

2022 Winter Newsletter – No. 114



SPOKES' Green Ring Adopted by Watford Borough Council

If you prefer to receive electronic copies of the Newsletter, please contact

membership@spokesgroup.org.uk



On Brian's ride in the Cotswolds, the Old Post Office in Guiting Power is a popular cyclists' stop.

On Peter's reccy for the Oxford Ride, at the Lockup in the Oxfordshire village of Wheatley, built 1834.

On Peter's Day Out To Oxford, the group pause for a puncture break on the Phoenix Trail.



Chris's group pose outside the Rookery Café.

A lovely view of Priory Gardens on Katherine's All Aboard! ride.



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We're celebrating the SPOKES' Green Ring being adopted by Watford Council. It is the **Featured Route** on page 13 and until the Green Ring is fully signposted, you can enjoy it by downloading the route from the **SPOKES Routes For All library**. A number of SPOKES' Routes For All feature in the Ride Programme. If you haven't looked at the routes available on the web site, then check them out.

Hopefully, this newsletter has something interesting, possibly inspiring, and maybe educational. If you have something other members will benefit from you sharing with them, please email newsletter@spokesgroup.org.uk – areas you enjoy cycling in, challenges you've participated in, interesting routes, skills and equipment you recommend.



Your Resources

SPOKES WEBSITE

SPOKESGROUP.ORG.UK

RIDES and EVENTS

Join one of our community rides and support our events

ROUTES FOR ALL

Use one of our fully checked out self-guided routes

MEMBERS' ROUTES

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

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 | chair@spokesgroup.org.uk |
| Treasurer | Pam Mann | treasurer@spokesgroup.org.uk |
| Campaigning | Roger Bangs | 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 | publicity@spokesgroup.org.uk |
| Watford Cycle Hub Appointed Attendee | Fiona Timme | office@watfordcyclehub.org.uk |
| Other Members | David Edmondson Katherine Deaney Philip Gibbs | dme@dme.org kldeaney@hotmail.com philip.gibbs2@gmail.com |

Imagine a World Without SPOKES



DON'T LET IT HAPPEN

WE URGENTLY NEED YOUR HELP

**We need a volunteer to take over from Heather
as Membership Secretary.**

It won't take a lot of your time but it is a key role in keeping the group going.
You'll enrol new members, maintain an Excel Membership List, and manage the
annual renewal process.

Contact Peter at chair@spokesgroup.org.uk

Chat from the Chair

Peter Jackson

SPOKES has enjoyed a successful Autumn and, in this Newsletter, you will find reports on some of those successes including Watford Borough Council agreeing to adopt the proposed Green Ring. Congratulations to Roger who had the original idea and has brought Councillors on board. We had a very good session at the September Watford Cycle Forum, with the Watford Green Ring and our plans for Bike Week 2023 being enthusiastically received.

The handover of rides coordination to Pam, with Graham setting up the Web Site Posts has gone well. The full Autumn programme has included the first SPOKES rides led by Paul and news that other Members are seriously considering offering rides. Thank you to Pam, Graham and all the Ride Leaders for a great programme. As always of course, we would love more Members offering rides to ensure a continuing programme with something for everyone.

Due to personal commitments, Clive has temporarily stepped down from his official Campaigning role, but will continue with his interest in Campaigning and to support SPOKES in our work, wherever he is able. He hopes, at a future date, to be in a position to return to the role.

Campaigning will continue to be led by Roger with the ongoing support of Members. Volunteers are always welcome and needed, but particularly vital is a replacement for Heather as Membership Secretary in 2023.

After a hot dry summer and changeable Autumn, we can now look forward to our Winter bike rides with minimal vegetation to block the views! Enjoy your cycling.

Campaigning News

Roger Bangs

Several SPOKES members attended the “Watford Cycling Forum” on 15 September. It was an interesting evening, as Watford Council were keen to present information on the latest ideas for improving the local cycling infrastructure.

In recent years SPOKES has been promoting the idea of a Green Ring in Watford. We believe the council is now on board with promoting this circular route around the town centre – see the Website for more details. Together, we now need to develop a timetable for promoting the Green Ring to the public by

physically signing and marking the route with a logo and issuing a promotional leaflet.

Watford Council and Hertfordshire Highways have been developing plans for improving the route, making it safer, complying with current guidance. You may already have seen some resurfaced paths and the improved crossing of Wiggenhall Road.

