

LONGER RIDES

Rye, the Beach and Winchelsea

Saturday 31 July
Meet at Rye Station at 10am
15 miles off and on road (3 to 3.5 hours)
Mountain or hybrid bike
Summary
Follow the banks of the Royal Military Canal and on to Winchelsea beach. Continue past Pett Pools and into Winchelsea itself and back to Rye along the Cadborough Cliff bridleway.

Polegate Circular

Saturday 26 June and Sunday 22 August
Meet at Polegate Station at 11am
16.5 or 20 miles on road (4 – 4.5 hours)
Mountain, hybrid or road bike
Summary
Cycle along the Cuckoo Trail, then across the Pevensey Levels with the opportunity to visit Pevensey Castle and Stone Cross windmill.

Glynde Circular

Saturday 10 July
Meet at Glynde Station at 10.30
20 miles on road (4 – 5 hours)
Mountain, hybrid or road bike
Summary
A leisurely ride around the lanes of the Low Weald with a lunch stop and visit to the Millennium Garden at Chiddingly.

Further information

Cycle Lewes – Promotes cycling, particularly in and around Lewes
www.cyclelewes.org.uk

Cycle Seahaven – forum for cyclists in and around the Newhaven/Seaford area.
www.cycleseahaven.org.uk

East Sussex Cyclists' Touring Club – organises rides and events throughout Sussex.
www.eastsussexctc.org.uk

Hastings Urban Bikes (HUB) organises rides and events in the east of the county.
www.hastingsurbanbikes.com

Please note that all rides are undertaken at the cyclists' own risk and Pedal East Sussex cannot be held responsible for any accidents or damage that may occur.

Contact

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Pedal East Sussex is part of go local community interest company
Company Number 6683392

Supported by UN Ltd and The Henry Smith Charity

Photos:
Cover - Malcolm Bull
inside - Tony Rowell

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GUIDED CYCLE RIDES IN EAST SUSSEX FOR THE OVER 50s Spring and Summer 2010



Welcome to the 2010 edition of Pedal East Sussex – Cycling for the over 50s

The Pedal East Sussex programme of rides is suitable for those already cycling as well as those returning to cycling after a break.

Consequently the programme begins with shorter rides and builds up to longer ones.

Each ride begins and ends at a train station.

All rides have refreshment stops; certainly at the end.

Cycle Training

If you are interested in cycle training please contact Tony Rowell by email or phone for further details.

Why cycle?

Because it makes sense! And becoming more active can:

- reduce your risk of developing heart disease and having a stroke
- help to prevent high blood pressure
- help to control your weight;
- maintain good mental health and help you cope with stress.

But most of all cycling is fun and an enjoyable social event. To make your ride as enjoyable and safe as possible, please:

- wear suitable and comfortable clothes that make you visible
- on hot days use sun block to protect yourself
- make sure that you carry enough to drink. You may also wish to take some snacks to boost your energy

Places are allocated on a first come first served basis up to a maximum of 15 cyclists. You don't have to book; just turn up. All distances and times are approximate and irrespective of the weather, rides will take place.

ALL RIDES ARE FREE

BEGINNERS RIDES

Berwick to Glynde

Sunday 11 April and Saturday 1 May
Meet at Berwick Station at 10.30am
7.2 miles on road (1.5 to 2 hours)
Mountain, hybrid or road bike
Summary
Cycle from Berwick Station along country lanes to Ripe and on to Glynde.

Beach and Castle

Sunday 25 April and Saturday 5 June
Meet at Cooden Beach Station at 11am
10 miles on road (2 hours)
Mountain, hybrid or road bike
Summary
Cycle from Cooden along the beach road to Pevensey Castle and then return across a nature reserve and Hooe level and back to Cooden Beach.

Canal and Castle

Sunday 9 May and Saturday 19 June
Meet at Rye Station at 11am
5 miles off and on road (1 – 1.5 hours)
Mountain or hybrid bike
Summary
Follow the banks of the Royal Military Canal, past Camber Castle towards Winchelsea and back to Rye along the Cadborough Cliff bridleway.

Seaside at Seaford

Saturday 15 May
Meet at Seaford Station at 10.20am
8-9 miles on and off road (2 hours)
Mountain or hybrid bike
Summary
Cycle off road towards Westdean and then towards the Long Man of Wilmington. Stop at Alfriston and return across the downs to Seaford.

Berwick to Polegate

Sunday 23 May
Meet at Berwick Station at 11.30am
9 miles on and off road (1.5 to 2 hours)
Mountain, hybrid or road bike
Summary
A cycle around the lanes of Berwick and on to the Cuckoo Trail for a short distance.

Herstmonceux and Pevensey Castles

Saturday 29 May and Sunday 15 August
Meet at Pevensey & Westham Station at 10.30am
12 miles mainly on road (2 to 2.5 hours)
Mountain or hybrid bike
Summary
Cycle across the Pevensey Levels with an opportunity to visit one or two castles.

Polegate to Berwick to Glynde

Sunday 13 June and Saturday 17 July
Meet at Polegate Station at 10am
5.6 or 12.8 miles on and off road (1.5 to 3 hours)
Mountain or hybrid bike
Summary
Cycle through woods from Polegate to Berwick passing Arlington reservoir stopping at Berwick or continue along country lanes to Ripe and on to Glynde.

Plumpton Circular

Wednesdays 7 July and 4 August
Meet at Plumpton Station at 5.30pm
8.6 miles on and off road (2 hours)
Mountain or hybrid bike
Summary
A mixture of off and on road, with lovely views of the Downs.

