



2025 Winter Newsletter – No. 126

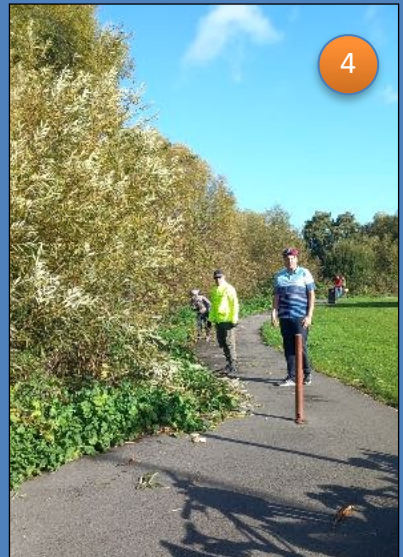


If you prefer to receive electronic copies of the Newsletter, please contact

membership@spokesgroup.org.uk



Cover: Spokes ride with Paul to Redbourn 8 October.



1. St. Albans and Hatfield ride with Paul 24 September
2. Ride with Roger to Redmond and Verulamium 23 August
3. Shenley ride with Kim 20 August
4. Maintenance team clearing Ebury Way with Roger 4 October

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Cyclists on their way to St Albans with Roger. Taking a rest on the canal bridge near Cassiobury Park. 25 October

Chat from the Chair

Peter Jackson

After an autumn programme of plentiful and varied rides the winter programme is again looking good. Thank you to all involved.

The three holidays run by Spokes this year were enjoyed by all. In 2026 we are again offering three Spokes Cycling Holidays. Details are in this Newsletter. Once again it is a varied offering: A May holiday in Cambridgeshire with Katherine, a June repeat of this year's successful Rimini Italy holiday with Janet, and in July a Netherlands tour led by me, assisted by Graham.

Our hard-working committee still has two vacancies, Publicity and Routes for All Coordinator. Please contact me for more details if either post interests you.

Please add next year's cyclist gathering to your diaries; Saturday 30 May at Woodoaks farm.

The Hertfordshire Cycling Map updating has been further delayed, so Roger is preparing a plan to gather views at a meeting early in the New Year.

My Spokes email address has been reinstated, so I am once again contactable at chair@spokesgroup.org.uk.

Merry Christmas and Happy Cycling in 2026!

Update on campaigning for better cycling

Roger Bangs

On 18 Sept the Watford Cycle Forum was held at the Watford Cycle Hub. An interesting event that allowed anyone with an interest in cycling to mix and talk to others on any issues related to cycling. Several other organisations had a stall giving information about their activities.

Spokes were particularly keen to support this event, as we believed the Hertfordshire County cycling map was planned to be updated and we would be able to mark up a draft map showing all known routes and other features relevant to cycling. Unfortunately, the HCC cycling team were not able to attend the forum, so the mapping exercise did not happen.

However the Spokes committee have decided to hold our own local mapping exercise identifying all the local cycling routes and facilities. We will purchase a local OS map centred on Watford and mark on it the known routes, problems and cycling parking locations. Later in the new year Spokes will invite all interested local cyclists to an event where other information can be added. This will be helpful for the future promotion of local cycling improvements, and

hopefully, if a future county cycling map is produced, our information will be available for it.

At the Forum we were able to talk to the Three Rivers Sustainable Transport Officer who was interested in our concerns about the condition of the Rickmansworth end of the Ebury Way and access on NCR6/61 from the Aquadrome to the canal path.

The mystery tree at Garston under the M1 has been removed. It would be interesting to hear how it got there and who removed it.



Photo: Trying take a bike though path width restrictors.
The gap is too tight

In Three Rivers we hope to see Tilehouse Lane opening in 2026. (It has been closed since work started on HS2) and also to see a safe link made from the Old Uxbridge Road to the A412 at the county boundary.

On 4 October a small group of Spokes and Sustrans volunteers met to clear some of the obstructing vegetation and branches on the Ebury Way, followed by coffee and a chat after a couple of hours work.

Watford Green Loop - Hertfordshire County Council is progressing with plans to build a toucan crossing at the junction of Thomas Sawyer Way and Dalton Way. We should see changes to the road crossings in the Century Park area later this financial year. The St Johns Road contraflow work will hopefully start in 2026.

