Wellbeing Cycle Rides

October to December 2026



Cycle ride cancellations:

We almost never cancel our cycle rides, but if we do due to bad weather or an unavailable cycle leader, we will let you know on our website. Check the website elmbridge.gov.uk/cyclerides or scan this QR code one day before your cycle ride to stay updated.

Elmbridge Borough Council

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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.

Time	Route	Pace/ gradient
Mon 5 Oct 10:30 -12:30	**Molesey to Desborough Island** **Linear:** Thames towpath to and from	Gentle speed, flat

Time	Route	Pace/ gradient
	Desborough Island. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW **Leaders:** Pam, Colin	12 miles
Mon 12 Oct 10:30 -13:00	**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**: Richard, Pam	Gentle speed, flat but with 1 hill 16 miles
Mon 19 Oct 10:30 - 13:00	**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, Richard	Gentle speed, flat 15 miles
Mon 26 Oct 10:30 - 13:00	**Walton to Staines** **Linear:** Towpath to Walton Bridge - along road and river to Staines - and back. **Meet:** Xcel Leisure Centre,	Gentle speed, flat 16 miles

Time	Route	Pace/ gradient
	Waterside Drive, Walton, KT12 2JG. Meet outside entrance **Leaders:** Pam, Colin	
Mon 2 Nov 10:30 -13:00	**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:** Richard, Pam	Gentle speed, Flat 10 miles
Mon 9 Nov 10:30 - 13:00	**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	Gentle speed, mainly flat, 1 hill 16 miles
Mon 16 Nov 10:30 - 13:00	**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	Gentle speed, flat 16 miles

Time	Route	Pace/ gradient
	Molesey KT8 1TW. **Leaders:** Pam Colin	
Mon 23 Nov 10:30 -12:30	**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:** Richard, Pam	Gentle speed, flat, Tunnels 15 miles
Mon 30 Nov 10:30 - 13:00	**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, Richard	Gentle speed, flat 15 miles
Mon 7 Dec 10:30 -13:00	**Molesey to Kingston and Richmond** **Circular:** Towpath to Hampton Court Bridge - Kingston bridge - Kingston - Richmond Bridge.	Gentle speed, flat but with 1 hill

Time	Route	Pace/ gradient
	Returning on north of river. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW. **Leaders**: Colin, Pam	16 miles
Mon 14 Dec 10:30 -13:00	**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.	Gentle Speed Flat 10 miles
Mon 21 Dec 10:30 -13:00	**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, Richard	Gentle speed, flat 16 miles
Mon 28 Dec	No cycle ride- Bank Holiday.	
Tues 29 Dec 10:30 -13:00	**Molesey to Crane Park via Bushy Park.** **Linear route:** Towpath to	Gentle speed, flat,

Time	Route	Pace/ gradient
	Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW.	Tunnels 15 miles



Don't carry the weight of whats keeping you down.Come and have a chat about it at Men's Pit Stop. Peer to peer support.

Confidential group support every Thursday from 10am to 12.30pm
Please call or text Blair for further information 07815556320
blair.parrott@surreycc.gov.uk
St John's Church Hall
I The Furrow's
KT12 3JQ



Our thanks to the community cafe for their support

ELMBRIDGE Women's Hub

Sisterhood Sanctuary

You are invited to a wellbeing pampering session for women only where you can:

- be pampered
- try a creative activity
- share lunch with other ladies
- build friendships
- enjoy time to relax

FREE



12:30pm-2:30pm

Wednesdays (Term Time Only)

St John's Church, Walton, KT12 3JQ

voh.org.uk/elmbridge-womens-hub



Volunteer walk leaders wanted

Join us. Info at:
elmbridge.gov.uk/wellbeingwalks

THE PATIENT CANCER SUPPORT GROUP

Registered Charity No.1206398

IF YOU HAVE BEEN AFFECTED BY CANCER PLEASE COME AND JOIN US IRRESPECTIVE OF WHERE YOU LIVE



You're not alone!

For more information please contact Andy

thepatientcancergroup@gmail.com

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ON THE 2ND TUESDAY OF EVERY MONTH AT 1.30PM

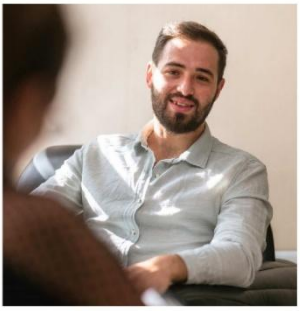
www.thepatientcancersupportgroup.co.uk


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- No long waiting lists
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- Self-referral
- Walton-on-Thames, Woking or online



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For the first time ever I actually believe in myself."

CLIENT

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The Counselling Partnership

REGISTERED CHARITY NUMBER 1076244

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