Other improvements on the Green Ring are being considered for St John's Road and Queens Road, as well as the shared path from Water Lane to the Lower High Street. Major developments are taking place on the link between the Ebury Way and Ascot Road. Hopefully this will result in a direct cycle route, particularly at the crossing of Ascot Road near Morrisons.

Two other improvements being considered in Watford are:

1. Redesign of the junction of Radlett Road and Bushey Mill Lane affecting the NCR6/61. Crossing Bushey Mill Lane is clumsy and dangerous for pedestrians and cyclists and needs a clearly defined crossing.
2. A design is being developed for cycling along the Hempstead Road. This is a proposal on which I have concerns, as it will be expensive and may not give the benefits needed. There is a need for a cycling route from the Town Hall to the subway at the Hunton Bridge roundabout (A41). This is a long-standing issue, which resulted in an acceptable parallel route along Cassiobury Drive leading to Grove Mill Lane. What is now needed is a safe cycling route from Grove Mill lane to the subway at the Hunton Bridge roundabout.

For the latest SPOKES' information on proposed changes in Watford take a look at our website on the Campaigning section.

In February next year Hertfordshire County Council (HCC) are hoping to hold a county wide half day Cycling Forum, probably at Hatfield, which should assist in developing proposals for future cycling in the county. If you are interested in attending this event, please contact me at campaigning@spokesgroup.org.uk

Have you ever cycled along a road thinking the space for cycling is too narrow? If so look at the "Widen my Path" website where you can record your suggestions for improvement.

SPOKES Day Out To Oxford

Peter Jackson

On 14 September, 12 SPOKES' Members enjoyed a Cycle Ride to Oxford. After a hilly start through the Chilterns, the route included the excellent Phoenix Trail from Princes Risborough to Thame. Back to Gerrards Cross by train. A 47-mile ride for those who rode from Gerrards Cross and a 72-mile plus day for those riding from Watford via Gerrards Cross. A great day with some even managing to enjoy a Punt Trip in Oxford.



The train journey back to Gerrards Cross was less satisfactory. No ticket office open and no option to buy Group Saver Tickets at the machines, which increased our costs. Then the change of train at High Wycombe was hampered by the need to use staircases to change platforms, resulting in a missed connection. Then we had to lug our bikes back to the platform we started at, as the next train to Gerrards Cross ran from there. Never mind, all got home safely, having enjoyed the day.

Watford Green Week Sunday Market

On Sunday 6 November, SPOKES had a stall at a Special Sunday Market in Watford High Street. Many thanks to Brendan Conlon, Roger Bangs, Diana Ivory, Nigel Pollard, Phil Gibbs and John O'Connor for staffing our stall. A wet day but successful in terms of some very useful networking, reinforcing current contacts and finding new contacts able to support and assist us with our aims to gain improvement of our local Cycling Infrastructure and raise the profile of SPOKES.

The stall was fully staffed, but thanks also to Chris Payne and Dara Godivala for volunteering. It was good to have so many volunteers that I had the luxury of reserves.

A few serious enquiries which may result in new Members, but we think the weather rather reduced the numbers coming onto the stand. The organiser, Friends of The Earth, has plans for a repeat next year but at an earlier date, which was lost this year due to the impact of the mourning period for the Queen. This and other changes should result in an even better opportunity next year.

Planning a Cycling Tour

Brian Johnson

There was a great article from Rob in the Autumn newsletter describing his St Raphael to St Malo ride. Some of you may want to do something like this, but are wondering how to start. I'm planning a trip to the Cotswolds with some friends for two days of cycling and you can join me on the journey as I prepare for this.

The first stage is deciding how long and whether you are staying in one location or staying somewhere different each night. My cycling trips have ranged from two days to two weeks. Some have been on recognised routes, such as Hadrian's Cycleway, Dartmoor Way, and the Caledonian Way. However, in most cases, I decide on an area and plan my own routes. For this Cotswold trip we're just going for the two days, and we will stay in one location and ride out from there each day. Obviously if you are moving on each day, as Rob did, then you'll need panniers or racks on your bike, and you'll be carrying your belongings with you. Taking everything with you is like backpacking, you're self-contained. It's very enjoyable and allows a more varied route than riding from a single location.

I now decide where to stay. I prefer travelling by train and there is something liberating about leaving the house on my bike, with full panniers, and riding to Watford Junction for the start of an adventure. Moreton-in-Marsh has a station but the routing from Watford is very convoluted, so I'll probably drive. So, my location isn't constrained by the need for rail access. It has to be somewhere large enough to have a range of places to eat and places to stay.