Members Rides

<https://www.spokesgroup.org.uk/members-rides/>

If you are looking for ideas for rides you can read about the experiences of Spokes members and see what routes they recommend. Some of the routes have GPS files available. For information on accessing these files please click [here](#).

If your favourite ride isn't listed, please send the details to our routes co-ordinator (vacant at present) routes@spokesgroup.org.uk. Share any hints or tips

you have with other riders. If you agree, these will also be included in the newsletter and any photos you have will also be very welcome.

Spokes exists to encourage and campaign for cycling, and if you would like to support its work you can use this link to [join the group](#).

Note from editor

Please feel free to send articles related to cycling, which you think would be of interest to others, to the editor for the next newsletter. Thank you once again to Pam Mann for proofreading this edition.

New Whippendell Wood Bike Trail



Photo by Rob Jefferis

The New Whippendell Wood bike trail now open! Watford's first-ever purpose-built mountain bike trail has been launched, right in the heart of Whippendell Wood!

Created in partnership with Bike Park Chilterns CIC, this free-to-use trail offers riders of all abilities the chance to enjoy a safe, sustainable and progressive biking experience, just minutes from the town centre.

- ◆ Funded through the Watford Neighbourhood Grant (£23,000)
- ◆ Supported by West Herts Golf Club and Bike Park Chilterns CIC
- ◆ Features natural gravel and clay berms, clear signage and wildlife-friendly design

This unique facility puts Watford on the mountain biking map, adding to our town's fantastic green spaces like Cassiobury Park and Whippendell Wood. 🌿

📍 Start your ride near Lime Avenue

📄 Learn more: whippytrails.com

Netherlands Cycle Tour to Amsterdam

Spokes Members Only

Friday 3 July to Friday 10 July 2026

Booking Opens 1 December 2025 and Closes 9 January 2026. (20 places maximum)

Holiday Leader: Peter

Friday 3 July overnight Stena ferry from Harwich to Hook of Holland, then cycle to Leiden for an overnight stay with a few hours to explore Leiden on the 4th and 5th. Cycle to Amsterdam for a 3-night stay with two days free to enjoy this beautiful City. Cycle to Gouda for a one-night stay, visit the cheese market on the 9th then cycle to the Hook of Holland with a lunch and “tourist” break in Delft. Overnight ferry, landing at Harwich 06:30 on Friday 10th of July.

4 days cycling at Spokes Medium Pace with luggage, longest days about 33 miles. No proper hills, all good surface, mainly on cycle ways.

Cost per person £730 (subject to exchange rate and money transfer etc. cost variation) including continental breakfast at the hotels and a 10% contingency. Any unused contingency will be returned when the holiday is completed.

Book via the link in Rides and Events on the Spokes Website.



Rimini Holiday 2026

Janet Marshall

Last year Spokes Group organised seventeen members to experience a one week cycling holiday in Rimini, based in the lovely family-run Hotel Gambrinus.

<https://www.gambrinusrimini.it>



During those seven days we had some amazing rides which were led by the local cyclists; each day we had different routes to appreciate the different villages. On the holiday groups of riders are divided according to different abilities. Electrical bikes can be rented along with high quality road bikes. Thanks to the hotel's incredible location, after the rides we can walk along the beach, enjoy spa treatment or even retail therapy. The nearby old town of Rimini is a delightful visit, plus there is a very pleasant sightseeing tour to San Marino offering stunning opportunities to enjoy Romagna at its best. The hotel provides exciting food for breakfast, lunch and dinner, accompanied with local wine. The only problem is that the

seven days disappear so quickly that we want to organise a return visit! So make a note in your diary that from 4 - 11 June 2026 we are planning a further trip for cycling and party time in Rimini. **Booking details will follow in January. Spokes members only.**

Spokes 2026 UK holiday – Cambridgeshire

Wednesday 20 – Sat 23 May 2026

Katherine Deaney

Cost

£120 per person sharing a twin / double room or £240 single occupancy bed and continental breakfast.

12 places maximum – a waiting list will be held in case of cancellations.

Booking opens December 1, first come first served. Full payment to confirm place. Deadline to book 31 January.

Cancellation – this trip is non refundable; – rider is responsible for recruiting another member (of the same gender if sharing a twin room) to take their place.

Substitute rider pays original rider hotel costs.

