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# Wellbeing cycle rides

1 January to 31 March 2025

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Supporting you to get active and stay active

# 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](mailto:health@elmbridge.gov.uk) or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Mon 6 Jan 10:30 - 12:45	<p><b>Molesey to Richmond park</b>  <b>Circular:</b> Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park - Ham common - Teddington foot bridge - Bushy park - towpath.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Pam, Colin</p>	Gentle speed, flat but with 1 hill  16 miles
Mon 13 Jan 10:30 - 13:00	<p><b>Wey Navigation and Basingstoke Canal</b>  <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal - Woking - same route back.  <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ  <b>Leaders:</b> Colin, Pam</p>	Gentle speed, flat  15 miles
Mon 20 Jan 10:30 - 13:00	<p><b>Walton to Staines</b>  <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines - and back.  <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance  <b>Leaders:</b> Richard, Jack</p>	Gentle speed, Flat  16 miles

Mon 27 Jan 10:30 - 13:00	<b>Molesey to Lower Sunbury via Bushy Park</b> <b>Circular:</b> Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Richard, Jack	Gentle speed, flat  16 miles
Mon 3 Feb 10:30 - 12:30	<b>Thames Ditton to Bushy and Home Parks</b> <b>Circular:</b> Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS <b>Leaders:</b> Colin, Pam	Gentle speed, Flat  10 miles
Mon 10 Feb 10:30 - 13.00	<b>Molesey to Crane Park via Bushy Park.</b> <b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Richard, Colin	Gentle speed, flat, Tunnels  15 miles
Mon 17 Feb 10:30 - 13:00	<b>Molesey to Kingston and Richmond</b> <b>Circular:</b> Towpath to Hampton Court Bridge – Kingston bridge - Kingston - Richmond Bridge. Returning on north of river. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Pam, Richard	Gentle speed, flat but with 1 hill  16 miles
Mon 24 Feb 10:30 - 13:00	<b>Wey Navigation and Basingstoke Canal</b> <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal - Woking - same route back. <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ <b>Leaders:</b> Colin, Pam	Gentle speed, Flat  15 miles
Mon 3 March 10:30 - 13:00	<b>Walton to Staines</b> <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines - and back. <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance <b>Leaders:</b> Richard, Colin	Gentle speed, Flat  16 miles

<p>Mon 10 March 10:30 - 13:00</p>	<p><b>Thames Ditton to Littleworth Common</b>  <b>Circular:</b> Thames Ditton - Molesey -Hersham  - Lower green - Littleworth Common -  Claygate - Thames Ditton  <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS  <b>Leaders:</b> Pam, Richard</p>	<p>Flat  10 miles</p>
<p>Mon 17 March 10:30 - 12:30</p>	<p><b>Molesey to Weybridge</b>  <b>Linear:</b> Towpath to Weybridge - and back.  <b>Meet:</b> Sadlers Ride car park, East Molesey  KT8 1TW.  <b>Leaders:</b> Colin, Pam</p>	<p>Gentle speed, flat  9 miles</p>
<p>Mon 24 March 10:30 - 13:00</p>	<p><b>Molesey to Lower Sunbury via Bushy Park</b>  <b>Circular:</b> Towpath to Hampton Court Bridge -  Bushy Park - Lower Sunbury - Walton Bridge  - towpath to Molesey  <b>Meet:</b> Sadlers Ride car park, East Molesey  KT8 1TW.  <b>Leaders:</b> Pam, Colin</p>	<p>Gentle speed, flat  16 miles</p>
<p>Mon 31 March 10:30 - 12:45</p>	<p><b>Molesey to Richmond park</b>  <b>Circular:</b> Along towpath to Hampton Court  and Kingston Bridges - Ham Common -  Richmond Park Ham common – Teddington  foot bridge - Bushy park - towpath.  <b>Meet:</b> Sadlers Ride car park, East Molesey  KT8 1TW.  <b>Leaders:</b> Richard, Pam</p>	<p>Gentle speed, flat but with 1 hill  16 miles</p>

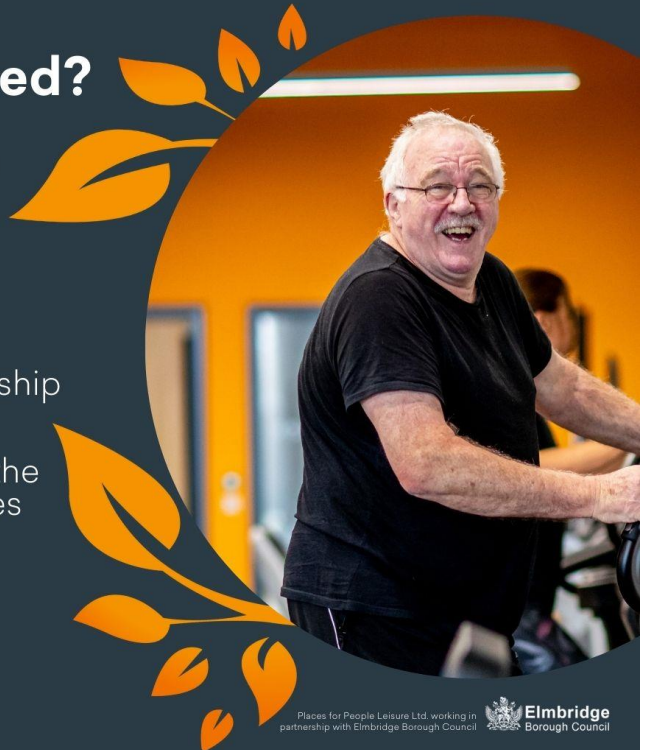


# Supporting People with long-term health conditions at Elmbridge Xcel Leisure Complex

Our Exercise Referral programme offers expert, personalised support to increase your physical activity and enhance your health and wellbeing

## What is included?

- Expert guidance from qualified instructors
- Personalised health programme
- Discounted membership
- Unlimited access to the gym, pool, and classes
- Drop-in sessions



Ask your GP for more details  
[elmbridge.placesleisure.org](http://elmbridge.placesleisure.org)