

2023 Spring Newsletter – No. 115



BUMPER EDITION - In this issue
Land's End to John o'Groats - Hadrian's Cycleway



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membership@spokesgroup.org.uk



Grand scenery on Graham's Land's End to John o'Groat's ride

Brian at the highest point on Hadrian's Cycleway



Pam and Sue on LEJOG. Sue looking relaxed on her e-bike!



Katherine's Water Water Everywhere ride was almost Ice Ice Everywhere. The group are next to the melting pond in Aldbury.



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For the benefit of those who receive a paper copy of the newsletter, we've added QR codes. You can now easily explore the web sites associated with the newsletter content as you read it.



Chat from the Chair

Peter Jackson

Our Winter led-ride programme has gone well, with minimal weather-related cancellations. Thank you to all involved. On the Campaigning front, Roger has made new contacts with Croxley Green Parish Councillors who have shown an interest in improvements to the Cycling infrastructure in their parish. Our Membership numbers are healthy, finances in good order and a significant number of Members join our rides.

On the 27th of April we have our AGM. This year there is the added attraction of a fun quiz to take part in. Please do try to join us and if you have any resolutions or wish to stand for a place on our Committee, please email me in advance if possible.

We are in the process of some Committee changes. Clive's resignation from Campaigning, and Heather's intention to step down as Membership Secretary have been previously announced. David Edmondson, who stepped down as Web Master last year but continued to support us as a Committee Member, will be standing down at the AGM. Thanks to all of them for years of much appreciated service. We are delighted to welcome Graham Phillips, who took over as Web Master after the last AGM, Nigel Pollard, who will take over as Membership Secretary at the AGM, and John O'Connor as SPOKES Secretary.

We are planning a very full Spring Programme, including events in George V Park, West Watford and Woodoaks Farm, Maple Cross, and then a Netherlands Cycling Holiday in the Summer. To support the Woodoaks Farm event in Three Rivers, this Newsletter's featured routes for Routes For All and Members' Routes, start in Rickmansworth. There are also articles from our members on cycling from Land's End to John O'Groats and Hadrian's Cycleway, which we hope will encourage some of you to try these routes. It would be great if we could get your stories of rides and other cycling related matters from more Members for future editions. The Rides and Events programme for this Spring looks great. Well done and thank you to all the Ride Leaders and to Pam and Graham for putting the programme together.

We've introduced QR codes alongside web links in this newsletter. Hopefully this will help if you are reading the paper copy, as you will be able to access the web sites from your phone as you read the articles.

Finally, Graham, our Web Master, is looking for help to refresh the SPOKES' web site. Please let him know, webmaster@spokesgroup.org.uk, if you can help.

Campaigning News

Roger Bangs

Feedback on all campaigning issues raised is welcome. Please send your comments or ideas to campaigning@spokesgroup.org.uk.

This year we hope to see progress with Watford Council introducing the Green Ring to local people. We hope it will be publicised in local media; the route will be signposted, possibly with a logo, and maps produced, showing the Green Ring with its many access points.

Other local issues on which we hope to be consulted by Hertfordshire Highways are the revised junction of Bushey Mill Lane with Radlett Road, and a safe cycling route along the Hempstead Road approaching Hunton Bridge.

Croxley Green and Area

I was recently invited by local councillors to discuss cycling issues in and around Croxley Green. Some of the issues discussed were:

- Redesignation of the path on Croxley Common Moor to formally allow cycling.
- Potholes on the roads.
- Local barriers to cycling.
- Extension of the Beryl Bikes scheme in Watford to Croxley Green/Three Rivers.
- Maintenance of cycle and walking paths.

We have shared views on what should be done on all the above issues.

It was recognised that effective liaison is required with the Highways Authority, landowners and District Councils.

I support the recently created hard path over Croxley Moor becoming a cycle route, as it would be a useful link between Croxley Green and The Ebury Way, whilst serving those working at the Business Park and recreational cyclists.

Two routes in Croxley Green that could be improved for safer cycling are:

1. Continuing of the shared paths from Two Bridges along Baldwins Lane to Croxley Danes School.
2. At the Green, where the long narrow road is straight with fast traffic, consider making the footway into a shared use path by doubling its width or providing a fully segregated cycling track. There is plenty of room to do this.

Closing Rickmansworth High Street to traffic was also discussed. I would not want to see vehicle traffic reintroduced in the working day and I believe a clearly defined cycle lane should be provided allowing safe cycling without conflict with pedestrians.

Widen My Path

Have you looked at the [Widen my Path](#) website? You can record your suggestions for improvement and see what others have proposed. The Highways Authority does take note of the issues recorded on this website.



Ebury Way

In November, SPOKES' members cleared vegetation and rubbish on the Ebury Way (NCR6) at the Rickmansworth end. Part of the route had become dark and dangerous due to the recently built tall building and overhanging trees. Tree routes have lifted the surface, making it hazardous for cyclists and less able people.

This part of the Ebury Way needs to have its surface raised, or the route should be diverted to the other side of the trees. This issue was first raised over three years ago with TRDC, who gave planning permission for the adjacent development.



Watford Cycling Forum

Following the last Watford Cycling Forum, SPOKES have made the following comments on the issues identified.

Issues have been given a priority rating of High-H; Medium –M; Low-L:

1. **Albert Road and Ring Road Crossing – L Priority.**

Support making this area into high quality pedestrian and cycling area and improving the Beechen Grove-Ring Road crossing – L Priority.

2. **St. Johns Road and Orphanage Road Junction.**

Support the provision of a two-way cycle lane on the south side adjacent to the Footway – **H Priority.**

Rearrange Orphanage Road junction – **L Priority.**

3. **Water Lane Crossing.**

Support making the crossing wider and clearly identified – **M Priority.**

4. **Water Lane to Lower High Street shared use path.**

Support tidying up and suggested improvements at Lower High Street.

Do not support changes to the triangle at the rear of Tesco.

Needs a smooth surface, but no need for it to be coloured. Should have shared use markings on the surface - **L Priority**.