Accommodation:

- Slepe Hall Hotel <https://slepehallhotel.co.uk/>

Ramsey road, St Ives,
Cambridgeshire,
PE27 5RB

- Free car parking

- Bikes can be stored in a conference room overnight
- Slepe Hall is within easy walking access to the town centre of St Ives, which has a range of shops, cafes and restaurants.



Itinerary

1. Get to St Ives, either drive to hotel or cycle from Bletchley train station (51 miles) <https://ridewithgps.com/routes/52203374> A shorter 28 mile ride can be done by taking the train from Bletchley to Bedford then join the route.
2. Day ride to Cambridge <https://ridewithgps.com/routes/49792887> (31 miles along busway)



3. Day ride to Ely <https://ridewithgps.com/routes/52233663> (38 miles)



4. Check out of the hotel, take luggage with us, ride to Grafham Water (25 miles). <https://ridewithgps.com/routes/52233780>

Then get train home from Huntingdon to Hatfield, then cycle back to Hemel (15 miles) and onto your home <https://ridewithgps.com/routes/48322154> or go to London and change trains

Cycling terrain

This trip is aimed at riders who are confident on the roads and will be a slow – medium leisurely paced ride (8-10mph average). If you like fast rides, this trip is not suitable. It is not suitable for beginners or those with limited fitness. The terrain is not particularly hilly. There are some traffic free paths, namely the busway to Cambridge and Grafham Water. Ideal for hybrid / gravel bike / skinny tyres (caution at Grafham Water).



Travelling to St Ives:

1. Take the train to Bletchley, then cycle 50 miles
2. Take the train to Bedford, then cycle 28 miles
3. Drive to St Ives

Travelling home from Grafham Water

1. Cycle to Huntingdon (6 miles)
2. Take the train to Hatfield and cycle home 15-20 miles or take the train to your home station via London
3. Cycle back to St Ives, drive home (12 miles) or drive to Grafham Water (car parking available)

Spokes members only. To book go to Spokes Website. www.spokesgroup.org.uk

Spokes Committee

Chair	Peter Jackson	chair@spokesgroup.org.uk
Treasurer	Nigel Pollard	treasurer@spokesgroup.org.uk
Secretary	Nikolay Vachev	secretary@spokesgroup.org.uk
Campaigning	Roger Bangs	campaigning@spokesgroup.org.uk
Membership	Katherine Deaney	membership@spokesgroup.org.uk
Rides Co-ordinator	Steve Ashford	rides@spokesgroup.org.uk
Routes Co-ordinator	Vacant	routes@spokesgroup.org.uk
Newsletter	Philip Gibbs	newsletter@spokesgroup.org.uk
Web Master	Graham Phillips	webmaster@spokesgroup.org.uk
Publicity	Vacant	publicity@spokesgroup.org.uk
Watford Cycle Hub	Fiona Timme	office@watfordcyclehub.org.uk

Join Spokes

Membership costs just £15 per year and £5 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 rides, social events, and other activities in our quarterly Newsletter.

Spokes Members' Discounts

Check with the organisation what they offer discount on

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

British Cycling*	www.britishcycling.org.uk/clubs/membership	
Cycling UK*	my.cyclinguk.org/new-member/new-member-affiliated	
Leisure Wheels Spokes Ambassador is Katherine Deaney	89 High Street, Hemel Hempstead, Hertfordshire, HP1 3AH	01442 213000 https://www.leisurewheels.co.uk/
Northwood Cycle Depot Spokes Ambassador is Peter Jackson	118 Pinner Road, Northwood HA6 1BP	01923 824174 www.northwoodcycles.com
Ride St Albans Spokes Ambassador is John O'Connor	318 Watford Road, Chiswell Green, St Albans AL2 3DP	01727 614778 www.ridestalbans.com
Rock & Road Bikes Spokes Ambassador is Peter Jackson	117 Victoria Street, St Albans AL1 3TJ	01727 832020 info@rockandroadbikes.com
The Bike Shop (Watford) Spokes Ambassador is John O'Connor	66 Queens Rd, Watford WD17 2LA	07941 800029 www.thebikeshopwatford.com
Watford Cycle Hub Spokes Ambassador is Peter Jackson	Holywell Community Centre, Tolpits Lane, Watford WD18 9QD Discount-Bike parts only	01923 223994 www.watfordcyclehub.org.uk
Dropbar Bike Repair. Spokes Ambassador is Peter Jackson	Unit 14 Riverside Works, Riverside Road, Watford WD19 4HY	01923 590216 www.dropbarbikemechanics.com hello@dropbarbikemechanics.com