I use RidewithGPS (RWGPS ridewithgps.com) for my route planning. It is by far the best planning website I've used, and the free option is sufficient for most purposes. It's possible to show a heatmap based on where I have ridden. As this will be our third cycling trip to the Cotswolds, the heatmap shows where I have ridden before, which helps me find new places to see. There is also a heatmap option to show the most popular routes, which can be useful. I use Satellite and Open Cycle Route views in RWGPS to find a large area of countryside with sufficient small lanes for 35-45 mile rides that won't involve busy roads. I decide on Burford as the base and check out availability. The Golden Pheasant has rooms, a shed we can leave our bikes in overnight and parking. Perfect.



Some of the lovely Cotswold Stone houses in Burford

Start and accommodation arranged. Now for some routes. NCN57 passes through Burford so I start by following that into the Cotswolds. As I extend the route, I use the Streetview option in RWGPS to check the scenic value of where I'm thinking of riding. I also keep an eye on the height profile. If there is

a steep descent and ascent, I'll check if I can cross the valley at an easier point. Cotswold villages are lovely, so I detour through villages close to the route. I keep an eye on the distance and the likely return route and adjust the route to avoid it getting too long or overlapping. Where it must cross a major road, I prefer turning left and right to cross the road and avoid having to wait for both directions to be clear. Another technique I use for a circular route is to have the best part of the ride later in the day. It helps keep riders motivated if they are starting to tire. I end up with 47 miles and 3300' of ascent. After the route is completed, I consider whether the ascents are less steep following the route in the opposite direction. RWGPS has a feature to reverse a route so it's easy to do.

Now to find refreshment stops. Two useful sources are <https://cafes.cyclingmaps.net/> and google maps. With google maps I have to zoom in as some pubs and cafes only appear at a high zoom level. I check possible pub stops to ensure they offer sandwiches or lite bites as a full meal is more than we can cope with for lunch. I plan for a lunch stop and mid-morning and mid-afternoon breaks. Better to have too many possible stops in case mechanical problems cause delays, so I try to find a number of possible stopping places. I check them all to ensure they are still open and open on the days and at the time we'll be there. The final refinement to the route is to include these possible refreshment stops.

I plan two routes for our break. After riding these routes I'd recommend two previous routes we've ridden from Morton-in-Marsh as a less challenging introduction to the Cotswolds and more scenic. All four routes are available in the Members' Routes library, where you can view the route and download the

GPX files. Click on Members' Routes on SPOKES' website and click on the icon



against 'Over 40 Miles' under location 'Other'.

It is also worth searching the internet for routes in an area you are interested in visiting, as there are likely to be existing routes available. These often provide a good starting route and can be imported into

RWGPS and then customised for the distance you want to ride. Happy touring.

Touring Ideas for 2023

Our Spring 2023 newsletter will have some information to give you some touring ideas for the year. There will be an article on the Hadrian's Cycleway, together with suggestions for extending this to include exploring Hadrian's Wall and the forts. Pam and Graham have both completed the Land's End to John O'Groats ride this year but in different ways. They will be providing some information that may inspire you to give it a go.



SPOKES Netherlands Cycling Holiday - July 2023

Peter Jackson

I have booked 6 twin bedded rooms (Booking.com so cancellation/amendment without cost up until the end of June) in De Doelen Hotel, Leiden. 5 Nights, room only, € 265.00 per person. Harwich to Hook of Holland return cost assuming 3 per shared cabin is about £105 per head (including bike) at present but will no doubt be more by the time we book.

The plan is to sleep overnight on the Harwich Ferry to the Hook on Saturday 1 July, returning Friday night 7 July. I will be offering a led ride to and from Harwich for those who want it, otherwise car or train options. We will ride direct from the Hook to Leiden on Sunday and return to the Hook via Delft on Friday.

Four planned rides will include Gouda (on Cheese Market day), Amsterdam and a lovely lakes ride.

Approximately 40 miles each day, medium pace. No hills and excellent cycling infrastructure.

Full details including booking arrangements (end of March booking deadline) will be in the Spring Newsletter, but if you are interested, please reserve the date in your diary so that you can book as early in March as possible and I can book the ferry.



SPOKES 2023 Bike Week Events

Good progress has been made with S W Herts plans for local celebrations of Bike Week. The Bike Week dates have not yet been announced, but probably 3 to 10 June. We have had to fix the date of the first event, in Three Rivers, hoping that coincides with Bike Week.