5. **Dalton Way and Thomas Sawyer Way Crossing.**

Support proposals to bypass all Telecom's Cabinets with wider shared use path.

Support making the two road crossings wider with better sight lines and wider waiting spaces – **H Priority**.

6. **Ascot Road - A Developing area.**

Changing the junction by Morrison's should be a **high priority** as it is confusing and dangerous.

We have concerns about how the existing contraflow route will be replaced.

7. **Hempstead Road.**

Recognised as a **high priority**, but **do not support** the broad proposals.

Priority should be given to providing a two-way cycle path on the west side from the A41 subway to Grove Mill Lane, then minor improvements to the existing parallel route to the Town Hall. We **do not support** the proposed use of the parallel service road forcing cyclists, to cross the Hempstead Road twice.

A two-way cycle track along the whole of Hempstead Road would be good but not a high priority or best use of money.

8. **Radlett Road-Bushey Mill Lane Junction.**

Support this proposal. The existing junction is confusing for cyclists and pedestrians - **H Priority**.

News From Welwyn Garden City Town Centre

From: Adam Edwards - Welwyn Hatfield Cycling Campaign



The new Bridge Road cycle path in Welwyn Garden City (WGC) is open to use. This is a significant improvement for people who cycle, as for the first time there is an off-road cycle path to the town centre shops and rail station. The photo shows the new cycle path at the pedestrian crossing to Waitrose showing cycle traffic lights.

Campaigning Volunteers Wanted

Help make cycling safer. Contact
Roger at

campaigning@spokesgroup.org.uk

The new cycle path has been funded by the UK Government Active Travel fund along with a number of other projects across the county.

At its east end, the new cycle path connects with the older north-south off-road cycle path along Broadwater Road and Bessemer Road.

VOLUNTEERING OPPORTUNITIES AT SPOKES

SPOKES wouldn't exist without Volunteers. Will you Volunteer? Get involved and help SPOKES make an impact on local cycling. We need volunteers for the following roles:

Ride Leaders

Do you enjoy cycling in company? Do you have routes you enjoy, and would like to invite other cyclists to join? Why not lead rides on our Rides programme?

You don't need any qualifications and if you don't have a route you can use "Routes For All" and "Members' Routes" on our website to find one. Contact Pam at rides@spokesgroup.org.uk for more information or simply ask our Ride Leaders when out on a ride.

Bike Shop and Café Ambassadors

Do you regularly visit a café or bike shop? SPOKES needs volunteers to 'adopt' bike shops and cafés and keep them up to date with SPOKES publicity material.

Contact Peter at chair@spokesgroup.org.uk.

Web Site Designers and Developers

The SPOKES website is being revamped to give it a new, fresher look and feel, and to make it easier to use and to find information. It will use the same hardware platform and WordPress software.

Do you have any expertise in web design and would be willing to assist with help and advice? You will not be expected to carry out the design work but offer guidance to the current webmaster, Graham Phillips.

Contact Graham at webmaster@spokesgroup.org.uk

Campaigning Team

If you are interested in encouraging our local authorities to improve and provide safer cycling routes, or if you have a particular concern about safe cycling locally, please contact Roger at campaigning@spokesgroup.org.uk

VOLUNTEERING OPPORTUNITIES AT SPOKES

Vice Chairperson

This is more about future proofing the Chairperson role. I have found my time working alongside Roger and fellow Committee Members, as Vice Chairperson and Rides Coordinator, has helped me in taking on the Chairperson role. I am not intending to be a short-term Chairperson but who can foresee the future, so if you are interested give me a call, Peter Jackson, on 07715 107957, email chair@spokesgroup.org.uk or chat to me whenever we meet.

Land's End to John o'Groats (LEJOG)

We've two great articles on different ways of tackling LEJOG. Pam planned and arranged her own route whilst Graham used an organisation that arranged the accommodation, supplied the GPX files and provided a support van. You decide.

There is no single LEJOG route. A variety of off-the-shelf routes can be downloaded from the internet, some free, some requiring payment. You need to find the mix of distance, hills and scenery that is right for you based on reviews and the profile of the options available. Hopefully these articles will motivate some of you to look further into this challenging but fantastic route.

Pam Mann

I had long had the ambition to cycle from Land's End to John o'Groats and, as I was celebrating my 80th birthday in 2022, it seemed like an ideal challenge to undertake. My sister, Sue, with whom I have undertaken many cycle tours in Europe, was up for the challenge and so we set about planning what would be our longest and toughest ride to date.



Thousands of people complete the LEJOG each year, but there is no single route. Some want to complete the ride quickly and follow main roads, others choose smaller roads and lanes and have a more scenic, though hilly, experience. The shortest route is 874 miles, but our chosen route was 1,030 miles.

After considering the various options and reading accounts of the ride, we decided to use the B&B route devised by Cycling UK. On their website www.cyclinguk.org/article/cycling-guide/lands-end-to-john-ogroats you can find the gpx files for the whole route, as well as cue sheets and general information. We adapted the route here and there to fit in with the location of our accommodation and to eliminate some excessively steep hills! We planned to complete the ride in 20 days, riding an average of around 50 miles per day, plus 2 days to get to the start and back from the finish.



This is the route we completed:

Day	Route	Mileage
1	Penzance – Truro via Land’s End	51
2	Truro - Tintagel	41
3	Tintagel - Frizenham	39
4	Frizenham - Halse	50
5	Halse - Keynesham	55
6	Keynesham - Coleford	49
7	Coleford - Ludlow	54
8.	Ludlow – Market Drayton	50
9	Market Drayton - Leigh	56
10	Leigh – High Bentham	64
11	High Bentham - Langwathby	45
12	Langwathby - Langholm	45
13	Langholm - Eddlestone	55
14	Eddlestone - Dunning	58
15	Dunning - Kirkmichael	38
16	Kirkmichael - Tomintoul	59
17	Tomintoul – Muir of Ord	65
18	Muir of Ord - Altnaharra	67
19	Altnaharra - Thurso	58
20	Thurso – John o’Groats - Wick	37

As we had chosen to do the ride in May/June we needed to start training early in the year. We cycle regularly, but needed to prepare for longer rides with plenty of hills. From January we went out regularly cycling in the Chilterns and I also went 3 times a week to spinning sessions at the gym. I had to do more training

than Sue, as I would be on my Trek Lexa road bike with 23mm tyres, but she would be riding her Specialised Como electric bike with chunky tyres. We also knew we would have to manage keeping the electric bike battery topped up. It has a range of 60 or 70 miles in ideal conditions, but obviously much less on hilly terrain. As it turned out we charged the battery up at lunchtime on most days, which meant our lunch break was rather longer than on previous trips. We had no difficulty finding a place to charge it up, as it requires a normal 3 pin socket.