Presentation to Pam Mann

Having served on Spokes Committee for 29 years, founder member Pam Mann has ably held most roles on the Committee, including Chairperson, but is probably known to most members as our Treasurer for about 20 years until she stood down at this year's AGM. Peter and Roger went to Pam's home on 3 November to thank her for her much appreciated service and present a token of our thanks with flowers and a John Lewis voucher.



Pam's husband John was also a founder member and was the first Chairman of Spokes. Following his death in 2002 a bench was erected on the Ebury Way. Next time you are passing that way take a look at the plaque and the bench.



Spokes was formed in 1996 following an inaugural ride starting from the Red House in Croxley Green involving members of Sustains and Friends of the Earth as a way to promote cycling. This then evolved into Spokes with the aim to improve opportunities for cycling and to promote cycling.

Next year will be Spokes thirtieth anniversary and we will be organising an event to mark the occasion. There will also be articles in the Newsletter where you can read about the history of Spokes.



**Spokes ride to Bricket Wood Tea Rooms
with Katherine 1 November**



Spokes Christmas Social Ride



Katherine has organised a Spokes Christmas Evening Social Ride in Hemel Hempstead to see local houses in Hemel decorated for Christmas, followed by drinks and festive food on Wednesday 17th December.



Dress code: Christmas jumpers. Christmas lights and tinsel on your bike are optional! Your bike must be road legal for riding in the dark, ie. front and back lights.

The ride will depart from the Council Car Park, which is on the left at the far end of the High Street just before the Fletcher Way mini roundabout, promptly at 6.00 pm. Bookings via Let's ride. Bring secure lock if you are coming to the social afterwards.

The Social follows the ride (from 7.30 pm onwards) at Coffee & Wine, 97 High Street (Old Town), Hemel Hempstead HP1 3AH. Mulled wine is available along with a selection of red and white wine by the glass, coffee, hot chocolate and soft drinks. Mince pies and nibbles such as breadsticks, olives, nuts and crisps are available and they also offer toasted sandwiches, etc. Dress code: Christmas jumpers or other festive attire.

Check out www.coffeeandwine.co.uk/old-town for more information. Each person to order and pay as you go on the night. Car Parking is available at the Council Car Park details above.

Please email Katherine (kldeaney@hotmail.com) if you'd like to come to the social event and indicate any dietary requirements such as gluten free, vegan etc. Deadline for confirming attendance at Coffee & Wine is Mon 8 December.

Keep in Contact with Spokes

Spokes Website	http://www.spokesgroup.org.uk/rides-events/ Includes, Spokes Rides, Events, Routes, News, Newsletters and Join Spokes online page.	
Spokes Facebook Group	https://www.facebook.com/groups/178161195994290/ See what other Members are doing and Post your own Cycling topics and photos.	
Spokes Let's Ride Group	https://www.letsride.co.uk/groups/spokes-watford Book Spokes Rides. Join our Let's Ride Group (free) to join our occasional Spokes Members' day out rides.	
Spokes Strava Club	https://www.strava.com/clubs/Spokes_SW_Herts Sign up, see where Spokes Members are riding, how your activity compares with others and your own improvement.	
Spokes Instagram Page	https://www.instagram.com/spokes_cycling_group/ Photos, and more from Spokes. Email yours to publicity@spokesgroup.org.uk for publication.	

Spokes Rides and Events Programme

Winter 2025

Pre-booking on Let's Ride is required for all Spokes rides.

Spokes members put together a varied programme of social rides. Ride descriptions normally include speed, distance and hills information to help you find rides that suit you. We ride in a group that chats and enjoys a sociable break en route or at the end of the ride. If you are struggling on the day, you will not be left behind. Rides may be added to the programme after the newsletter is published. These rides are posted on Facebook and, if there is sufficient time, Let's Ride, Spokes Web Site and in an email to Members. ***Please note some rides will now only be available for booking two weeks in advance. If you find the ride you are interested in is fully booked, please check again nearer the time. This is to avoid the repeated occurrence of cancellations which has become a bit of an issue on some rides.***

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.