On Saturday 3 June, SPOKES will be participating in an event based on Woodoaks Farm Maple Cross. Liam (Willesden CTC and SPOKES Member) will be running his annual Tour De Ricky rides from there. During the day SPOKES will have a stand at the farm and will be running led rides, which incorporate a visit to the farm or start or finish at the Farm. Other

organisations are being invited to take part, so it is a big Cycling Event in Three Rivers.

On the second Saturday of Bike Week, we will organise a Cycle Gathering in Watford, but it will be part of a much larger event with a mass ride and various Groups, including disabled Cycling Groups, participating in a big celebration of Cycling and Cycling related opportunities. At both events, there will be something on offer for all ages and cycling abilities.

SPOKES Routes For All

The Routes For All collection has 61 routes, offering over 1,000 miles of rides ranging from around 3 to 46 miles. From the SPOKES website you can see a map of each route, download the GPX file, download narrative route instructions and see details of points of interest and refreshment stops. Everything you need to enjoy your bike ride. Check out www.spokesgroup.org.uk/routesforall/. There are 4 routes still to be checked. If you would like to reccy any of these routes or if you have a favourite route that you would like to see in the library, please email routes@spokesgroup.org.uk.

If you are a ride leader or would like to lead a ride but are stuck for a route, try one from Routes For All. There are several in the Autumn Rides Programme.

Featured Route

Following the adoption by Watford Council of SPOKES' suggestion for a Green Route, it is fitting that this should be the featured route for this edition.



See how green Watford is on this mostly traffic free, 7-mile ride. Gentle gradients, taking in off-road sections, including canal towpaths, and around 1 mile of quiet roads. Hopefully the Green Ring will make cycling and walking a first choice for journeys, where previously a car would have been used. It links Croxley Business Park, Cassiobury Park, Town Hall and Library, Watford shopping centre,

Watford Junction, Waterfields Recreation Ground, Watford High Street Station, Tesco and nearby retail parks, Oxhey Activity Park, Watford General Hospital and Ebury Way.

To find this route, select the Rides For All page on the SPOKES' website, check START: Watford Cycle Hub in the feature list and then click on show rides. Scroll through the rides and select Ride 014 Watford Green Ring.

SPOKES Members' Routes

There have been new routes added to Members' Routes and there are currently 24 available. From the website you can see a map of the route and download the GPX file. Check out www.spokesgroup.org.uk/membersroutes.

If you have a favourite route that others will enjoy, then please send the GPX for the route or sufficient description to allow a GPX to be created to routes@spokesgroup.org.uk. Any additional information that will be helpful to other riders, such as points of interest and refreshment stops, will be welcome.

Featured Route

As the days draw in, for this issue we look at a 23-mile ride around local lanes, woods and canal towpath. It starts from Chipperfield, but it passes through Rickmansworth, Croxley and Cassiobury Park and can be joined at any point on the route. It passes through quiet lanes with lovely scenery and local villages. There are a number of refreshments stops available, including pubs – Two Brewers and Windmill in Chipperfield, Plough in Belsize, Dumb Bell in Shire Lane, Oaks in West Hyde, Coy Carp next to the canal - and cafés – Blackwells in Chipperfield and the Café in the Park in the Aquadrome. The route includes the Chipperfield Common and you pass the Chiltern Open Air Museum. There is one steep hill, Stoney Lane just after Latimer, but it can be walked. A great short route for the shorter days.

Check out the route in Members' Routes on the SPOKES' website. You'll find it by clicking the SPOKES icon under the start location 'Dacorum' against the distance '20-30 miles'.

SPOKES Autumn Rides and Events Programme

Pam Stonebrook – Rides Co-ordinator

Pre-booking on Let's Ride is required for all 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. Rides may be added to the programme after the Newsletter is published, these rides are posted on Facebook and, if there is sufficient time, Let's Ride, SPOKES website 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.

The type of bike shown for each ride is advice only.

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 Let's Ride, SPOKES website 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 Let's Ride is easiest by following the link in the ride description in "Rides and Events" on the SPOKES website.

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 and Members' Routes collections on our website have great routes you can use.

This is the programme at the time the newsletter is published. Additional rides will be announced during the quarter. These are publicised on the SPOKES Facebook Group and are available on the SPOKES' Let's Ride Group and website.

December 2022

Sun 4 10.00 am Berkhamsted thru Pitstone, Tring and Buckland Common.

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

Ride with **Pam** from Berkhamsted, through Aldbury, Tring and Buckland Common, Cholesbury and back to Berkhamsted for Coffee.

