



Spokes South West Herts
Cycling Group

2024 Spring Newsletter – No. 119



Read about the new Spokes Logo on page 5,
Cycle Tops and Instagram on page 18.

A ride through Harefield with Steve, one of our new ride leaders.

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

membership@spokesgroup.org.uk

Braving the winter weather



1. Steve's first ride as leader through Gorhambury Estate to St Albans. Here in front of the ruins of Old Gorhambury House
2. Katherine's ride to Burston's Garden Centre, Chiswell Green was unseasonably warm
3. Drying out from the rain, College Lake Cafe with Katherine
4. A ride to the Flourish Craft Bakery with Phil

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A ride to Ashley Green with Peter

Chat from the Chair

Peter Jackson

A lot has been happening with Spokes this winter. Our Rides Programme has been well supported with minimal weather cancellations. Graham, our Webmaster, has been leading on redesigning our website and logo. As you will see in this edition the new logo is now in place. Great timing as it has enabled us to finalise the design for Spokes branded cycle wear which has now been offered for members to purchase. I look forward to seeing lots of members wearing it after the mid-April delivery. When we next offer the clothing for purchase we hope to include a wider range of clothing.

I am delighted that members volunteered so readily to take on two committee vacancies which arose. In the Winter Newsletter we welcomed Phil Gibbs offer to replace Brian Johnson as Newsletter Editor and now this is Phil's first edition. Janet Marshall was welcomed as our New Publicity Officer and has already set up a Spokes Instagram account and started on other publicity initiatives. The work of Phil and Janet directly contributes to our recruitment and retention of members. The more cyclists we represent the more our campaigning initiatives are likely to be listened to and brought to fruition.

Roger has been leading our campaigning for many years and continues to do so. Two recent successes are Herts and Watford Councils agreeing to develop a Watford Green Ring, time scale not yet clear, but we expect Herts County Council to carry out major improvements to the junction of Water Lane and Watford High Street Cycle Lane by the end of March this year.

Two of the 2024 Cycling Holidays we referred to in the Winter Newsletter are going ahead and are fully booked. 22 Members are looking forward to a WW1 themed holiday based in Ypres Belgium in July and 8 are off to Bath with Katherine in June. Additionally, Paul offered Members the chance to join him with others on a Rome, Bologna ride in April. Contact me if you are considering offering a holiday, this year or next, the more choice for members the better.

We can now look forward to a comprehensive Spring rides programme. On June 1, we are holding our Annual Gathering, this year it is at Woodoaks Farm (details in this Newsletter), please join us and make it our biggest and best gathering so far.

I hope to see many of you at the Watford Cycle Hub for our 7.30pm Thursday 25 April AGM. Wear your Spokes shirts, let's celebrate!

Launch of New Spokes Logo

Graham Phillips

We are very excited to announce the launch of a new logo for Spokes. The previous logo has been in place for over 10 years and we felt that it was time for a new look. We are retaining the existing blue and green colours, but moving to a whole bike rather than just two wheels.

Many thanks to Robert Ivory, a professional designer and relative of one of our members for his great work on the logo.

With immediate effect the logo will be used on all our publicity and any other documentation. It is on the cover of this Newsletter and will appear on our website and membership cards.

Spokes owns a number of banners with the old logo that will be phased out because of the cost of replacing them.

We hope that you like the logo!



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.

Campaigning for Better and Safer Cycling in South West Hertfordshire

Roger Bangs

The good news is - You can now access Watford Councils video on the Green Loop part of the Green Ring direct from the Spokes website under Campaigning or at www.spokesgroup.org.uk/category/appeal/

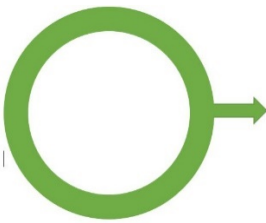
It is well worth watching the video as it shows what could be done to improve the cycling route from the Town Hall to Century Park & Wiggenghall Road. If and when the proposal is implemented depends mainly on Hertfordshire County Council being able to fund the work. They will have to get the money from Central Government. So is that likely?

The Green Loop road improvements are only a part of the Green Ring. What we would like to see Watford Council do this year is produce a new cycling map for Watford showing the Green Ring. Then identifying its route on the ground with signage. The Green Ring should be something Watford could be proud off, demonstrating support for active travel as it links all the major routes into the town centre.

