

# Active Medway Cycling Groups



## Cycling Groups Schedule - Summer 2011

Gentle pace, slight gradient, off road or very low traffic roads



Medium pace, steeper gradient, low traffic road



Faster pace, steep gradient, busier road



Heart Friendly. Suitable for people who have attended cardiac rehabilitation programmes

Cycling group and location	When	Start time	Duration	Code	Volunteer ride leader
Machinery Shop 8 Adjacent Ship and Trade Public House St Mary's Island ME4 3ER	2 <sup>nd</sup> Sunday in the Month	11.00 am	45 minutes		Martha/ Preston
Riverside Country Park Outside Visitors Centre Rainham ME7 2XH	Friday afternoons	4.30 pm  Last ride 30 September	60 minutes		Simon / Clin
Cliffe Woods Recreation Ground Car Park Junction of Town Road / Merryboys Road ME3 7TJ	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday in the month	6.30 pm  Last ride 28 September	45 minutes		Nigel / David Steve 07802328789
Kestrel Road Shopping Centre Lordswood ME5 8TH	1 <sup>st</sup> and 3 <sup>rd</sup> Sunday in every month	9.30 am	45 minutes		Gordon / Debbie/ Chris
Howards School Rainham	Saturday mornings Start date to be arranged Please ring for details	.	60 minutes		01634 331371
Hundred of Hoo Leisure Centre Car Park Main Road Hoo Rochester ME9 9EY	2 <sup>nd</sup> and 4 <sup>th</sup> Sunday in the month	9.30am	45 minutes		David/ Steve/ Nigel

Due to the clocks changing so will the times of some of our rides please ring 01634 333720 for the latest information.

# Active Medway Cycling Groups

**What is an Active Medway Cycling Group?** Active Medway Cycling Groups are for beginners, out of practice and regular cyclists. We provide enjoyable, well-organised and worry-free rides of various lengths.

For more information on cycling groups phone 01634 333720 or email [cycling@medway.gov.uk](mailto:cycling@medway.gov.uk)

To find out how to become a volunteer ride leader please contact Hazel Gallagher, Active Travel Co-ordinator  
Phone: 01634 331371 / [cycling@medway.gov.uk](mailto:cycling@medway.gov.uk)