



2026 Summer Newsletter – No. 128

*30 Years
1996 - 2026*



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

membership@spokesgroup.org.uk

A selection of Spokes rides from this spring



Above: Local ride with Chris. Ride to Bricket Wood with Kim
Middle: Chiltern Velo ride with Peter
Bottom: St Albans ride with Paul.
Ride to Crews Hill Transport Museum with Peter



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Chat from the Chair

Peter Jackson

We welcome to Spokes Committee Gary Smith, who is taking on the role of looking after our Routes for “All and Members’ Routes”. We are considering improvements to the way these routes and maybe our various Cycling Holiday Routes are accessed. More information on that when our research is complete.

It is great to see how our rides programme is expanding, with more rides being offered and more cyclists joining them. Many thanks to Steve Ashford for his organisation and all the ride leaders.

Spokes will have a stall in Watford High Street on Sunday 7 June, as part of Great Big Green Week Market Day. Our stall be open 11:00 until 16:00. Do drop in and see us. Thanks to Nigel Thorpe for volunteering to assist with setting up the stall and Diana Ivory for volunteering to assist with staffing. More volunteers are needed, staffing the stall from 11:00 until 16:00 and helping to pack it away 16:00 until 16:30. Please contact me if you can help.

On the campaigning front, part of Spokes’ success is the establishment of the Watford Green Loop and the toucan crossing across Thomas Sawyer Way, which Roger Bangs writes about in this Newsletter. Spokes continue to campaign with Hertfordshire County Council (HCC) and Watford Borough Council (WBC) for the agreed improvements to the Loop to be completed and we support WBC publicity of the route. In April Roger and I participated in the recording of a promotional video that WBC are producing. On 9 May Spokes was represented at an HCC project completion event at the Tasty Bean Café and Thomas Sawyer Way crossing.

What lovely Spring Cycling weather we have enjoyed, enhanced by some spectacular Bluebell displays. Let’s look forward to a perfect Cycling Summer with dry warm days and enough rain to meet our needs falling only during the hours of darkness!

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 proof reading this edition.

Campaigning can reap rewards!

Roger Bangs

Campaigning for better cycling infrastructure can be tiresome and frustrating, but after the success in creating the Green Loop we are seeing some good changes to the roads and tracks around Southwest Hertfordshire.

On a recent ride along the Ebury Way (NVR6/61) into Watford I noticed many old trees had been cut back and tidied up, allowing more light onto the track. I just hope some of the rubbish at the back of the industrial estates can also be cleared. Maybe the local authorities could help there.

I noticed a new access ramp has been provided from the Ebury Way into the King George V playing field. This should allow better access to the Cycle Hub.



At the Watford Skate Park many of the trees were cut back giving a better view of the River Colne.

Activity park

Crossing-Thomas
Sawyer Way





The big improvement, though, was the new controlled crossing for the Thomas Sawyer Way. A vast safety improvement for all those accessing the Activity Park.

I also remember only a few years ago the bridge on Wiggshall Road was widened on the Green Loop, allowing more room for cyclists and walkers.

In the near future we hope to see other road improvements on the Green Loop. At Century Park we need a safer crossing of the access road to the car parks. The shared path, which is blocked by the BT cabinets, needs to be widened or an alternative track provided.

On St. Johns Road which is one way for vehicles a contra flow lane should be provided for cyclists.

The tangled arrangements for accessing Watford General Hospital from Thomas Sawyer Way for both cyclists and motorists need to be sorted out.

At Rickmansworth Sustrans have been involved in a plan for improving the access to the Ebury Way in what is known as the dark dangerous passage. We hope to see the tree cover reduced, and the path level raised. The entry from Church Road could be widened and made more welcoming.

There are plans to continue the cycle route and change the car parking arrangement on High Elms Lane by Parmiter's School. This should be safer and beneficial to all users.

So putting time and effort into convincing our councillors and officers to improve conditions for cyclists can get the results we desire. What improvements do you think should be made, email them to : campaigning@spokesgroup.org.uk

News items on the Website

Do you have a cycling related piece of news that you would like to share with Spokes members? We publish short articles on the Spokes website homepage. These often concern problems, or fixes to problems, that local cyclists encounter, such as the recent installation of a cycle crossing on Thomas Sawyer Way.