In recent years there has been plenty of talk about active travel and other green issues. At present transport is a major pollutant and producer of Carbon Dioxide. Getting many people to cycle on journeys up to 5 mile would have a significant effect on improving the environment and improving the publics health.



Wiggenghall Rd Bridge - The one improvement we have associated with the Green Ring.



Could this be the logo for the Green Ring?

Hertsmere and Dacorum are now being pushed by the Hertfordshire C.C. to produce their Local Cycling and Walking Infrastructure Plans. I am not optimistic about the outcome for these exercises as little appears to be done to implement them.

Report or find a hazard

Cycling UK are now promoting a single way to report potholes anywhere in the country - Fill That Hole Just go to - www.fillthathole.org.uk its easy to use

Enter a nearby UK postcode, or street name and area:
e.g. 'B2 4QA' or 'Tib St, Manchester'

[USE MY LOCATION](#)

How to report a problem

You can report any danger to cycling, not just potholes

1. Enter a nearby UK postcode, or street name and area
2. Locate the problem on a map of the area
3. Enter details of the problem (note that categories vary from council to council)
4. We send it to the council on your behalf

Campaigning Volunteers Wanted

Help Spokes make an impact. Contact Roger at campaigning@spokesgroup.org.uk.

Help fix our broken roads

Potholes are more than a nuisance - they can be a serious danger to cyclists and others. In the UK, there's an average of one road defect for every 110 metres of road.

What can I do?

Local councils have a duty to maintain the roads, but they can only fill a pothole if they know about it. If you want it repaired, you have to report it. Cycling UK set up Fill That Hole to help the public easily report potholes and road defects wherever you find them. We contact the right people to get the roads repaired. Councils are generally quick to respond – we know because you've told us. You can report a pothole at the top of this page.

Is reporting potholes enough?

No - years of serious underinvestment have crippled the UK's local roads network, which is why Cycling UK campaigns for proper funding to enable councils to bring their roads into a safe state of repair. You can also help us create a better world by bike by joining Cycling UK today (www.cyclinguk.org) or supporting them with a donation.



Spokes AGM

7.30pm Thursday 25 April in Watford Cycle Hub

Please try to join us on that evening. A good deal is happening with Spokes, including growth of membership, cycling holidays, new logo and Spokes branded cycle clothing. A new and updated website is progressing well.

The AGM is every member's opportunity to influence what Spokes can offer and get answers to any questions you may have. Let us know your ideas and views.

Please support Spokes SW Herts Cycling Group, support your committee and come along on the 25th April.

Volunteering Opportunities at Spokes

Spokes wouldn't exist without Volunteers. Please get involved and help Spokes make an impact on local cycling.

Campaigning



Spokes does make a difference. Successes such as the Green Ring and changing the dangerous Water Lane Junction show that Spokes campaigning work does have an impact. But we need your help to encourage our local authorities to improve and provide safer cycling routes. Promote your particular concern about safe cycling locally. Contact Roger at campaigning@spokesgroup.org.uk

Ride Leaders



You enjoy cycling, please help others share your enjoyment. Lead rides in 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.

Spokes Self-Guided Rides

Brian Johnson

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.

Self-Guided Rides Makeover



- AREA: 1 (19)
- AREA: 2 (16)
- AREA: 3 (10)
- AREA: 4 (14)
- AREA: 5 (15)
- AREA: 6 (4)
- DISTANCE: 10-20 miles (16)
- DISTANCE: 20-30 miles (13)
- DISTANCE: Over 30 miles (12)
- DISTANCE: Under 10 miles (2)

We've given the search screen for routes in Routes For All a makeover. You will now see a map and you can indicate which area of the map you want to ride in as well as the distance you want. You'll be presented with routes that meet your criteria which show the start point and lists of the towns or villages the routes pass through so that you select a convenient start/finish location. Try it out. Any feedback you have on these features can be sent to routes@spokesgroup.org.uk.



Routes For All

We've had over 3,800 views of these routes since the launch. Routes For All has 61 routes offering over 1,000 miles of rides ranging from around 3 to 46 miles. All come with a GPX file, a cue sheet for those without a GPS device and information on points of interest and refreshment stops. Check out www.spokesgroup.org.uk/routesforall/.