20 Miles Medium Any Bike

**Mon 5 19.30 am Social/Campaign Meeting
Red House, Croxley Green, WD3 3TW.**

Join **Roger** for a Social evening to discuss local issues including the Green Ring, Hempstead Road and the junction of Radlett Road and Bushey Mill Lane. See SPOKES website for more details.

**Wed 7 10.00 am Bedmond (SPOKES Routes For All Route 033)
Watford Town Hall/ Library Hempstead Road, Watford, WD17 3EU**

Join **Peter** riding out via Cassiobury Park and Leavesden to Bedmond, back via Abbots Langley and refreshment stop at Bean Here Café, Hunton Bridge. Return via Cassiobury Estate.

13 Miles Slow Any Bike

**Fri 9 10.00 am Circular Ride
Hemel Hempstead Leisure Centre, HP1 1JS**

Join **Katherine** in a circular route predominantly on tarmac surfaces to Flourish Bakery cafe. Out via Bedmond, Leavesden, Garston and back via Hunton Bridge and Kings Langley. One steep hill to Bedmond.

18 Miles Medium Any Bike. Skinny tyre bikes possible, but a few short stretches of track may be muddy!

December 2022

Tue 13 **10.00 am** **Tuesday Ride**
Rickmansworth Aquadrome, WD3 1NB

Cycle with **Roger** on road though the Swillet and Flaunden to the cafe at Chipperfield. Return via Sarrett to Croxley Green.

20 Miles Medium Road Bike

Thu 15 **10:00 am** **Wendover (SPOKES Routes For All Route 056)**
Blackwells, The Common, Chipperfield, WD4 9BS

Join **Phil** on this 33-mile challenging ride into the Chilterns on a road route to Wendover Woods. Stop for refreshments at Wendover Woods cafe.

33 Miles Medium Any Bike

Wed 21 **10.00 am** **Chipperfield Loop**
Outside the Tasty Bean Café, Oxhey Activity Park, Wiggshall
Road, WD18 OHZ

Join **Peter** going out via Ebury Way, Rickmansworth, Chorleywood and Belsize to Chipperfield, Blackwells Cafe. Return via Kings Langley, Cassiobury Estate and Eastern section of Watford Green Ring. 1,000 ft of climbing, some challenging.

22 Miles. Medium No Skinny tyres.

Sat 24 **09.30 am** **Redbourn Ride** **NOTE EARLY START TIME**
Watford Rugby Club, Radlett Rd, WD24 4LL

Join **Chris** riding out through Bricket Wood, Potters Crouch, on to Hemel, where depending on conditions we either use the Nickey Line (disused unpaved railway line) or road to Redbourn Cycle Hub for a cuppa. Back the direct route through St Albans, maybe stopping at the Redbournbury Watermill where bread is made and sold, so maybe bring a rucksack! The wearing of Santa Clause outfits is encouraged.



25 Miles Medium No Skinny tyres

January 2023

Wed 11 10.00 am London Ride
Outside the Tasty Bean Café, Oxhey Activity Park,
Wiggenhall Road, Watford WD18 OHZ

Ride with **Peter** on SPOKES Routes For All Ride 039. Not all the way to London but a pleasant excursion on quiet streets and lanes you never knew existed. Out via Aldenham and Elstree to Edgware. Possible refreshment stop at Cafe in Edgwarebury Park, otherwise in a Stanmore cafe. Then back to start via Bushey. NB: only listed as "Challenging" because we climb Dennis Lane on the way back, otherwise "Steady".

18 Miles Medium Any Bike

Thu 19 10:00am Chess Valley
The Cafe in the Park, Rickmansworth Aquadrome, WD3 1NB

Ride with **Phil** along country roads. Chandlers Cross, Belsize, Flaunden, Chenies, stop at Van Hage Garden Centre, Latimer, Flaunden (Green Dragon), Sarratt, Loudwater. includes Chenies hill and Green Dragon hill. 1,200 ft climb.

22 miles Medium Any Bike

Thu 26 10.00 am Water, water everywhere
Canal Fields car park, Broadwater, Berkhamsted, HP4 2AL.

Ride with **Katherine** in a circular road ride around Tring for coffee at Meads Farm, Wilstone. Back via Dudswell and Northchurch.

21 miles Medium Any Bike

Tue 31 9.30 am 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 to Apsley for a breather before the climb up Featherbed Lane, over the A41 dual carriageway, on to Chipperfield, where we stop at Blackwell's Cafe. Home through Sarratt to Croxley for the final leg.