If you have anything you would like to share, send an email to webmaster@spokesgroup.org.uk and preferably include a photograph (just one please).

Keep an eye on the website to see things that affect cyclists in South West Hertfordshire.

Spokes Rides and Holidays

It is good to see that the Spokes rides programme and holiday cycling trips are so well supported. Many thanks to all who enable them to happen and to members who participate.

All our led rides and holiday cycling trips are provided for free by volunteers, not a professional cycle rider or touring company. It is important to remember that when we participate in any of these activities, we are each responsible for our own safety and resolution of any problems we may incur e.g. returning home in the event of illness or injury. It is our own individual responsibility to ensure we have insurance cover appropriate for our own needs. We all need to be considerate of other riders, in particular booking rides at the pace we ride, riding at the advertised pace and keeping with the group.

We recommend that you enter your emergency contact details on Let's Ride and provide them to the leader of any holiday you book.

Our individual responsibility is probably best considered from the perspective that the ride or holiday we are participating in is a "group of friends doing an activity together". Peter Jackson






Ride Leaders

Do you enjoy group rides? Do you have routes that you enjoy and would like to invite other cyclists to join? Then why not lead rides in our rides programme? Ride Leading is not onerous and I can provide guidance. Contact Steve at rides@spokesgroup.org.uk for more information.

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	Gary Smith	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

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 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	
Cychemistry Spokes Ambassador is Katherine Deaney	24 Red Lion Street, Chesham, HP5 1EZ	07954160215 https://cychemistry.co.uk/
Dees Cycles Spokes Ambassador is Katherine Deaney	39 Hill Avenue, Amersham, Bucks, HP6 5BX	01494 727165 https://www.deescycles.com/ info@deescycles.com
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
Leisure Wheels Spokes Ambassador is Katherine Deaney	89 High Street, Hemel Hempstead, Hertfordshire, HP1 3AH	01442 213000 https://www.leisurewheels.co.uk/
Lovelo Cycle Works Spokes Ambassador is Katherine Deaney	Unit 7 Dwight's Yard, r/o, 167 High Street, Berkhamsted HP4 3HB	01442 873000 www.lovelocycleworks.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

Spokes Rides and Events Programme

Summer 2026

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.

June

Wed 3 Jun 10.30 am – River Ouse and University Way to Sandy
Addison Howard Park, Kempston, Bedford MK42 8PN

Ride with **Katherine**. Explore new territory in Bedfordshire. Cycle through Bedford along the river Ouse, then join the University Way (former railway line) to Sandy. Return on quiet lanes through scenic villages. Lunch stop tbc. Note that this ride will only go ahead with a minimum of 4 participants.

26 miles **Medium** Any bike (not skinny tyres)

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Continued on page 14

End of an era

Kate Jenkins and Fiona Timme anticipate formally [in](#) early June, after [14](#) years of leading the Watford Cycle Hub and developing it into the wonderful establishment it is now. Opening in October 2012, it has been serving the local community taking care of all their cycling needs.



It moved to its new purpose-built premises in 2020 and from there it has provided [cycle](#) training, bike servicing and repairs, the sale of reconditioned bikes, regular free social rides, a café and support for Watford Borough Council's Mini-town for young children to develop confidence cycling.



To mark their retirement 59 cyclists, including several from Spokes, took part in a celebratory cycle ride on 26th April around the Watford Green Loop. It was a wonderful occasion and a chance for everyone to show their appreciation and thanks for everything they have done.



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.



Tue 16 Jun 10.00 am – Chilterns and Great Missenden

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Roger**. Cycle on road and tracks though the Chess Valley toward Wendover. Join the new Sustrans Misbourne Trail to Great Missenden for lunch. Return via Amersham and Chorleywood.

39 miles **Medium** Any bike

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Thu 18 Jun 10.00 am – Cheslyn Gardens

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Phil**. Mostly road plus Cassiobury Park. Ebury Way, Cassiobury Park, Cheslyn Gardens, return similar route. Refreshment stop in Rhubarb Café.

14 miles **Medium** Any bike (better suited to hybrids)

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Sat 20 Jun 10.00 am – Grand Union Canal to Wembley

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride south then east with **Paul** along the Grand Union Canal towpath, turn north east along the Paddington Arm to the Polish Café 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. I usually use my Brompton for this ride.