Over the past three months the top three routes viewed are:

1. Rickmansworth via Ebury Way – search: area 1, under 10 miles
2. Brookman's Park – search: area 5, over 30 miles
3. Great Gaddesden – search: area 3, over 30 miles

Featured Route

The Ivinghoe Beacon route is our featured route. It's a very picturesque 30-mile route taking in the lovely village of Aldbury and lovely views of the Chilterns. It is all on road apart from a short stretch at the start which is OK for road bikes. Bizarrely, a very short stretch of this is "no cycling"! Bizarrely, because Dacorum

Borough Council used to start its ride programme from this location and the path is wider than many shared use paths.

The sections past Pitstone Windmill and past the entrance to the National Trust Ashridge Estate are on busier roads. It's not for you if you don't like hills. Most are long steady climbs, but Piper's Hill will test your lungs (walking is allowed and even encouraged!). However, if you give it a try, the scenery does repay the effort. The Musette Café in Aldbury has closed but the Church Farm Café has opened in the same premises. Further on, the Bakehouse (previously called the Courtyard Café) at Ashridge House is a great stop.



To find the route, go to Routes For All and enter area 3, distance 20-30 miles on the search page and select route 059 from the results list.

Members' Routes

There are 40 Members' Routes available covering over 1,000 miles and we've had over 500 visits to these routes since they were loaded. These routes have been submitted by members and are offered 'as is'. Check out www.spokesgroup.org.uk/members-route-library. From the views of Members' Routes over the past three months, it appears that users are thinking of their summer cycling tours as all of the routes are some distance away from Watford and two of them are touring routes. The top routes viewed are:



1. Bristol and Bath Railway Path – search: outside area, 10-20 miles.
2. Coast and Castles with NCN754 and Kelpies – search: Multi Touring.
3. Hadrian's Cycleway, Wall and Forts – search: Multi Touring.

Why not get your favourite route on the leader board. Either send the GPX file or sufficient detail so that we can produce a GPX file for the route, together with any information that will be useful to those who ride the route, such as refreshment stops or parking, to routes@spokesgroup.org.uk.

Featured Route

Our featured Member's Route is the Chalfonts Circular, a 27 mile route submitted by Lesley. It's all on road apart from a short off-road section through the Aquadrome. There is a short stretch of busier road though Little Chalfont but any concerns about traffic can be avoided by using the cycle path on the

opposite side of the road. The section of the route through Little Missenden, Holmer Green, Winchmore Hill and Chalfont St Giles provides great scenery. It's not too challenging and the steepest hill, which when leaving the pretty village of Little Missenden, is lovely to ride, so this will take your mind off how steep it is.



At the top of Shepherds Lane, coming out of Rickmansworth, you'll pass King John's Farm, and Penn Cottage. This was where William Penn was married before leading a group of Quakers from Rickmansworth and Chorleywood before emigrating to the Americas and founding Pennsylvania.

To find this route, go to Members' Routes and select Area 2 routes over 20 miles and scroll down the list.

Useful Cycling Apps and Devices

Brian Johnson

A web site that I came across recently was Cycle.travel. I use RidewithGPS for planning routes and those of you who have used Spokes' Routes For All and Members' Routes will be familiar with RidewithGPS. Cycle.travel has been described as the best web site for new road bike routes.



From the home page you can get the app to plan a route by giving it a start and destination. It was very fast and easy to use and when the route is displayed you have the option of turning it into a round trip. When I tried it, providing it with some local destinations, the routes it offered were on roads I would have chosen. You can specify the types of route/surface – any, paved, gravel and for cycling at night. In my test, the gravel option found interesting tracks that were new to me though I didn't try them out. Apparently when planning off-road sections, the app tries to avoid muddy tracks. There are also photos available for some off-road tracks that will show you the surface. It's much quicker than RidewithGPS if you want a route planned for you and it appears to do everything I want in an app to plan cycle routes.

Excellent features are the availability of city and route guides. Route guides provide information about established cycling routes in the UK and abroad, GPX files you can download and planning options which offer hotels and camp sites along the routes. City guides provide information including local routes to use.

I was impressed based on my short trial so I'll certainly try it the next time I want to plan a cycling tour and compare it with RidewithGPS. It also has free features which are paid for in RidewithGPS and you'll be supporting a British business. I tried the app on a windows computer but there are Android and iPhone versions available though I didn't try them.

If you don't already have a favourite planning app or aren't happy with the one you have, cycle.travel is worth looking at. The Youtube video is a quick way of checking out what the app does (follow QR code).

