



## 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 12<sup>th</sup> AUGUST – FAMILY RIDE – SUMMER SPECIAL – BEWL WATER

**What:**

Here is a lovely ride through the Kent and East Sussex countryside around the beautiful reservoir of Bewl Water

Suitable for young people, adults, children – anyone who fancies a nice easy ride.

Part road, part off-road ride about **14miles**, with some hills, around Bewl Water - with a shorter **7 mile** less hilly all off-road option seeing part of Bewl Water.

Both rides will ride together for the first 3½ miles. The longer ride will take between 3.5 and 4 hours, which includes a half way stop at the Bull Inn for drinks, crisps etc. At the end of the ride there is a lakeside café by the car park. The shorter ride doubles back after 3½ miles, would be less than 2 hours and ends at the lakeside café by the car park (missing the pub!). The off road sections are on easy surfaces and the road sections are on quiet lanes. There are a few hills on the longer route.

Ride will keep together as one group, then split in to two groups if some are on the shorter ride. Map provided for those returning on the shorter route.

**Meet:** We will meet at the Cycle Hire Centre, by the car park at Bewl Water, cycling off at 11-00am. Address -Bewl Water, Nr Lamberhurst, Kent, TN3 8JH. More details can be found at [www.bewlwater.co.uk](http://www.bewlwater.co.uk). 35 miles from Hayes, about a 1 hr drive. Admission costs £3 per car for the car park

**Bike hire option:** bikes can be hired at Bewl Water for more details phone 01892 893935 – we think if you ask them nicely they may take an advanced payment and booking

**Suitable bikes:** Suited to normal bikes or mountain bikes, not for those fancy lightweight racing bikes – as terrain a bit bumpy in places.

**Bring:** Helmet, spare inner tubes, bike lock, drink, snack and some money if you want drink and crisps at the pub, or snacks / ice cream at the cafe.

**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 3<sup>rd</sup> 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](mailto: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](mailto: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. You can also contact Adam for a route map

**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. Adam will lead both rides at the start, he will then keep with the longer ride