



## **CLUB SESSION AT BEDGEBURY FOREST – SATURDAY 1<sup>st</sup> JULY**

On the 1<sup>st</sup> July our club coaching sessions will be held at Bedgebury! This place is FUN! We will use the forest cycle trails with all their twists, turns, lumps, bumps, muddy bits and puddles

There will be sessions suited to all our young riders from all our club branches (MINI, Hayes Primary Saturday morning and Saturday afternoon club branches). We also encourage all our Youth riders to come too

If your child is in our MINI club branch – please speak to one of our coaches just to be sure it will be ok for your child.

**There will be no club sessions back in Hayes on this day**

**Meet:** We will meet at Bedgebury Forest, TN17 2SL by the bike shop at 10-30am for 11-00am start, finish about 2-00pm (probably finishing earlier for our younger riders, we will decide on the day)

More details can be found at [www.bedgeburypinetum.org.uk](http://www.bedgeburypinetum.org.uk). 37 miles from Hayes, normally about a 1 hr drive. Parking costs £12-00 per car (via number plate recognition system, pay before exit, machine takes cash or cards). **Due to current road works please allow extra time to get to Bedgebury**

There is no need to book with us in advance, just turn up on the day.

**Suitable bikes:** Mountain bikes or sturdy “normal” bikes will be fine. Not suited to those fancy lightweight racing bikes.

**Bike Hire Option:** bikes can be hired at the Pinetum from Quench Bikes 01580 879694 - you can book and pay in advance.

**Parental accompaniment:** The Bedgebury tracks are open to the general public, they are however traffic free. Accordingly riders aged 9 and under need to ride with their parent / an adult friend of the family. Riders aged 10+ can ride without a parent, they will be “buddied” on the day with one of the club’s adult riders. In exceptional circumstances a rider aged below 10 may also be “buddied” – but please check in advance with one of our Coaches

**Bring:** Suitable clothing and shoes, helmet, spare inner tube, bike lock, drink and snacks. And some money if you want drinks / snacks at the café at the end of the ride.

**Cost:** It’s free to our young riders, and free to adults too - so come on adults, join in! Well, ok, you have to pay for the parking.....

**Transport:** If you can talk amongst yourselves to help each other with transport that would be great

**More Information:** If you have any questions please email [adam@bigfootcc.co.uk](mailto:adam@bigfootcc.co.uk) .