



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 22nd OCTOBER – THE ROUGH BEAR RIDE – FAMILY RIDE, WITH OPTIONS!

What: A lovely mixture of off road tracks and quiet country lanes. Mainly off road, 14 mile round trip, including hills, out to the White Bear Pub, Fickleshole and back via another route. Stopping at the White Bear for drinks and snacks. Suitable for those up to the challenge.

There is an alternative shorter road route back from the White Bear pub that will be easier on the pedals. Ride will keep together as one group, then split in to two groups if some are on the shorter ride. A map will be provided for the shorter return route

Meet: Meet at the Panagua Bike shop, 50 Hayes Street, Bromley, Kent, BR2 7LD (www.panaguabikes.com) at 10:00am for 10:15am start for both rides. Longer ride returning around 2-30.

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

Bring: Helmet, spare inner tube, bike lock, drink, snack and some money if you want drinks and snacks at the pub or at the café back in Hayes.

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>

For young riders (age 10+) who are part of the Bigfoot Go-Ride Cycle Club and need a Ride Buddy, please contact Adam on adam@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. You can also contact Adam for a route map

Leader: Adam. Adam will lead both rides at the start. He will then keep with the longer ride and will provide a map for those on the shorter ride