Do you use or know of an app or a web site that you think will be useful for cyclists. It can be for recording routes, measuring your performance, maintaining your bike or planning a route. Please send the details to routes@spokesgroup.org.uk.



DRIFT GHOST XL Camera. My first experience with this camera was very bad, with the first one and two replacements all failing. It's a year since I bought a replacement and it is still working perfectly. A higher spec version has been updated and therefore the Ghost XL is now less expensive than when I bought mine.

Keep in Contact with Spokes

| | | |
|---|--|---|
| SPOKES WEBSITE | |  |
| SPOKESGROUP.ORG.UK | | |
| SOCIAL RIDES and EVENTS Join one of Spokes' community rides and | SELF-GUIDED RIDES ROUTES FOR ALL MEMBERS' ROUTES Use one of Spokes' checked routes. Use a member's route. | CAMPAIGNING Support Spokes' 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. | | |
|  | SPOKES INSTAGRAM PAGE | |
| | WWW.INSTAGRAM.COM/SPOKES_CYCLING_GROUP/ Spokes on Instagram. We would like to post Spokes and cycling related photos from Spokes Members on our Instagram account. Please send photos and text to publicity@spokesgroup.org.uk . | |

Spokes Annual Gathering, 1 June 2024

Peter Jackson

This is our 4th Gathering and plans are developing to make this our biggest event yet. Please put the date your diary and join a few hundred cyclists from Spokes and other groups and clubs for a fun social event.

This year we are combining the gathering with the Willesden Cycling Club Tour De Ricky, based at Woodoaks Farm, Denham Way, Maple Cross, Rickmansworth, WD3 9XQ. The farm has various attractions, including the Tea Shack and Creative Juices brewing company, see more at: <https://woodoaksfarm.com/>. Stall holders will include Herts Police, offering bike marking.

There will be Spokes led rides to the event from various locations or you are welcome to simply turn up, why not invite friends and family? From 8.00am the Tour De Ricky Groups will start to depart. Most will leave the farm by 10.00am, returning at various times throughout the day. Our led rides will aim to arrive at the farm by noon and we would like as many cyclists as possible there for a mass photo at 1.00pm.

Spokes will be offering led local rides from the Farm throughout the day.



Spend a few hours enjoying the Farm Outlets, socialising plus numerous Cycling and fitness stalls and activities.

Help Needed

Ride Leaders. Please offer a ride which ends at Woodoaks Farm for the gathering. Pace, routes and distances your choice. Post your ride in the Spokes calendar in the normal way, 1 June is available for posting now but please email webmaster@spokesgroup.org.uk to inform Graham you have added a ride, it can then be added to our web site and Let's Ride.

[Spokes Calendar - Google Sheets](#)

Leading local rides of 5 or 8.5 miles during the day. If you are willing to do either please email chair@spokesgroup.org.uk for a link to GPX files of the routes.

Staffing Spokes Stand. We will have a display, similar to the Rickmansworth Festival stands. Please email chair@spokesgroup.org.uk to offer assistance staffing the stand.



David Hoaran RIP

It is with great sadness that we report the death of David Hoaran. David was a keen cyclist and a member of Spokes for many years, joining many of the rides. He also especially enjoyed taking part in cycling holidays in Lanzarote. Sadly during 2022 he developed Motor Neurone Disease and became gradually incapacitated. David had some really good friends in Spokes who rallied around and set up a group to support him by taking him out in his mobility car and wheelchair to do exercises in the gym, a canal boat trip, disabled sailing, the cinema and many other activities to enrich his life. All in addition to his medical care and live in carers. As the condition developed David gradually got weaker and weaker, and he finally sadly died on Tuesday 30th January. Our thoughts and prayers go out to his family and friends. May he rest in peace.





1. Bricket Wood ride with Peter on his birthday.



2. A ride along the Grand Union Canal to Wembley and back through Harefield with Paul. The great man himself posed a while for our picture.



3. Peter's ride to RAF Hendon on 26th January



Celebrating Christmas in style with a 10 mile ride around Hemel Hempstead



Spokes branded shirts will soon be in use!

Peter Jackson

By now, members will have had the opportunity to order the shirts of their choice. The photo is an example of one type of shirt, the colour etc design will be common to all the shirts on offer. We can now look forward to seeing the shirts being worn by members after the anticipated mid-April delivery. At a later date we will give a further opportunity to access a wider range of clothing including perhaps shorts and leg warmers.