After we had planned the route, we had to decide how we would navigate. I have a Garmin Edge Explore 820, onto which I downloaded the gpx files of the route, but I don't entirely trust it, still less rely on it. We also had the cue sheets of the route from Cycling UK, but we do like maps. It is, of course, not practical to carry OS maps of a suitable scale, but Cycling UK suggested taking the appropriate pages of the Philips Navigator Road Atlas, 1.5 miles to the inch, and this is what we did. The maps are extremely well drawn, clear and detailed, and with the route highlighted on each of the 36 pages, it was easy to navigate.

As Sue and I were doing LEJOG unsupported, i.e. without a support vehicle and carrying all our stuff in panniers, we had to be very careful with our packing. Of



course, you have to take certain things, such as tools, first aid kit, spare cycling gear, a change of clothes, wet weather gear, toiletries etc, but we managed to keep the weight of our 2 Ortlieb panniers and small rack pack down to just under 10kgs. This nevertheless proved to be quite a load to cycle over the Cairngorms, not to mention the killer hills of Cornwall and Devon!

We booked all our accommodation before we left, through booking.com. This meant we were locked into the schedule, without much chance of catching up anywhere, if things went wrong, but on the other hand we could relax and enjoy the ride and not have to spend time from mid-afternoon looking for somewhere to stay.

Getting to the start of the ride and back from the finish were potentially tricky areas, but we used the website www.seat61.com, which contains a mine of very helpful information about travelling by train. For the outward leg we booked the Night Riviera sleeper from London Paddington to Penzance, which included a 2-berth compartment with breakfast and free transport of the bikes. To get back from John o'Groats we cycled to Wick and from there took a Scotrail train to Inverness and then the



Caledonian sleeper back to London. Once again, we had a 2-berth compartment and the bikes were transported free of charge, but there was no breakfast due to supply problems.

The ride itself was unbelievably scenic almost the whole way. As it was late Spring the hedgerows were full of flowers and the hills, woods and mountains were breathtakingly beautiful. We cycled through some very lovely areas of the country, including Devon and Cornwall, Cheddar Gorge, the Wye Valley, the Shropshire hills, the Forest of Bowland, the eastern edge of the Lake District, the Scottish Borders, the mighty Cairngorms and the far north of Scotland. As I said earlier, it was very hilly, particularly in Devon and Cornwall, but other areas had their killer hills, notably the Forest of Bowland and the Cairngorms, where we had to climb up to 2 Ski stations! It has to be said, though, that we also had numerous, glorious downhills!



Another very pleasant aspect of the ride was that members of our families and friends came to meet us on the ride and cheer us on and a few also cycled part of the way with us. We also met other cyclists along the way and locals, too, who got chatting and were interested in what we were doing. Some even contributed to our Justgiving fund. We had decided early on to seek sponsorship for the British Heart Foundation, as my eldest son, Steve, had a heart attack in 2021, even though he was fit and healthy and only 53. I am glad to say he has made a good recovery.

We have so far raised £5,777.00 plus £1,211.00 in Gift Aid.

And now a few stats:

Total mileage	1,055 miles
Total meters climbed	19,691m
Punctures	1 (200m from home!)
Mechanicals	1 (inner tube valve problem)
Total cost for 2	£3,131
Cost of train travel	£425
Cost of food	£866
Cost of hotels/B&Bs	£1,840

When we arrived at John o’Groats and completed the ride, we felt a great sense of exhilaration and achievement. It had been a tough ride, but an incredibly satisfying one, that had taken us through some of the most beautiful countryside of these islands. We are pleased to have been able to show what can be achieved by older people, not forgetting that Sue had acute myeloid leukaemia 10 years ago and would not have imagined then that she could do this. She may have been on an electric bike, but she had to pedal all the way. If you are thinking of doing LEJOG, go for it! It will be life affirming and unforgettable!



Graham Phillips

Introduction

In September 2022 I cycled from Land’s End to John O’Groats, a trip that I had been considering for a couple of years. I decided that if I didn’t do it this year then I probably would not get around to it. Although I have organised my own cycling trips, on my own or with friends, I was not confident enough to organise such a long trip and I felt that I needed the support of a cycling holiday specialist.

People Cycling

I researched holidays in 2020 and had decided that I would go with Cycling UK. Imagine my horror when I looked again in late 2021 and found that they had decided to stop offering cycling holidays. I know that most cycling companies rely heavily on the holiday rep so I found, from old internet links, the guy who led the Cycling UK trips and contacted him direct. He still organises the same trip but now through an American organisation called People Cycling. Most of the people on his trips are American so, I guess, it makes sense.

His style is that he supplies you with GPX files of the route (and can loan a sat nav if you need one) and drives a support van. There is no leader cycling with you. As any group will have slower and faster cyclists, this is not a problem. In fact, it can be a good idea, as you never have to wait for anyone or struggle to keep up with anyone.

He obviously arranged all the accommodation, hotels, breakfast and evening meals, and he carries your luggage in the van. He was also an excellent resource, each morning giving tips on that day’s route and where to find the best cafés.

We stopped at a lot of cafes: morning, lunch, and afternoon. You need the calories!

There was a dozen of us on the trip, half of whom were American. There were a few couples or pairs, but I linked up with a American guy. We were a good match when it came to pace and, just as important, sense of humour. There were a few days when he suffered from a cold, and he tells me that I helped him get through. Later there was a day when I wasn't feeling great, and he did the same for me.

