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# Wellbeing Cycle Rides

1 January to 30 March 2024

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Supporting you to get active and stay active



**Elmbridge**  
Borough Council

## Elmbridge Cycle Rides

We welcome anyone competent on a bike, who would like to cycle in a social group to improve general wellbeing, keep active and explore the local area.

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
- 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.

- Bring a drink and snack and/or money for café stops.
- 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
Tues 2 Jan 10.30 - 12.30	<b>Molesey to Desborough Island</b> <b>Linear:</b> Thames towpath to and from Desborough Island. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Pam, Colin	Gentle speed, flat  10 miles
Mon 8 Jan 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> Colin, Richard	Gentle speed, flat but with 1 hill  16 miles
Mon 15 Jan 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> Richard, Pam	Gentle speed, flat  15 miles

Date / Time	Route	Pace, Gradient
Mon 22 Jan 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 29 Jan 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 & Home Parks. <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS <b>Leaders:</b> Colin, Pam	Gentle speed, Flat  10 miles
Mon 5 Feb 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	Gentle speed, Flat  16 miles
Mon 12 Feb 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> Pam, Colin	Gentle speed, flat  16 miles
Mon 19 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, Richard	Gentle speed, flat  15 miles
Mon 26 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, Pam	Gentle speed, flat, Tunnels  15 miles

Date / Time	Route	Pace, Gradient
Mon 4 Mar 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> Richard	Gentle speed, flat but with 1 hill  16 miles
Mon 11 Mar 10.30 - 13.00	<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, Colin	Flat  10 miles
Mon 18 Mar 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 and Colin	Gentle speed, flat  16 miles
Mon 25 Mar 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, Pam	Gentle speed, Flat  16 miles

Do you have any questions?  
 Email us at [health@elbridge.gov.uk](mailto:health@elbridge.gov.uk) or  
 Call 01372 474 574