Spokes is on Instagram

Janet has hit the ground running in her new role as our Publicity Officer. Already she has established Spokes on Instagram. Whilst Janet is away on holiday, friend and Spokes member Ming is looking after the account.

Follow Spokes on Instagram:

www.instagram.com/spokes_cycling_group/

We would like to post Spokes and cycling related photos from Spokes Members on our Instagram account. Please send photos and text to publicity@spokesgroup.org.uk and we'll post them.

If you have any suggestions to help Janet with her work publicising the group, please contact her on publicity@spokesgroup.org.uk.

Thank you to Janet and Ming.



Spokes Rides and Events Programme

Spring 2024

Pre-booking on Lets 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 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 Let's 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 Let's Ride is easiest by following the link in the ride description in 'Rides and Events' on the Spokes web site.

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 "Rides for All" collection on our Web Site has great routes you can use.

March 2024

3 Mar **9.30 am** **Sustrans Social Ride Checking NCN6 Signage and Vegetation. Rickmansworth Aquadrome Cafe in the Park, WD3 1NB**

Join **Stephen** and Sustrans volunteers cycling along NCN6 from Rickmansworth to St Albans checking signage and vegetation-tidying up where necessary. Stephen will provide signs/stickers and secateurs, pruning saws and loppers. Please bring food and drink because at the moment the cafe at Bricket Wood Station isn't open on Sundays. Duration will depend on amount of work needed. If you wish to attend please let Stephen know on steve178146@googlemail.com.

30 miles

Medium

Not skinny tyres

March 2024

Tue 5 **10.00 am Redbourn and Back, Cafe in the Park,
Rickmansworth Aquadrome, WD3 1NB.**

Cycle with **Paul** to Chorleywood, Flaunden, Hemel Hempstead, Redbourn, Abbots Langley. Rest stop at The Hub, Redbourn.

32 miles **Medium** Any Bike

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Wed 6 **10.00 am Chorleywood short. Harvester Baldwins Lane,
WD3 3RX.**

On the road with **Neil** to Simmonds or other cafe. A404 Chorleywood Road for 1/4 mile on out leg and 1/2 mile return leg.

11 miles **Medium** Any Bike

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Fri 8 **9.30 am London calling, Olympic Park, The Line art trail,
Limehouse & Tower Bridge,**

Ride with **Katherine** to the Olympic Park, Aim to get the local train to Euston. Bring your own helmet, gloves etc. High viz clothing recommended. Meet at Euston Station . Hire Cycles. Meet at Euston Station, co-ordinate which train to get. 9.30 ish to get the train. Aim to leave Euston 10.15. Hire bikes and ride along the Regents canal to the Olympic Park. Explore the Three Mills Island area and follow some of The Line, art trail. Re-join the towpath along Limehouse Cut to join the Thames. The ride ends near Tower Bridge. Take the tube back to Euston for homeward journey. You must be a confident cyclist and able to ride in a city environment. Most is traffic free but some back streets. Each rider to pay their way.

13 miles **Slow** Hire 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.

March 2024

Sun 10 **10.30 am. Spyride - Cafe in the Park, Cassiobury Park.**
WD18 7HY

A ride with **Charles** to places connected with a real spy (Guy Burgess) and a fictional one (George Smiley). Lunch at the Green Dragon at Flaunden. Gentle pace but the route to lunch is largely uphill. The return ride is largely downhill and easier going.

20 miles **Medium** Any Bike

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Tue 12 **10.00 am - Tuesday Morning Ride - Aquadrome Cafe**
Rickmansworth, WD3 1NB.

Join **Roger** on a road ride through the Swillet & Flaunden to Chipperfield Cafe for refreshment. Return via Sarratt & Loudwater.

20 miles **Medium** Any Bike

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Tue 19 **10.00 am - Back Roads to Bovington. Aquadrome Cafe**
Rickmansworth, WD3 1NB.

Out past Croxley Green and Chipperfield with **Paul** to Bovington, coffee stop at K's Cafe, and return through Flaunden and Latimer.

20 miles **Medium** Any Bike

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Wed 20 **10.00 am - Van Hage Garden Centre. Harvester, Two**
Bridges,
WD3 3RX

On roads with **Neil** via Belsize, Flaunden and Chenies to Van Hage for refreshment.