34 miles **Medium** Any bike (not skinny tyres)

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Tue 23 Jun 10.30 am – Cassiobury Park

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Chris**. A gentle slow ride on the Ebury way to Cassiobury Park. Return via Croxley Green

12 miles **Slow** Any bike

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Thu 25 Jun 10.00 am – Watford – Ice Cream Farm

Watford Rugby Club, Radlett Road 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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July

Wed 1 Jul 09.00 am – Over the Top

Euston Tap, Euston Station NW1 2EF

Led by **Paul**. On the 110th anniversary of the first day of The Somme, we have a recreation of the BHF London to Brighton bike ride, starting from just outside Euston Station to make things easier for Spokes West Herts riders. I have derived the name from the expression used throughout the trenches and, from a cycling perspective, our "going over the top" will be Ditchling Beacon! We will return to London by train.

59 miles **Fast** Road bike

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Thu 2 Jul 09.30 am – Munden Meander

Meriden Community Centre, Garsmouth Way, Watford WD25

9ET

Ride with **Katherine**. Circular route on tracks and bridleways through Aldenham to Bricket Wood station tea rooms for refreshments. Return via Garston. Not suitable for novice riders, quite tricky paths.

11.5 miles **Slow** MTB or Gravel Bike, not skinny tyres

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Sat 4 Jul 10.00 am – Poppy Ride West London

Costa Coffee. 134 Borough High Street, London SE1 1LB

Cycle Tour of London led by **Paul**. Passing over 60 points of interest!

23 miles **Medium** Any bike

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Wed 8 Jul **10.00 am – Ashley Green Memorial Café**
Harvester, Baldwins Lane, Croxley WD3 3RX

Ride with **Neil**. On roads via Belsize, Flaunden and Leyhill Common. Return generally on slightly NE route.

23 miles **Medium** Any bike

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Thu 9 Jul **10.30 am – Chipperfield**
Watford Metropolitan Line Station WD18 7LE

Ride with **Chris**. A slow ride to Blackwells Tennis Club via Whippendell Woods then on to Sarratt.

25 miles **Slow** Any bike

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Sun 12 Jul **10.00 am – De Havilland Café**
Watford Rugby Club, Radlett Road, Watford WD24 4LL

Ride with **Noel**. Out Via Wall Hall, Shenleybury to De Havilland café. Back via Willows and Lakes, Colney Heath to Alban Way then Chiswell Green to Bricket Wood

20 miles **Medium** Any bike (not skinny tyres)

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Wed 15 Jul **10.00 am – The Ways to Hatfield**
Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Paul**. 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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Thu 16 Jul **9.30 am – Redbourn Golf Club**
Gadebridge Park, by the white footbridge over the River Gade
HP1 1LS

Ride with **Katherine**. Take the Nickey line to Harpenden then back through Kinsbourne Green and Radbourn

22 miles **Medium** Any bike (not skinny tyres)

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Sat 18 Jul 10.30 am – Rusty Bike Café

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Roger**. Cycle on road and tracks though Heronsgate, Chalfont St Giles to Black Park, then on to the Rusty Bike Cafe at Uxbridge. Return though the Colne Valley and Harefield. Includes a walk crossing a busy dual carriageway.

29 miles **Medium** Any bike

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Thu 23 Jul 10.30 am – Berkhamsted and Tring

Canal Fields, Broadwater, Berkhamsted (near station) HP4 2AL

Ride with **Steve**. Repeated by request! A circular route around Wigginton, Tring, Ivinghoe and Ashridge. A bit of canal towpath and cycle path but mostly quiet roads. Some hills, about 1500 feet of climbing. Refreshment stop part way round.

22 miles **Medium** Any Bike

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Fri 24 Jul 10.00 am – Elstree Aerodrome

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Phil**. Route takes in quiet cycle paths and country lanes to a lovely airfield at Elstree. Here we take a break at the on-site café to refuel and perhaps watch some take-offs!

