Lazy Llama and return
18 Miles **Medium** Not skinny tyres

Wednesday 20th **10.00am** **Caddington**
Chipperfield Common, Herts. WD4 9BL
Ride with **Peter**, out via Redbourn and Slip End to Caddington on one of SPOKES
Routes For All, route 41. Return Jockey End and Hemel. Refreshment stop to be
decided. You can download the route via SPOKES Rides For All. 1920' of
climbing, some challenging.
41 Miles **Medium** Suitable for any bike

Thursday 21st **10.00am** **Thursday Short Ride**
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX
Out with **John**, via Two Bridges and Ebury Way to the Aquadrome then the canal
towpath to Springwell Lake, cycle path to Mill End, Springwell Lane to
Aquadrome Cafe, return via the Ebury Way to Two Bridges.
12 Miles **Slow** Suitable for any bike.

Tuesday 26th **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 the Bedmond Rd, through Bedmond and Pimlico. Then dropping
down to Nash Mills, crossing the A41 to join Rucklers Lane, which is a steady
climb (not too challenging) to the Bovingdon Rd, where we turn left for
Chipperfield for a café stop at Blackwells, home through Sarratt to Croxley.
19 Miles **Medium to Fast** Suitable for any bike

Thursday 28th 10.00am Water, Water Everywhere
Canal Fields car park, Berkhamsted HP4 1HR
 Meet by the canal bridge, near train station, free car parking.
 Out with **Katherine**, via Tring to Wilstone and Marsworth, criss-crossing the canal and going past the reservoirs. Back via Aldbury and Dudswell. Coffee at Wilstone or Marsworth
 21 Miles **Medium** Suitable for any bike

August

Saturday 6th 8.30am Velo Cafe Hawridge Common
Northwood Cycles 118 Pinner Road, Northwood HA6 1BP
 A ride with **Carmel** into the Chiltern hills, some challenging. Out via Northwood, Rickmansworth, Chenies, Latimer and Ashley Green to the Chilterns Velo Cafe. Return via Chesham, Chenies, Chorleywood, Rickmansworth and Moor Park. A picturesque route with 1600' of climbing
 36 Miles **Medium** Suitable for Hybrid & Road Bikes

Tuesday 9th 10.00am Tuesday Ride
Outside The Cafe in The Park, The Aquadrome, Frogmoor Lane, Rickmansworth WD31NB
 Cycle with **Roger**, on Tracks and road via Heronsgate to Denham country Park for refreshment, return through Denham Quarry and along the canal path.
 20 Miles **Medium** Suitable for any bike

Thursday 11th 10.00am Bedmond and Nash Mills
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX
 Out with **Phil**, via Rousebarn Lane, Chandlers Cross, Hunton Bridge, Abbots Langley, Bedmond, Nash Mills, Kings Langley, Chipperfield (coffee stop), Sarratt, Croxley Green. 1,200' of climbing.
 22 Miles **Medium** Suitable for any bike

Wednesday 17th 10.00am

Hub to Hub

Watford Cycle Hub, Chaffinch Lane, Watford WD18 9QD

Out with **Peter** via Cassiobury Park and past the Warners Studio to Leavesden Cycle Hub, refreshment stop at YMCA Cafe. Return via Hunton Bridge, Cassiobury Estate and Watford High Street.

14 Miles

Slow

Suitable for any bike

Wednesday 24th 10.00am

Tasty Bean to Rusty Bike

**Outside the Tasty Bean Café, Oxhey Activity Park,
Wiggenhall Road, Watford WD18 OHZ**

Out with **Peter** via Chorleywood, the Chalfonts, Gerrards Cross and Langley to the Rusty Bike Cafe, Fassnidge Park, Uxbridge. Return via Harefield and Northwood. 1731' of climbing, some challenging.

37 Miles

Medium

Suitable for any bike



← Roger's ride to Burnham Beeches attracted a good turnout.

Chris's group enjoy refreshments at Chipperfield



Being A Member of SPOKES

What Do You Get?

Your web site	www.spokesgroup.org.uk/
Rides you can join	www.spokesgroup.org.uk/rides-events/
Routes you can enjoy	www.spokesgroup.org.uk/ridesforall/
Campaigning for Cycling	www.spokesgroup.org.uk/category/appeal/
Members' Routes to ride	www.spokesgroup.org.uk/membersroutes

You will also receive regular details of our cycle rides, social events and other activities in our quarterly Newsletter. You will be helping us to campaign for improved cycling conditions in the Southwest Herts area.

What Can You Do?

Share your routes	Contact routes@spokesgroup.org.uk
Offer to lead rides	Contact rides@spokesgroup.org.uk
Help with campaigning	Contact campaigning@spokesgroup.org.uk
Share news with members	Contact newsletter@spokesgroup.org.uk
Share your rides and news	Post to our Facebook Page www.facebook.com/groups/178161195994290/

You Also Get Members' Discounts

Check with the organisation what they offer discount on

British Cycling*	www.britishcycling.org.uk/clubs/membership	
Chiltern Velo Cafe & Workshop	Hawridge Common, Hawridge, HP5 2UQ 10% discount coffee and tea	01280 416564 www.chilternvelo.co.uk
Cycles UK	484/486 St. Albans Road, Watford, WD24 6QU	01923 243707 www.cyclesuk.com
Cycling UK*	shop.cyclinguk.org/membership/affiliate-membership-myself	
Northwood Cycle Depot	118 Pinner Road, Northwood, HA6 1BP	01923 824174 www.northwoodcycles.com
Ride St Albans	318 Watford Road, Chiswell Green, St Albans AL2 3DP	01727 614778 www.ridestalbans.com
Watford Cycle Hub	Holywell Community Centre, Tolpits Lane, Watford WD18 9QD Parts only	01923 223994 www.watfordcyclehub.org.uk

* Check the features of the discounted membership against the full membership as something you need may be omitted.

Join Spokes

Only £12 per year and £3 for each additional family member at the same address.

To join, please complete the form below and email a scanned copy to the Membership Secretary: membership@spokesgroup.org.uk. This information is kept for membership purposes only. It will not be given to other organisations. Our membership year is from 1 July to 30 June.

First Person: Name	
Address	
Post Code	
Phone Number	
Mobile	
Email	
Second Person: Name	
Mobile	
Email	
Total Subs Due £	
Donation £	
Total £	
Signature	
Date	

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

You will receive your membership information, including a SPOKES Membership Card entitling you to SPOKES' member discounts at the locations shown above. Any queries please contact the Membership Secretary.

Riding with SPOKES



Peter used the Routes For All Gorehambury Estate, ride 048 and enjoyed lovely weather.

He and Graham encountered some obstacles when checking the ride.



On Emma's ride into the Chilterns, the group enjoyed refreshments at Wendover Woods.



Katherine's group on the Alban Way on their way to Stanborough Lakes.

Roger's group enjoy some serious off-riding!





bike registration

advice

social rides

maps

Your One Stop Cycling Shops

training

hire

donation & reconditioning

OPEN NOW - COVID-19 SAFE OPERATIONS



shop



eat



fix

In the Community, for the Community

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



Watford Cycle Hub



Leavesden Cycle Hub