Preparation

As soon as I booked the holiday (9 months before the trip in my case) I was given details of the trip and the warning that I should prepare by cycling as many 80-mile days on hilly routes as I could. I started my preparation at the end of April by joining a SPOKES' group on the Isle of Wight Randonnée; a 60 mile fairly hilly ride. Together with cycling from Bath to the Isle of Wight over two days beforehand this was a good start. Unfortunately, because of illness and other problems it was also the end of my preparation until mid-August! Even then, I didn't have much opportunity but did try to get out every day for 10 days or so. Sometimes only 10 miles in a day but at least I was on the bike!

Hills

As I said, we were warned that the route is hilly. Many people worry that Scotland will be very tough but, perhaps surprisingly, the toughest, and probably the longest, day of the entire route was the fourth day in Cornwall and Devon, when we cycled across Bodmin Moor and Dartmoor. The Peak District and the Yorkshire Dales are also pretty tough but, like the fourth day, the wonderful scenery (almost) makes up for it.

In general, the roads and cycle paths are good, but the northern half of Scotland has miles of very poorly surfaced roads and paths, particularly noticeable on the last two, hilly days. As well as being hard going, it did make one day very tedious. However, by this time, of course, you are much stronger than when you started.



Best bits

There were so many great stretches on the trip. One of the advantages of cycling with an American was that he made me look afresh at my own country. I have

always been aware of how beautiful Britain is, but it is easy to become complacent. Not so when someone frequently stops to point out the view, or just to say 'Wow'.

The first full day's cycling was an optional detour around the Lizard Peninsular to Lizard Point and then back to the hotel. A wonderful day with great views throughout. And the Point itself it much better, much wilder than the over-commercialised Land's End, where you officially start.

Herefordshire and Shropshire were a revelation to me, and we had a single day when we passed through Leominster, Ludlow and Much Wenlock and Ironbridge. Fantastic.

Again, it may be unexpected, but the area around Huddersfield and Halifax was great with wonderful scenery (and big hills to get up to look at the scenery).

However, for me the highlight of the entire trip was the first full day in Scotland. It was easy cycling and ended on a high when we reached the Falkirk Wheel. This links the Forth & Clyde canal with the Union canal which is over 80 feet higher. Watching boats enter the 'gondolas' and be lifted so high is mind-blowing!

Conclusion

The holiday took exactly 3 weeks, including the train journey to Penzance and the return journey from John O'Groats, with one day off, after 2 weeks, in Stirling. We cycled 1113 miles in 18 days at an average speed of 11 mph. We averaged 64 miles each day (except a short first day of 25 miles from Penzance to Land's End and back) with a maximum of 74 miles on two days. We climbed 67257 feet, almost three times the height of Everest!

I didn't have a single puncture and only one, minor mechanical problem that was quickly fixed by a cycle shop in Appleby. Other people on the trip had, as one might expect, a few punctures and a couple of accidents, including one needing a new front wheel, resulting in a few cuts and bruises but nothing serious.

Land's End to John O'Groats is a fantastic trip. It took me some time to really appreciate what I had achieved. Before I started, I wasn't sure if I could do it, but the organisation, the group, the leader and pushing myself, got me to the end. Once I had begun, I never worried that I wouldn't be able to complete it. It was never easy, but every day was manageable, and of course, that is how to complete such a trip; one day at a time.

It is an epic, challenging trip, for sure, but if you have ever considered trying it, I would urge you to just do it!

Hadrian's Cycleway

Brian Johnson

Ten years ago, I rode Hadrian's Cycleway, and last year I walked Hadrian's Way. This article arose from a discussion with my hiking colleague on how to incorporate exploring the best bits of the wall into riding the cycleway. Later this year we'll be riding the route I came up with and I'll report back on how well that goes. If you are interested in this route, it is available on the SPOKES' web site in Members Routes – click on 'Routes Over 40 miles' under 'Other' and scroll down to Hadrian's Cycleway, Wall and Forts. In the meantime, this article describes my ride ten years ago.



Our plan is to ride from Ravenglass to the Arbeia Fort in South Shields. This is 174 miles following NCN 72. We will catch a train to the start at Ravenglass and a train back from Newcastle. We want to incorporate a walk along part of the wall and so plan on two nights in Haltwhistle. We assume a leisurely pace to give us time to look at places of interest and plan the route with five days of cycling. Overnight we will stay in b&bs, pubs and hotels, booked in advance. I buy the Sustrans map of the route. Apart from around Sellafield, the Hadrian's Cycleway signage is easy to follow. It turns out to be a very civilised ride as we always find somewhere for our mid-morning and mid-afternoon cake and hot drink stops and lunch.

Day one and we start by exploring the remains of the Glennaventa Roman Fort at Ravenglass, which was built when the building of Hadrian's Wall started. This is the last we see of any Hadrian's Wall related sights until beyond Brampton. It's 53 miles to Siloth, on or next to the beach for the first part of the ride, and, apart from two short stretches that go inland, the route stays close to the coast. Surprisingly varied scenery and relatively flat and a very enjoyable ride.



Housesteads Fort

Day two is 50 miles and starts with a few miles through smelly, uninteresting countryside until we re-join the coast. The scenery improves as we follow the River Eden to Warwick Bridge. The route then climbs to Brampton.

Day three is a short 14-mile ride to Haltwhistle. We start with a steep climb out of Brampton which prepares us for more to come. The scenery is lovely and after a very steep climb to Banks, where we encounter the first remains of the wall, the ride along the

ridge is great. Then a 16% climb and a pleasant downhill to Haltwhistle. A fantastic ride and we explore Lanercost Priory and Birdoswald Fort en route. We get to Haltwhistle for lunch and in the afternoon, we ride 'The Wall and Beyond', a superb 16-mile route that takes us north of the wall. It is marked on the Sustrans map, and you can download it from SPOKES' Members Routes – click on 'Routes 10-20 miles' under 'Other'.



