
Wellbeing cycle rides

1 July to 30 September 2024



Supporting you to get active and stay active



Elmbridge
Borough Council



Elmbridge Cycle Rides

Our group cycle rides welcome anyone competent on a bike, who would like to cycle in a social group to benefit their general wellbeing, be active, and explore the local area. All rides are free.

The weekly rides are led by trained and experienced volunteers. The routes vary in terms of time and length, but all rides are at a gentle pace. Our ride routes largely make the most of the local cycle ways, such as the Thames towpath and cycle lanes, and we do not take groups on busy roads and junctions. All rides have a stop halfway to rest, refuel and socialise so you will not be cycling constantly. If you fall behind, don't worry – your group will wait for you at the next junction or safe place to stop.

Rider's responsibility

- If you are new to our cycle rides, please arrive 10 minutes early and let the leader know. You will be asked to fill out a new cyclist registration form.
- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead.
- If you wish to leave the ride, let the ride leader know first.
- Your leader will direct the group during the ride; however, **you cycle at your own risk and are responsible for your own safety.**
- Abide by the Highway and Countryside Codes – never ride more than two abreast except when passing. Shout 'Passing!' if you do so.
- Show courtesy to other cycle path, towpath and road users and be a good ambassador for cycling.
- Be alert to what other riders around you are doing and do not get too close to them. Ideally, leave a gap of 2 bike lengths.
- Shout 'Slowing!' or 'Stopping!' if necessary – smooth, gentle manoeuvres work best.

What should I bring on a group ride?

- Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic.
- Dress for the weather and bring a spare layer.
- All rides have café stops so bring money / card.
- It is advisable to carry a spare inner tube, pump and tyre levers in case of a puncture.
- At the start of the ride, you will be asked to complete a register with your emergency contact details.

Questions?

Contact the Sport and Health team via email health@elmbridge.gov.uk or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Mon 1 July 10:30 - 12:30	'4 Commons' Circular: Through Cow, Littleworth, Arbrook and Esher Commons Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle Speed Steep hills & loose gravel 14 miles

<p>Mon 8 July 10:30 - 13:00</p>	<p>Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw KT15 3JQ Leaders: Richard, Pam</p>	<p>Gentle speed, flat 15 miles</p>
<p>Mon 15 July 10:30 - 12:45</p>	<p>Molesey to Richmond park Circular: Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park – Ham common – Teddington foot bridge – Bushy park - towpath. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Richard</p>	<p>Gentle speed, mainly flat, 1 hill 16 miles</p>
<p>Mon 22 July 10:30 - 13:00</p>	<p>Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance Leaders: Richard, Pam</p>	<p>Gentle speed, Flat 16 miles</p>
<p>Mon 29 July 10:30 - 13:00</p>	<p>Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin</p>	<p>Gentle speed, Flat 16 miles</p>
<p>Mon 5 Aug 10:30 - 13.00</p>	<p>Thames Ditton to Littleworth Common Circular: Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Richard, Colin</p>	<p>Flat 10 miles</p>

<p>Mon 12 Aug 10:30 - 13:00</p>	<p>Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw KT15 3JQ Leaders: Colin, Pam</p>	<p>Gentle speed, flat 15 miles</p>
<p>Mon 19 Aug 10:30 - 13:00</p>	<p>Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Richard</p>	<p>Gentle speed, flat but with 1 hill 16 miles</p>
<p>Tues 27 May 10:30 - 12:30 *please note this is normally on a monday</p>	<p>'4 Commons' Circular: Through Cow, Littleworth, Arbrook and Esher Commons Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam</p>	<p>Gentle Speed Steep hills & loose gravel 14 miles</p>
<p>Mon 2 Sept 10:30 - 13:00</p>	<p>Molesey to Crane Park via Bushy Park. Linear route: Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Richard</p>	<p>Gentle speed, Flat, tunnels 15 miles</p>

Date / Time	Route	Pace, Gradient
Mon 9 Sept 10:30 – 13:00	Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance Leaders: Richard, Colin	Gentle speed, Flat 16 miles
Mon 16 Sept	No bike ride	
Mon 23 Sept 10:30 - 12:30	Thames Ditton to Bushy and Home Parks Circular: Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Pam, Richard	Gentle speed, Flat 10 miles
Mon 30 Sept 10:30 - 12:30	Molesey to Weybridge Linear: Towpath to Weybridge – and back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Pam	Gentle speed, flat 9 miles



Exercise referral (wellness programme)

at the Xcel leisure complex
and at centres for the
community



**Supports recovery,
rehabilitation and
overall health and
wellbeing.**

**Suitable for people
recovering from
ill health, cancer,
cardiac problems
and injuries.**



**For info visit [elmbridge.gov.uk/sports-and-health](https://www.elmbridge.gov.uk/sports-and-health)
or download the Move to Improve exercise
classes directory**