19 miles **Medium** Not skinny tyres

March 2024

Tue 26 **10.00 am - Bedmond and Nash Mills. The Cafe in the Park, Rickmansworth Aquadrome, WD3 1NB.**

Out with **Phil** via Rousebarn Lane, Chandelers 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

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Sat 30 **10.00 am - Easter Ride to Redbourn Golf Club, Gadebridge Park, white bridge near skate park. Free car parking. HP1 1AE.**

Over half this route is on traffic free paths. Ride with **Katherine** on the Nickey Line to Harpenden, Upper Lea Valley way to Kinsbourne Green. Back on lanes to Redbourn Golf Club for coffee then back on lanes via Cupid Green

23 miles **Medium** Not skinny tyres

April 2024

Tue 2 **10.00 am - Watford, St Albans + Hatfield. Cafe in the Park, Rickmansworth Aquadrome, WD3 1NB.**

Ride with **Paul** on mostly country lanes and cycle tracks

36 miles **Medium** Any Bike

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Wed 3 **10.00 am - Watford-Ice Cream Farm, Watford Rugby Club, Radlett Road, WD24 4LL.**

Join Neil on a return ride from Watford Rugby Club to Ice Cream Farm near Barnet

21 miles **Medium** Any Bike

April 2024

Tue 9 **10.00 am - Grand Union Canal To Wembley. Cafe in the Park, 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 Yummy PL (Polish Cafe) 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, because the towpath can be gravelly, low hanging branches, pedestrians, dog walkers and narrow sections. Now avoids Sudbury Hill and the hill to Mount Vernon.

34 miles **Medium** Not skinny tyres

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Wed 10 **10.00 am - Slow Ride to Chipperfield. Harvester, Baldwins Lane, Croxley, WD3 3RX.**

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

12 miles **Slow** Any Bike

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Thu 11 **10.00 am - Velo Hub Hawridge. Cafe in the Park, Rickmansworth Aquadrome, WD3 1NB.**

Join **Phil** on a ride through Flaunden, Bovington, Ashley Green to Velo Hub at Hawridge before returning back via Chipperfield

30 miles **Medium** Any Bike

.....
Mon 15 **08.00 am The Italian Job 2 - Rome**

Join **Paul** for a 4 day bike ride (a day off after day 3, in Florence) commemorating the end of the Italian Campaign of WW2, riding from Rome to Bologna. The cost will be about £600 - which includes hotel accommodation, food, refreshments, logistic support and bike freight to Rome and home from Bologna, but does not include flights.

329 miles **Steady** Road

April 2024

Tue 16 **10.00 am - Amersham Circular. Harvester, Two Bridges, WD3 3RX.**

Out with **Steve** on a circular ride via Flaunden and Ley Hill to Amersham-on-the-Hill. Choice of excellent cafes in Sycamore Road. Return via Sarrat.

25 miles **Medium** Not skinny tyres

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Sat 20 **10.00 am - Day ride to Velo Café. Aquadrome Café, Rickmansworth, WD3 1NB.**

Cycle on lanes and roads with **Roger** though Chesham to the Velo Cafe at Hawridge. Return via Ashley Green & Belsize.

37 miles **Medium** Any Bike

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Tue 23 **10.00 am - Redbourn + Back. Cafe in the Park, Rickmansworth Aquadrome, WD3 1NB.**

Cycle with **Paul** on a ride via Chorleywood, Flaunden, Hemel Hempstead, Redbourn, and Abbots Langley. Rest stop at The Hub, Redbourn.

32 miles **Medium** Any Bike

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Tue 30 **10.00 am - Slow Ride to Shenley Park. Watford Rugby Club, Radlett Road, WD24 4LL**

Ride with **Graham** on a slow, lazy ride to the Orchard Café at Shenley Park

12 miles **Slow** 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.

May 2024

Sat 11 **11.00 am - Colne Valley and Harefield – Watford Cycling Hub. WD18 9QD**

Ride with **Katherine** on the Ebury Way to Rickmansworth, NCN6 to Harefield, back to Batchworth Lock, then Ebury Way back to the hub. Coffee in Harefield.

13 miles **Medium** Not skinny tyres

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Sun 12 **10.00 am - Aviation History Ride. Garston Medical Centre car park, 6a North Western Avenue, Watford, WD25 9GP.**

Join **Charles** on a ride that passes through places connected with Hertfordshire's aviation history. The main route includes some off road riding, suitable for touring or hybrid bikes but not for bikes with narrow tyres or small wheels. There are on road alternative routes though they tend to be busy.