We spend day four walking part of the wall and exploring Housesteads Fort and Vindolanda. At Vindolanda we pay the entrance fee just to gain access to the café, but it turns out to be a fantastic place to visit and we don't have enough time to do it justice.

Day five is a short 24-mile ride to Hexham with fantastic scenery and a few stiff hill climbs. We have time to explore Chesters Fort and Hexham.

We expect day six, our last day, to be an anti-climax, cycling to Newcastle and on to South Shields. It isn't! We have a wonderful day's ride to Newcastle, lovely scenery. We then continue onto the Arbeia Fort in South Shields.



The tunnel under the Tyne is interesting but otherwise this final section of the route is uninteresting. We return to our hotel, north of the Tyne, via the ferry having ridden 40 miles in total.

Share Your Rides and Stories

Areas you love for cycling,
challenges you've ridden.

newsletter@spokesgroup.org.uk

Hadrian's Cycleway is a very enjoyable route and, with the added interest of exploring the wall and some of the sights, well worth doing and highly recommended.

SPOKES Netherlands Cycling Holiday - July 2023

Peter Jackson

There have been changes to the booking arrangements and rides programme for this holiday since the Autumn Newsletter was published. The longest ride is now 101km/63m round trip to Amsterdam. It may look like a long ride but no hills and the option of a train back. An added attraction is a visit to the Zandvoort Grand Prix Track during a Coastal Ride.



As at 6th February, 16 places have been filled with 19 beds now booked in two hotels, 9 twins and 1 single. Booking will close on 5 March with 20 maximum places. Go to [Leiden Cycling Trip 2023](http://www.spokesgroup.org.uk/leiden-cycling-trip-2023/) www.spokesgroup.org.uk/leiden-cycling-trip-2023/ for full details and a booking form.



Gouda Cheese Market



Amsterdam

SPOKES 2023 Bike Week Events

Three Rivers Cycle Event. On Saturday 3rd June, SPOKES will be participating with Liam Fitzpatrick's Willesden CC event based on Woodoaks Farm, Maple Cross. Willesden CC Tour De Ricky rides will start there - details and booking at www.tourdericky.uk. During the day, SPOKES will have a stand at the farm and will be running led-rides, which will incorporate a visit to the farm or start or finish at the Farm. Please try to join in this Cycling Event in Three Rivers.



Watford Family Cycling Day & SPOKES National Bike Week Cycle Gathering. On Sunday 11 June, between 11.00 and 3.00pm. there will be an event with various Groups, including disabled cycling groups, participating in a big celebration of cycling and cycling related opportunities. SPOKES are leading the event, which involves Watford Cycle Hub, Shopmobility, Watford & 3 Rivers Community Trust,



Beryl Bikes, the Police and Watford Borough Council. There will be opportunities to try various alternative transport and other cycling related activities.

The event will be in George V Park West Watford (by Watford Cycle Hub). SPOKES and other Cycle organisations will offer led-rides, which arrive at the

park for the Gathering by 12.00, with a big photo shoot at 12.30p.m. In the afternoon, led-rides around the Watford Green Ring will be on offer.

At both events, there will be something on offer for all ages and cycling abilities.

Rickmansworth Festival – 20 and 21 May

SPOKES will have a stand in the Environment Marquee at the Festival. The Festival is open from 10.30am to 10.30pm on Saturday 20th and 10.30am to 5.30pm on Sunday 21st. Our stand closes at 5.30pm each day. www.rwt.org.uk/festival



If you can assist with staffing our stand, please book a place by contacting Peter at chair@spokesgroup.org.uk. We aim to have two members on the stand at all times, in 2-hour slots. Setting up starts at 9.30 on Saturday and packing up will be complete by 6.00pm on Sunday. Not able to help, but still visiting the Festival? Do drop into our stand for a chat with fellow Members.

SPOKES is Updating Its Web Site

The SPOKES' website is being revamped to give it a new, fresher look and feel, and to make it easier to use and to find information. It will use the same hardware platform and WordPress software.

Do you have any expertise in web design and/or WordPress and are willing to assist with help and advice? You will not be expected to carry out the design work, but offer guidance to the current webmaster, Graham Phillips.

Contact Graham at webmaster@spokesgroup.org.uk.

Bike Shop and Cafés Discounts and Publicity

We have a new bike shop offering 10% discount to Members. Welcome to Rock & Road Bikes of St Albans.

There is a new SPOKES publicity flyer promoting our Self-Guided Rides. Hopefully, bike shops and cycle friendly cafés will see displaying this literature as worthwhile and we need volunteers to be our ambassador for each shop or café and distribute this material. Will you volunteer for this role? The shop may be one of our advertisers already, or you may wish to invite a new one to advertise by offering a discount. It may be one you visit regularly. If you are interested, please contact Peter at chair@spokesgroup.org.uk.



SPOKES 2023 AGM

Agenda for our Annual General Meeting 7.30pm on Thursday 27 April 2023, to be held at the Watford Cycle Hub, by Holywell Community Centre. Chaffinch Lane, (Off Tolpits Lane) WD18 9QD:

1. Welcome
2. Apologies
3. Minutes of 2022 AGM.
4. Reports for the year up to March 2023
5. Election of Committee Members
6. SPOKES Rides for All – Update
7. Affiliations: Cycling UK, British Cycling, CycleHerts.
8. Resolutions - Please notify the Chairperson at least one week before the meeting.
9. Other Business - Please notify the Chair at least one week before the meeting.

Followed by:

Fun Quiz

Committee Meeting - open to all

SPOKES Self-Guided Rides

The observant reader will notice that we've brought Routes For All and Members' Routes together as Self-Guided Rides to describe their purpose more accurately.

One of the events SPOKES is attending for Bike Week, is the Willesden CC event at Woodoaks Farm, Maple Cross. Our featured Self-Guided Rides in this newsletter both start from Three Rivers, so an opportunity to explore the area, if you're not familiar with it.

If you are a ride leader or would like to lead a ride but are stuck for a route, try one of our Self-Guided Rides.