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

Ride Speed Guide:

- Slow ----- Gentle up to 8mph.
- Medium ----- Average of 9-11 mph
- Fast ----- Average over 12 mph

Ride Categories on Let's Ride:

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

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

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

We would love to offer more rides, and route variations, but to do that we need more **Members willing to lead rides**. Please speak to or email Steve Ashford if you are interested in others joining you on your favourite route/s. The Spokes 'Rides for All' collection on our website has great routes you can use.

Short Notice Rides

Members can add extra rides at short notice using an online form on the Spokesgroup website. Click 'Rides and Events' at the top of the screen, scroll down to the end of the list of rides and you will find a form to fill in with details of your ride.

December

Wed 3 Dec 10.00 am – Woodcock Hill reps

Café in the Park, Rickmansworth Aquadrome WD3 1NB

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

5.35 miles **Fast** Any bike

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Thu 4 Dec 10.00 am – Chenies Garden Centre

Harvester, Two Bridges, Croxley WD3 3RX

Ride with **Neil**. On roads via Belsize, Flaunden and Chenies to Chenies GC for refreshment. Some challenging (8-10%) climbing.

19 miles **Medium** Any bike

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Café in the Park, Rickmansworth Aquadrome WD3 1NB

14 miles **Slow** Any bike

Harvester, Two Bridges, Croxley WD3 3RX

22 miles **Medium** Any bike

**Tasty Bean Café, Oxhey Activity Park, Wiggenhall Road,
Watford WD18 0HZ**

12 miles **Slow** Any bike

Harvester, Two Bridges, Croxley WD3 3RX

12 miles **Medium** Any bike

Sun 14 Dec 10.00 am – Watford to Ice-cream Farm

Watford Rugby Club, Radlett Road, Watford WD24 4LL

Ride with **Neil**. Return ride from Watford Rugby Club to Ice Cream Farm near Barnet.

21 miles **Medium** Any bike

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Wed 17 Dec 10.00 am – The Ways to Hatfield

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Paul H.** Watford, St Albans, Hatfield. Mostly country lanes and cycle tracks; rest stop at The Red Lion, Hatfield

36 miles **Fast** Any bike

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Wed 17 Dec 6:00 pm – XMAS Lights Tour

Outside Coffee and Wine, High Street, Hemel Old Town HP1

3AH

Ride with **Katherine**. Ride around Hemel to see Christmas light displays. Drinks / nibbles at Coffee and Wine afterwards. You are welcome to come for drinks from 7.30pm if you don't want to ride. If the weather is bad, the ride will be cancelled but the social will still go ahead.

10 miles **Slow** Any bike

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Sat 27 Dec 10:00 am – Bea's Coffee Barn

The Nap car park, Kings Langley WD4 8ET

Ride with **Katherine**. Circular route via Hunton Bridge, Chandlers Cross, Sarratt. Coffee at Bea's coffee barn.

15 miles **Slow/Medium** Any bike

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January

Wed 7 Jan 10.00 am – Woodcock Hill reps

Café in the Park, Rickmansworth Aquadrome WD3 1NB

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

5.35 miles **Fast** Any bike

.....

Thu 8 Jan 10.00 am – Chenies Garden Centre

Harvester, Two Bridges, Croxley WD3 3RX

Ride with **Neil**. On roads via Belsize, Flaunden and Chenies to Chenies GC for refreshment. Some challenging (8-10%) climbing.

19 miles **Medium** Any bike

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Tue 13 Jan 10.00 am – Cheslyn Gardens

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Phil**. Along Ebury Way, around part of Green Loop through Cassiobury Park. Refreshment stop at Rhubarb Café.

11 miles **Slow/Medium** Any bike

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Wed 14 Jan 10.00 am – Chorleywood Short but Sweet

Harvester, Two Bridges, Croxley WD3 3RX

Ride with **Neil**. On road to Chorleywood Simmonds or other café. Some challenging (8-10%) climbing.