25 miles **Medium** Not skinny tyres

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Tue 14 **10.00 am - Watford, St Albans and Hatfield. Cafe in the Park, Rickmansworth Aquadrome, WD3 1NB.**

This ride will be mostly on country lanes and cycle tracks with **Paul**.

36 miles **Medium** Any Bike

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Wed 15 **10.00 am - Slow Ride to Lazy Llama Café. Watford Rugby Club, Radlett Road, WD24 4LL.**

Join **Graham** on a slow, lazy ride to the Lazy Llama café at Chiswell Green via Bricket Wood

12 miles **Slow** Any 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.

Tue 28

10.00 am - Grand Union Canal To Wembley, Cafe in the Park, 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 Yummy PL (Polish Cafe) 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, because the towpath can be gravelly, low hanging branches, pedestrians, dog walkers and narrow sections. Now avoids Sudbury Hill and the hill to Mount Vernon.

34 miles

Medium

Not skinny tyres

June 2024

Sat 1

10.00 am - Spokes Gathering. Woodoaks Farm, Denham Way, Maple Cross WD3 9XQ

Our annual Gathering at Woodoaks Farm. Socialise with hundreds of fellow Cyclists from Spokes and other Cycling Groups. Enjoy the farm's normal outlets such as The Tea Shack and Creative Juices Brewing Company. Various Cycling related stalls, activities and information. At 1.00pm there will be a mass photo shoot which we would like as many Cyclists as possible to join.

Your choice to simply make your own way to the Farm or enjoy one of the led rides which will be added to our programme.

10.30 am - Gathering Ride. Aquadrome Cafe Rickmansworth, WD3 1NB

14 miles

Medium

Any Bike

10.00 am - Gathering Ride, Tasty Bean Café, Oxhey Activity Park, Wiggshall Road, Watford, WD18 0HZ.

Out via Ebury Way, Grand Union Canal and Springwell Lane to Maple Cross

16 miles

Slow

Any Bike

Spokes Ambassadors

Thanks to willing volunteers we now have a full team of Ambassadors ensuring identified Cycling venues in our area have a stock of Spokes Leaflets. Do you know of other cycling related venues in our area which may be willing to display Spokes leaflets? The Tasty Bean Café in Oxhey Activity Park now displays our Watford Green Ring Leaflet and Newsletter. If you know an appropriate venue, are you willing to take leaflets and ensure they remain in stock over time, please contact Peter at chair@spokesgroup.org.uk.

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|--|---------------|
| Cycles UK | Diana Ivory |
| Northwood Cycle Depot | Mick Leonard |
| Ride St. Albans | John O'Connor |
| Rock & Road St Albans | Peter Jackson |
| The Bike Shop, Watford | John O'Connor |
| The Tasty Bean Cafe, Oxhey Activity Park | Peter Jackson |
| Watford Cycle Hub | Peter Jackson |

Spokes Committee

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|---|------------------|--|
| 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 | Philip Gibbs | newsletter@spokesgroup.org.uk |
| Web Master | Graham Phillips | webmaster@spokesgroup.org.uk |
| Publicity | Janet Marshall | publicity@spokesgroup.org.uk |
| Watford Cycle Hub Appointed Attendee | Fiona Timme | office@watfordcyclehub.org.uk |
| Other Members | Katherine Deaney | kldeaney@hotmail.com |

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

Check with the organisation what they offer discount on

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| British Cycling* | www.britishcycling.org.uk/clubs/membership | |
| Cycles UK | 484/486 St. Albans Road, Watford, WD24 6QU | 01923 243707 www.cyclesuk.com |
| Cycling UK* | my.cyclinguk.org/new-member/new-member-affiliated | |
| 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 | 117 Victoria Street, St Albans AL1 3TJ | 01727 832020 info@rockandroadbikes.com |
| Watford Cycle Hub | Holywell Community Centre, Tolpits Lane, Watford WD18 9QD Discount-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.



Cafe stop at Rowan's Garden Centre on Phil's winter ride to the Chiltern Open Air Museum on 26th January.



A cracking ride with Paul to the Red Lion at Hatfield along the 3 Ways - Ebury Way, Abbey Way and Alban Way; returned the same way.

bike registration

advice

social rides

maps

Your One Stop Cycling Shop

training

hire

donation & reconditioning

In the Community, for the Community



ride



learn



shop



eat



fix



01923 223994

watfordcyclehub.org.uk/

@WatfordCycleHub