Routes For All

Routes For All has 61 routes offering over 1,000 miles of rides ranging from around 3 to 46 miles. These routes all come with a GPS file, cue sheet for those without a GPS and information on points of interest and refreshment stops. Check out www.spokesgroup.org.uk/routesforall/.



“The Eastern Triangle” has been a featured route in the past but I’ll plug it again as with ¾ of the route off-road, we’re coming to the time of year when this route is very enjoyable. To find it in Routes For All, select Watford Timberlake Car Park as the start and then scroll through the routes shown.



Featured Route



The featured route is a 9-mile ride through Heronsgate starting at the Rickmansworth Aquadrome. Plenty of nice scenery and mainly quiet roads and cycle/shared paths. There are off-road sections on a short stretch at the side of fields, to get to a bridge across the M25, and on the canal towpath. No steep hills. To find the route go to Routes For All, select Rickmansworth Aquadrome as the start point and then scroll down to find the Heronsgate route.

Members’ Routes

There are now over 30 Members’ Routes available covering almost 1,000 miles. These routes have been submitted by members and are offered ‘as is’. Check out www.spokesgroup.org.uk/membersroutes.



Featured Route

The featured route is Forty Green, which starts from the Rickmansworth Aquadrome. You’ll head to Penn, through Chorleywood and Chalfont St Giles, and return via Chalfont St Peter and Harefield. It’s a delightful 26-mile ride through lovely countryside. Mainly quiet lanes and roads, and no seriously steep hills. At around the halfway mark you have The Royal Standard of England for refreshments. Other refreshment opportunities are available.

Check out the route in Members’ Routes on the SPOKES’ website. You’ll find it by clicking the SPOKES’ icon under the start location ‘Three Rivers’ against the distance ‘20-30 miles’ and scrolling through the list.



Do you have a favourite route? 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.

SPOKES Led-Rides and Events – Spring 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, the 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.

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. Please check before you leave for the start.

Rides Leave on Time! Please turn up at the ride start location ready to leave at the scheduled time.

We are only able to offer a ride programme because cyclists, like you, volunteer.

No formal qualifications needed and if you don't have a route you can use "Routes For All" and "Members' Routes" on our website to find one. Contact Pam at rides@spokesgroup.org.uk.

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 the SPOKES websites.

MARCH

**Thu 2 10:00 Ricky the Nickey Line
Rickmansworth Aquadrome, WD3 1NB**

Ride with **Paul** North along the Grand Union Canal to Hemel, through Hemel via back roads to the Nickey Line and return from Redbourn.

32 miles **Slow to Medium/Challenging** Not skinny tyres

MARCH

Sat 4 10:00 **Lea Valley Way to Luton & Dunstable Busway**
Dacorum Active Hub, Redbourn Road,
Hemel Hempstead, HP2 7BA

Out with **Katherine** on lanes to Harpenden, where we join the Upper Lea Valley Way to Luton. Travel through Luton on the Busway to Dunstable. Back over the Downs to Studham and Gaddesden Row. Coffee at Priors Tea Rooms Dunstable.

31.5 miles **Medium/Challenging** Any Bike

Tue 7 10:00 **Lazy Llama Café**
Watford Rugby Club, Radlett Road, WD24 4JL

Slow, lazy ride with **Graham** to the Lazy Llama café at Chiswell Green via Bricket Wood.

12 miles **Slow/Steady** Any Bike

Wed 8 10:00 **Woodcock Hill Reps**
Rickmansworth Aquadrome, WD3 1NB.

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

Thu 9 10:00 **Chorleywood Short Ride**
Harvester, Baldwins Lane, WD3 3RX

On road with **Neil** to Simmonds (or another café). A404 Chorleywood Road for 1/4 mile on out leg and 1/2 mile return leg.

11 miles **Medium/Steady** Any Bike

Fri 10 10:00 **Flourish Bakery**
Outside Leverstock Green Library, HP3 8QG.

Out with **Katherine** on road, out via Potters Crouch, Chiswell Green and Bricket Wood. Back via Leavesden. Coffee & cake at Flourish craft bakery.

19.5miles **Medium/Steady** Any Bike

MARCH

Sat 11 10:00 Sustrans Ebury Way Clearance
Watford Cycle Hub, Tolpits Lane, WD18 9QD

Join **Stephen (Sustrans)**, with gloves and vegetation clearing tools, to clear vegetation on the Ebury Way.

Tue 14 10:00 Tuesday Ride
Aquadrome Rickmansworth, WD3 1NB

On the road with **Roger** though Swillet & Flaunden To Chipperfield Cafe. Return by Sarratt to Croxley Green.

20 miles **Medium/Steady** Any Bike

Wed 15 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

Thu 16 10:00 Lovely Lanes
Café in the Park Aquadrome, Rickmansworth, WD3 1NB

On road with **Phil** through Chandlers Cross, Belsize, Bovington Green, Flaunden, Sarratt. Stop at The Boot Sarratt.

20 miles **Medium Steady** Any Tyres

Fri 17 10:00 Short Friday Ride
Harvester, Baldwins Lane, Croxley Green, WD3 3RX

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, to Creative Juices Brewing Co, Springwell lane, return via the Ebury Way to Two Bridges. The route may vary as John is investigating variations to add interest.

12miles **Slow/Easy** Any Tyres

MARCH

**Tue 21 10:00 Grand Union Canal to Wembley
Cafe in The Park, Rickmansworth, WD3 1NB**

Ride with **Paul** south then east along the Grand Union Canal towpath, turn north east along the Paddington Arm to The Black Horse for lunch. Then roads - some quite busy, others residential - to a circuit around Wembley Stadium, and quiet roads back to Rickmansworth. Pace will be slow, perhaps 9 or 10 mph, but the towpath can be challenging with gravel path, low hanging branches, pedestrians, dog walkers and narrow sections.

