



we are
cycling
The cyclists' champion **UK**

Introduction to road cycling - all welcome!

- Want to meet other cyclists and make new friends?
- Want to build up cycling fitness and confidence on the road?
- Looking forward to the [Tour de Vale](#)?
- Got a roadworthy bike (road, hybrid or mountain)?

Newcomer rides led by [Cycling UK](#) members.

All these rides depart at 10:00am from The Watermead Inn, Watermead, Aylesbury HP19 0FX, returning to the same place, and will have a café stop about halfway for a rest a chat and refreshments. The pace will suit the group, and nobody will be left behind. Bring a spare inner tube for your bike if possible; we can help if needed.

Sunday 28 April – 17 miles along the new Waddesdon Greenway

Sunday 12 May – about 20 miles – 2hours plus a 30 minute break

Sunday 26 May – 22-25 miles

Sunday 2 June – 25-30 miles

Just turn up on the day with suitable clothing, a helmet, a roadworthy bike and a drink!

Any queries please email jaqspax@hotmail.com or gina.mcaleer@yahoo.com

What next? [Join our regular rides; three to choose from every Sunday morning.](#)

[Join our Facebook group.](#)