20 miles Medium Any Bike

February 2023

Thu 2 10.00 am 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 Any Bike

Sun 5 10.00 am Circular Ride

Canal Fields car park, Broadwater, Berkhamsted, HP4 2AL.

Ride with **Pam** in a circular Ride from Berkhamsted to Chesham and back through The Lee to Berkhamsted.

20 miles Medium Any Bike

Tue 7 10:00 am Tuesday ride

Harvester, WD3 3RX

Cycle with **Roger** mainly on lanes via Drop Lane to the cafe at Shenley. Return via Letchmore Heath and Wall Hall.

20 miles Medium Road Bike

Fri 10 10:00 am Awesome Ashridge

Hemel Hempstead Leisure Centre, HP1 1JS.

Circular route all on roads to the Bakehouse café at Ashridge House with **Katherine**. Out through Gadebridge, Potten End, Frithsden to the cafe in Ashridge House (bike lock required). Back through Little Heath and Bourne End.

14 miles Slow-medium Any Bike

Tue 14 10:00 am Shenley Park

Watford Rugby Club, Radlett Road, WD24 4LL

Join **Graham** for a slow, lazy ride to the Orchard Café at Shenley Park

12 miles Slow Any Bike

February 2023

Thu 16 10:00 am Bedmond and Nash Mills.

Harvester, Baldwins Lane, Croxley Green, WD3 3RX

Out with **Phil** via Rousebarn Lane (unless muddy), Chandlers Cross, Hunton Bridge, Abbots Langley, Bedmond, Nash Mills, Kings Langley, Chipperfield (coffee stop), Sarratt, Croxley Green. 1,200 ft climb.

22 miles Medium Any Bike

Wed 22 10.00 am Brookmans Park (SPOKES Routes For All Route 073)

Watford Rugby Club, Radlett Rd, Watford, WD24 4JL

Join **Peter** and explore some lovely countryside and villages to the east of Watford on roads and bridlepaths. Out via Radlett and Shenley to Crews Hill. Probable refreshment stop at the Two Brewers Northaw. Return via London Colney and Bricket Wood.

41 miles Medium Any Bike

Thu 23 10.00 am Thursday short ride

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

Out with **John** going via Two Bridges and Ebury Way to the Aquadrome, then the canal tow path to Springwell lake, cycle path to Mill End, to Creative Juices Brewing Co, Springwell Lane, return via the Ebury Way to Two Bridges.

12 miles Slow Any Bike

Join SPOKES

Membership costs just £12 per year and £3 for each additional family member. You can complete the application on-line on our website. Go to: www.spokesgroup.org.uk and click on the JOIN SPOKES tab.



Being A Member of SPOKES

What Do You Get?

| | |
|--------------------------------|--|
| Your website | www.spokesgroup.org.uk/ |
| Rides you can join | www.spokesgroup.org.uk/rides-events/ |
| Routes you can enjoy | www.spokesgroup.org.uk/routesforall/ |
| 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 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

Generally, 10% off parts but check with the organisation what they offer discount on.

| | | |
|--|--|--|
| British Cycling* | www.britishcycling.org.uk/clubs/membership | |
| Chiltern Velo Cafe and 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.



Kathryn's group meet up with Eric Morecombe.



Peter leads a group on the Routes For All route 074 to Hatfield. Here pictured on the Alban Way.



Kevin has a good turnout on his ride to the Chiltern Velo.

Congratulations to Philip on completing the London to Brighton in support of the Paul Strickland Scanner Centre.



The SPOKES' volunteers clearing part of the route of the Watford Green Ring proudly stand in front of their handiwork.





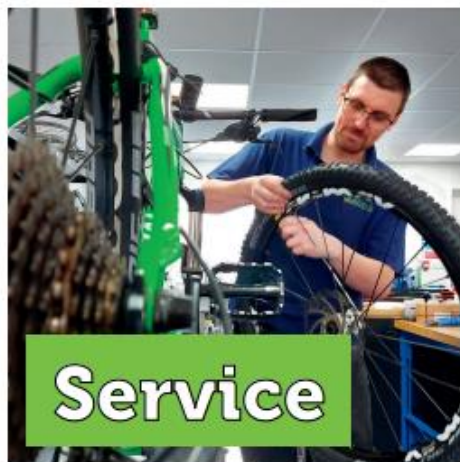
Watford **Cycle Hub**



 Leavesden **Cycle Hub**



In the community, for the community



To find out more, visit:
watfordcyclehub.org.uk
leavesdencyclehub.org.uk