34.5 miles **Mostly Easy** No skinny tyres

**Wed 22 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB**

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow Challenging** Any Bike

**Thu 23 10:00 Chiltern Velo
Cafe in the Park Aquadrome Rickmansworth WD3 1NB**

Out with **Peter** via Little Chalfont, Amersham, Chesham and Bellingham for refreshment at the Chiltern Velo, Hawridge Common. Return via Ley Hill, Flaunden and Chorleywood. 1,671 feet of climbing, some challenging.

32 miles **Medium/Challenging** Any Bike

**Sat 25 10:00 Nickey Line
Harvester, Baldwins Lane, WD3 3RX**

Cycle on roads and tracks with **Roger**, visiting Bedmond, Redbourn, Harpendon and St. Albans. Using part of the Nicky Line and NCR57. With a Cafe stop.

36 miles **Medium/Steady** Road Bike

MARCH

Wed 29 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

APRIL

Sat 1 10:00 Milton Keynes - Figure of Eight
Milton Keynes Central Train Station.

Explore parkland of MK with **Katherine** using the redways, canal towpath and tracks. Mostly traffic free. Lunch at Camp Hill Cafe. Travel by train from Watford / Hemel / Berkhamsted. **Time to be confirmed.**

21.7 miles **Medium/Steady** Any Bike

Tue 4 10:00 Chipperfield
Harvester, Baldwins Lane, Croxley, WD3 3RX

Slow, lazy ride with **Graham** to Blackwells café at Chipperfield. Couple of hills, but we can walk, if we want to.

12 miles **Slow/Easy** Any Bike

Wed 5 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB.

Join **Paul** for a training ride for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

Ride Leaders Wanted

We are only able to offer a ride programme because cyclists, like you, volunteer.

No formal qualifications needed and if you don't have a route you can use "Routes For All" and "Members' Routes" on our website to find one. Contact Pam at rides@spokesgroup.org.uk.

APRIL

Tue 11 10:00 Grand Union Canal to Wembley
Cafe in The Park, Rickmansworth, WD3 1NB

Ride with **Paul** south then east along the Grand Union Canal towpath, turn north east along the Paddington Arm to The Black Horse for lunch. Then roads - some quite busy, others residential - to a circuit around Wembley Stadium, and quiet roads back to Rickmansworth. Pace will be slow - perhaps 9 or 10 mph, but the towpath can be challenging with gravel path, low hanging branches, pedestrians, dog walkers and narrow sections.

34.5 miles **Mostly easy, some challenging** No skinny tyres

Wed 12 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB.

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

Thu 13 10:00 Chess Valley
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 **Challenging** Any Bike

Fri 14 10:00 Elstree Aerodrome
Watford Rugby Club, Radlett Road, WD24 4JL

Out with **Diana** via Battlers Green, back via Aldenham Golf course. Enjoy the newly refurbished, welcoming Aerodrome Cafe,

12 miles **Slow/Easy** Any Bike

Ride Leaders Wanted

We are only able to offer a ride programme because cyclists, like you, volunteer.

Contact Pam at rides@spokesgroup.org.uk.

APRIL

Tue 18 10:00 Hadley Wood
Watford Rugby Club, Radlett Road, WD24 4JL

Accompany **Graham** on a straight-forward ride east to Hadley Wood and return through Borehamwood.

25 miles **Medium/Steady** Not skinny tyres

Wed 19 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB

Join **Paul** for a training ride for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close for safe turning.

5.35 miles **Slow/Challenging** Any Bike

Thu 20 10:00 Munden Meander
Meriden Community Centre, Gasmouth Way, WD25 9ET.

Off-road with **Katherine** on bridleways and tracks. Out via Aldenham and the Munden Estate, back via Bricket Wood. Coffee at Random Cafe at the end.

11.3 miles **Slow/Steady** Not skinny tyres

Sat 22 10:00 Burnham Beaches
Rickmansworth Aquadrome, WD3 1NB

Join **Roger** mainly on road, short distance on track, though the Swillet, Chalfont St. Giles, Gerrards Cross to the cafe at Burnham Beaches. Back via Maple Cross.

32miles **Medium/Steady** Any Bike

Tue 25 10:00 Grand Union Canal to Wembley
Rickmansworth Aquadrome, WD3 1NB

Ride with **Paul** south then east along the Grand Union Canal towpath, turn north east along the Paddington Arm to The Black Horse for lunch. Then roads - some quite busy, others residential - to a circuit around Wembley Stadium, and quiet roads back to Rickmansworth. Pace will be slow - perhaps 9 or 10 mph, but the towpath can be challenging with gravel path, low hanging branches, pedestrians, dog walkers and narrow sections.

34.5 miles **Mostly easy, some challenging** No skinny tyres

APRIL

Wed 26 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB.

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

Thu 27 10:00 Thursday Short Ride
Harvester, Baldwins Lane, Croxley Green, WD3 3RX.

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, to Creative Juices Brewing Co, Springwell Lane, return via the Ebury Way to Two Bridges. The route may vary as John is investigating variations.

12 miles **Slow/Easy** Any Bike

Sat 29 09:30 Rookery Ride
Watford Rugby Club, Radlett Rd, Watford, WD24 4LL

A ride with **Chris** to the Rookery Café, Welham Green, AL9 5SF, riding out through Radlett, on to Colney Heath, using Harper Lane, Bell Lane, crossing the M25, on to Colney Heath, where we turn right to Welham Green. After the cafe we come back a different way through South Mimms, through the lanes to Shenley, maybe stopping at the tea rooms, depending how we feel, then to Radlett and home. This is on roads so will be at a good pace.

30 miles **Medium to Fast/Challenging** Road Bike

MAY

Tue 2 10:00 Shenley Park
Watford Rugby Club, Radlett Road, WD24 4JL

Slow, lazy ride with **Graham** to the Orchard Café at Shenley Park.

12 miles **Slow/Easy** Any Bike.

MAY

Thu 4 10:00 Woodcock Hill Reps
Rickmansworth Aquadrome, WD3 1NB

A training ride with **Paul** for anyone interested to improve their hill climbing, using the Rose & Crown car park entrance and Heron Close as safe ways of turning around.