12 miles **Medium** Any bike

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Thu 15 Jan	10.00 am – Not so Lazy Ride to Lazy Llama	
	Tasty Bean Café, Oxhey Activity Park, Wiggenhall Road WD18 0HZ	
	Ride with Steve . Out via Cassiobury and Bedmond to the Lazy Llama at Chiswell Green. Back via Bricket Wood.	
18 miles	Medium	Any bike
.....		
Wed 21 Jan	10.00 am – The Ways to Hatfield	
	Café in the Park, Rickmansworth Aquadrome WD3 1NB	
	Ride with Paul H . Watford, St Albans, Hatfield. Mostly country lanes and cycle tracks; rest stop at The Red Lion, Hatfield	
36 miles	Fast	Any bike
.....		
Thu 22 Jan	10.30 am – Leavesden Country Park	
	Tasty Bean Café, Oxhey Activity Park, Wiggenhall Road, Watford WD18 0HZ	
	Ride with Peter . Out via Cassiobury Park to YMCA Café in The Park for refreshment. Return via Garston. Good surface throughout, quite roads and Cycle Path.	
14 miles	Medium	Any bike
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Sat 24 Jan	10.00 am – Burstons Garden Centre	
	Car park, Gadebridge Lane, off Leighton Buzzard Road, Hemel. Meet by the white bridge over the river HP1 3FA	
	Ride with Katherine . Out via Potters Crouch to Chiswell Green for coffee at the Garden Centre. Return via Bedmond.	
18 miles	Slow/Medium	Any bike
.....		

Sat 31 Jan 10.30 am – Chiltern Routes

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Roger**. Cycle on roads & lanes though Heronsgate and Flaunden to the Cafe at Chipperfield. Return via Sarratt and Croxley Green.

22 miles **Medium** Any bike

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February

Wed 4 Feb 10.00 am – Woodcock Hill reps

Café in the Park, Rickmansworth Aquadrome WD3 1NB

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

5.35 miles **Fast** Any bike

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Thu 5 Feb 10.00 am – Latimer Circuit

Harvester, Two Bridges, Croxley WD3 3RX

Ride with **Steve**. A circular route via Flaunden, Latimer, Rowan Garden Centre (refreshment stop), Maple Cross, bit of Grand Union canal and Ebury Way. 1200 feet of climbing, including the ascent of Stony Lane (walking allowed).

22 miles **Medium** Any bike

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Tue 10 Feb 10.00 am – Watford Green Loop

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Phil**. Along Ebury Way until it joins the Watford Green Loop. Then follow the loop clockwise through Cassiobury Park, Watford town centre, back to the Abbey Way and round to return on the Ebury Way.

12 miles **Slow/Medium** Any bike

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Wed 18 Feb 10.00 am – The Ways to Hatfield

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Paul H.** Watford, St Albans, Hatfield. Mostly country lanes and cycle tracks; rest stop at The Red Lion, Hatfield

36 miles **Fast** Any bike

.....

Thu 19 Feb 10.30 am – Elstree Aerodrome

Tasty Bean Café, Oxhey Activity Park, Wiggenhall Road, Watford WD18 0HZ

Ride with **Peter.** Out via Old Redding and Stanmore for refreshment at the Aerodrome Café. Return via Letchmore Heath. Some busy roads, challenging hills.

19 miles **Medium** Any bike

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Thu 19 Feb 7.30pm – Committee Meeting

Watford Cycle Hub, Chaffinch Lane, Watford WD18 9QD

All Members welcome to attend our Committee Meetings.

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Wed 25 Feb 10.30 am – Wendover Woods

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Paul H.** Chenies, Chesham, Cholesbury, Wendover Woods, Amersham. Rest stop at the cafe in the woods.

37.5 miles **Fast** Road bike

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Fri 27 Feb 10:00 am – En route to Rootz

The Nap car park, Kings Langley WD4 8ET

Ride with **Katherine.** Out via Flaunden and Chenies. Coffee at Rootz in Chorleywood. Return via Chandlers Cross and Hunton Bridge.

20 miles **Slow/Medium** Any bike

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1

1. Ride to Spokes Café in
Codicot with Peter
21 August



2

2. Ride to Watford Ice
Cream Farm with Neil
11 September



3

3. Thank you to Steve for
covering Phil's ride to the
Flourish Bakery
4 September

bike registration

advice

social rides

maps

Your One Stop Cycling Shop

training

hire

donation & reconditioning

In the Community, for the Community

ride

learn

play

shop

eat

fix



Watford Cycle Hub

01923 223994



@WatfordCycleHub

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

SCAN ME

