



Bigfoot Cycle Club Rides

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

SUNDAY 26th AUGUST – FAMILY RIDE – SUMMER SPECIAL – THE CUCKOO TRAIL

What: Starting in the small market town of Heathfield in East Sussex we will ride the Cuckoo Trail (an old disused railway slicing through the local countryside, so nice and flat and no cars!) and for those with a little more energy and time we will also explore some local country lanes

And.... the ride will start off riding through a disused railway tunnel! (if it's open)

Travel and Parking:

Heathfield is about 40 miles from Hayes and about a 1¼ hour drive, without traffic delays. There are some free long stay car parks in Heathfield – the one I have used in the past is near postcode TN21 8LB

Meet: Gather at **10-45am** by the old train station, Station Approach, TN21 0AA. Riding at **11-00am**.

Ride Options:

After visiting the tunnel we will ride south along the disused railway, the Cuckoo Trail, down to Hellingly.

The easy option is to ride out and back along the Cuckoo Trail - the total distance is 12½ miles – although for younger riders you can ride less far down the trail and then double back. This ride option can be seen here: <https://ridewithgps.com/routes/23732846>

For those with more puff and time the second ride option returns to Heathfield via some country lanes, and will stop at the Star Inn in Old Heathfield – the total distance is 19 miles, with a few more hills. This ride option can be seen here: <https://ridewithgps.com/routes/28318818>

Suitable bikes: Any bike will do.

Bring: Helmet, spare inner tubes, bike lock, drink, snacks / picnic and some money if you want to buy drinks / snacks at the start or finish of the ride; or at the Star Inn

Who can attend / insurance etc: 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. 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. Children under 16 must be accompanied and supervised by an adult. 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>

More Information: 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.

Transport: If people can offer transport or need transport please also contact Adam via his email address and we will see what we can pull together

Leader: Adam (riding down the Cuckoo Trail and returning on the longer route via the lanes)