5.35 miles **Slow/Challenging** Any Bike

Tue 9 10:00 Tuesday Ride
Harvester Baldwins Lane, WD3 3RX

Ride with **Roger** on good surfaces via Drop Lane to the café at Shenley. Return via Letchmore Heath and Wall Hall.

20 miles **Medium/Steady** Any Bike

Wed 10 10:00 Windsor
Rickmansworth Aquadrome, WD3 1NB

Out with **Peter** via the Chalfonts and Dorney Lake. Spend an hour or two In Windsor then return via Fulmer and Gerard's Cross.

57 miles **Medium/Challenging** Any Bike

Tue 16 10:00 Grand Union Canal to Wembley
Cafe in The Park, Rickmansworth, WD3 1NB

Ride with **Paul** south then east along the Grand Union Canal towpath, turn north east along the Paddington Arm to The Black Horse for lunch. Then roads - some quite busy, others residential - to a circuit around Wembley Stadium, and quiet roads back to Rickmansworth. Pace will be slow - perhaps 9 or 10 mph, but the towpath can be challenging with gravel path, low hanging branches, pedestrians, dog walkers and narrow sections.

34.5 miles **Mostly easy, some challenging** No skinny tyres

Thu 18 10:00 Lazy Llama Cafe in the Park
Rickmansworth Aquadrome, WD3 1NB

Ride with **Phil** on the Ebury Way and Abbey Way to Lazy Llama.

18 miles. **Medium/Steady** No skinny tyres

MAY

Sat 20 & Sun 21 10:00 Rickmansworth Festival
Rickmansworth Aquadrome Frogmoor Lane,
Rickmansworth, WD3 1NB.

SPOKES' stand is in Environment tent. Volunteers needed by our Chair (Peter) to staff the Stand. Details in the article in this Newsletter.

Thu 25 10:00 Bucks Villages Explorer
Hemel Hempstead Railway Station, HP3 9BQ

Meet Katherine outside Hemel Train Station. For car parking locally contact Katherine. Circular route to explore many Buckinghamshire villages. All on roads, quite a few hills! 2000 feet of climbing. Coffee at The Plough, Hyde Heath.
29 miles **Medium/Challenging** Road Bike

Fri 26 10:00 Friday Short Ride
Harvester, Baldwins Lane, Croxley Green, 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, to Creative Juices Brewing Co, Springwell Lane, return via the Ebury Way.
12 miles **Slow/Easy** Any Bike

Tue 30 09:30 Apsley Ride
Outside Harvester, Baldwins Lane, Croxley WD3 3RX

Ride out with **Chris** along the canal towpath to Hunton Bridge, up Gypsy Lane to Abbots Langley, along the Bedmond Road to Bedmond, and Pimlico. Then dropping down to Nash Mills to Apsley for a breather, before we climb up Featherbed Lane, over the A41 dual carriageway, on to Chipperfield, where we stop at Blackwells Café. Home through Sarratt to Croxley for the final leg.
20 Miles **Medium/Steady** Road Bike

We are only able to offer a ride programme because cyclists, like you, volunteer.

No formal qualifications needed and if you don't have a route you can use "Routes For All" and "Members' Routes" on our website to find one. Contact Pam at rides@spokesgroup.org.uk.

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.



You'll be joining an active campaigning and social cycling group. There is an active led-ride programme. Members have created a library of over 90 self-guided rides covering our area. You will be helping us campaign for improved cycling conditions in the Southwest Herts area. You will also receive regular details of our cycle rides, social events, and other activities in our quarterly Newsletter.

You Also Get Members' Discounts

We have a new bike shop offering 10% discount on spare parts to Members. Welcome to Rock & Road Bikes of St Albans.

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
Rock & Road Bikes, St Albans	117 Victoria Street, St Albans AL1 3TJ	01727 832020 info@rockandroadbikes.com
Watford Cycle Hub	Holywell Community Centre, Tolpits Lane, Watford WD18 9QD Bike 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.

SPOKES' Committee

Chair	Peter Jackson	chair@spokesgroup.org.uk
Treasurer	Pam Mann	treasurer@spokesgroup.org.uk
Secretary	John O'Connor	secretary@spokesgroup.org.uk
Campaigning	Roger Bangs	campaigning@spokesgroup.org.uk
Membership	Nigel Pollard	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	Katherine Deaney Philip Gibbs	kldeaney@hotmail.com philip.gibbs2@gmail.com

Keep In Contact With SPOKES

SPOKES WEBSITE SPOKESGROUP.ORG.UK



LED-RIDES and EVENTS

Join one of our
community rides and
support our events.

SELF-GUIDED RIDES ROUTES FOR ALL MEMBERS' ROUTES

Use one of our fully
checked routes.

Use a member's route.

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.



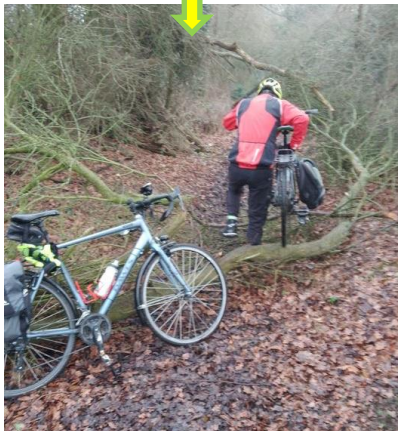


Great turnout on Peter's led-ride following the Routes For All 'London' route. To find it in Routes For All, select START: Oxhey Activity Park.



Father Christmas found the time to lead Chris's ride to Redbourn on Christmas Eve.

Peter and Graham make a muddy detour on the Brookmans Route recce.



Katherine's group enjoy refreshments at a favourite café stop in Chorleywood.

Pam's group enjoyed a great ride to Whipsnade.



bike registration social rides advice

Your One Stop Cycling Shops

training maps hire
donation & reconditioning

10TH ANNIVERSARY EVENT 11TH MARCH 2023 - WATCH THIS SPACE



shop



eat



fix

In the Community, for the Community

Watford Cycle Hub

Leavesden Cycle Hub

01923 223994

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

07340 866123