23 miles **Medium** Any bike

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Wed 29 Jul 10.00 am – Chiltern Velo

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Paul H**. Chorleywood, Little Chalfont and Chesham, back through Ashley Green, Bovingdon and Chipperfield

30.7 miles **Fast** Road bike

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August

Tue 4 Aug 10.00 am – Chiltern Lanes

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Roger**. Cycle on lanes and tracks in the lower Chilterns with a refreshment stop

25 miles **Medium** Any bike

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Wed 5 Aug 10.00 am – Redbourn and Back

Café in the Park, Rickmansworth Aquadrome WD3 1NB

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

32 miles **Fast** Any bike

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Fri 7 Aug 10.00 am – Lazy Llama

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride with **Phil**. Off road on cycle tracks and road. Meriden, Bricket Wood, Park Street and Chiswell Green. Café stop at Lazy Llama

24 miles **Medium** Any bike

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Tue 11 Aug 10.30 am – Hunton Bridge

Watford Rugby Club, Radlett Road, Watford WD24 4LL

Ride with **Peter**. Out via Garston to the Hunton Bridge Café, return via Cassiobury Estate

10 miles **Slow** Any bike

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Wed 12 Aug 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

39 miles **Fast** Any bike

.....

Thu 13 Aug 10.00 am – Chenies Garden Centre
Harvester, Baldwins Lane, Croxley WD3 3RX

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

19 miles **Medium** Any bike

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Tue 18 Aug 10.30 am – Elstree Aerodrome
Tasty Bean Café, Oxhey Activity Park, Wiggenhall Road,
Watford WD18 0HZ

Ride with **Steve**. A circuit out to the café at Elstree Aerodrome. Via Patchets Green one way and Aldenham the other. Includes a short section of bridleway so not suitable for skinny tyres.

14 miles **Slow/Medium** Any bike

.....

Wed 19 Aug 10.00 am – Watford – Ice Cream Farm
Watford Rugby Club, Radlett Road 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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Thu 20 Aug 10.00 am – Spokes to Spokes
Tasty Bean Café, Oxhey Activity Park, Wiggenhall Road,
Watford WD18 0HZ

Ride with **Peter**. Ride out via St Albans and Hatfield to Spokes Cycling Café at Codicote for lunch, return by same route. 1842 feet climbing, some challenging.

49 miles **Medium** Any bike

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Thu 20 Aug 7.30pm – Committee Meeting
Watford Cycle Hub, Chaffinch Lane, Watford WD18 9QD

All members welcome to attend our Committee Meetings.

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Sat 22 Aug 10.00 am – Poppy Ride London

Costa Coffee. 134 Borough High Street, London SE1 1LB

Cycle Tour of London led by **Paul**. 23 miles cycle tour of London

23 miles **Medium** Any bike

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Tue 25 Aug 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

.....

Wed 26 Aug 10.00 am – Grand Union Canal to Wembley

Café in the Park, Rickmansworth Aquadrome WD3 1NB

Ride south then east with **Paul** along the Grand Union Canal towpath, turn north east along the Paddington Arm to the Polish Café 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. I usually use my Brompton for this ride.

34 miles **Medium** Any bike (not skinny tyres)

.....

Thu 27 Aug 10.00 am – Ashley Green Memorial Café

Harvester, Baldwins Lane, Croxley WD3 3RX

Ride with **Neil**. On roads via Belsize, Flaunden and Leyhill Common. Return generally on slightly NE route.

23 miles **Medium** Any bike

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Sat 29 Aug

10.00 am – Game, set and match to Halton Tennis Club

Canal Fields, Berkhamsted HP4 2AL

Ride with **Katherine**. Circular route in the Chilterns with plenty of hills to challenge you. Coffee at the tennis club

25 miles

Slow/Medium

Any bike

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**THE GREAT
BIG GREEN
WEEK** 

SOUTH-WEST HERTS
6-14 JUNE

JOIN US for a WEEK PACKED FULL of EVENTS

All events at: www.greenwatford.uk/greenweek

**THE GREAT
BIG GREEN
WEEK** 

 **Friends of
the Earth**
Watford & Three Rivers

 **WATFORD
BOROUGH
COUNCIL**

 **THREE RIVERS
DISTRICT COUNCIL**



1 to 3: Photos from Katherine's ride in Milton Keynes



4: Neil's ride to Chorleywood

5: Paul's ride to Three Rivers Museum

5: Katherine's ride to Redbournbury Mill



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



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

