



*for fitness  
friendship  
and fun...*



*peaceful parks  
quiet byways  
local destinations*

*... come cycling!*

**Join our Beginners Rides  
details overleaf or contact**

David 020 8669 1693 Shirley 020 8642 3720

Maggie 020 8395 8350 Nigel 020 8661 1172

[ctcbeginners@gmail.com](mailto:ctcbeginners@gmail.com)

## **CTC South West London BEGINNERS RIDES**

**Every Saturday afternoon**

Choice of short, easy cycle rides for new (or experienced) cyclists of any age. Groups are led through green open spaces along quiet roads and byways. Experienced riders ensure slow cyclists are not left behind. A ride in the park is sometimes available.

### **WHERE ARE THE STARTS?**

All rides leave at 2.00 pm, call at another café and return before 5.00 pm.

Rides from Nonsuch Park meet at the Mansion Café every week throughout the year.

Rides from Beddington Park meet at the Pavilion Café on the 3rd Saturday of each month.

Car parking is available at both parks.

### **WHAT TO BRING?**

Please carry personal identification and bring if possible:

snack (e.g. raisins, chocolate) as food is your fuel!  
money for a drink

extra clothing, including rainwear if the forecast makes this advisable

pump and spare inner tube or puncture repair outfit  
front and rear lights in Winter

### **SAFETY NOTES**

Young children must be accompanied by a responsible adult.

Be considerate towards other park users.

Routes will avoid traffic as much as possible but, when on roads, ride according to the Highway Code.

[www.cyclingswlondon.org.uk](http://www.cyclingswlondon.org.uk)

### **ENQUIRIES:**

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