



Bigfoot Cycle Club Family Ride

You are welcome to join us on the ride detailed below. The ride is organised by the club's volunteers and is free!

SUNDAY 8th APRIL – THE BIGFOOT BIG DINOSAUR BIKE RIDE – FAMILY RIDE – VARIOUS OPTIONS

What and where and when to meet:

Now the traditional opener to the Family Ride season – it's the weekend after Easter, and so what could be more appropriate than going to see Dinosaurs? You are welcome to join us for a short ride suitable for young people, adults and children – in fact anyone who fancies a nice easy ride, mostly on quiet roads. The route passes through Langley Park and South Norwood Country Park and will stop at the café in Crystal Palace Park – near the dinosaurs! We will stop for an hour at the park, time for some food and to say hello to the dinosaurs. On the way back will be an opportunity to ride down South Norwood Country Park's "ski slope"

We have arranged two start points, to provide a range of ride distances from 6 to 18 miles.

18 mile option:

Start at the Panagua Bike shop, 50 Hayes Street, Bromley, Kent, BR2 7LD (www.panaguabikes.com). Arrive at 10-15am ready to ride off at 10-30am toward the dinosaurs! Round trip of 18 miles. About 4 hours riding for the round trip plus 1 hour in the park

12 mile option:

Start at junction of Wickham Way and Barnfield Wood Road. Arrive at 11-00am, ready to ride off at 11-15am toward the dinosaurs! Round trip of 12 miles and also misses out the hill that leads out of Hayes. About 3 hours riding for the round trip plus 1 hour in the park

9 mile option:

Start as for the 18 mile ride, but ride 'outward bound only' and arrange your own alternative transport home. About 2 hours riding, stay as long or little as you like in the park

6 mile option:

Start as for the 12 mile ride, but ride 'outward bound only' and arrange your own alternative transport home. About 1 1/2 hours riding, stay as long or little as you like in the park

Ride will keep together as one group. If you plan to start the ride at Wickham Way, please let Adam know at adam@bigfootcc.co.uk

Suitable bikes: Any bike will be fine.

Bring: Helmet, spare inner tube, bike lock, drink, snack and some money if you want drinks and food at the cafe.

Who can attend: This ride is being organised by the Bigfoot Cycle Club and is open both to members of the club and to non-members, and is free. **Children under 16** must be accompanied and supervised by an adult, however members of Bigfoot Go-Ride aged 10 to 15 may ride with a club Ride Buddy (if they don't have a parent or adult friend of the family to ride with, if you need a ride buddy please email adam@bigfootcc.co.uk). For **riders aged 16 and 17** who will not be accompanied by an adult – please contact Adam in advance of the ride at adam@bigfootcc.co.uk. For full "ride rules" please visit the Bigfoot Cycle Club website at <http://www.bigfootcc.co.uk>

Insurance: There is no Bigfoot CC insurance to cover your cycling, you participate entirely at your own risk. We recommend all riders young and old are members of British Cycling, the Cycle Touring Club or the London Cycling Campaign – with at least 3rd party liability insurance.

More Information: The route outbound: <https://ridewithgps.com/routes/27105325> and the return route: <https://ridewithgps.com/routes/27105327>

If you have any questions please email adam@bigfootcc.co.uk. If you can email to say you are coming, that would help us have an idea of numbers, but everyone is welcome whether sending an email or not

Leader: Adam.