



Spelthorne Cycling for Health

Programme of events: July & August 2025

(**Includes Lunchtime Cycle Rides**)

01784 446433

leisure@spelthorne.gov.uk

www.spelthorne.gov.uk/cyclingforhealth





Spelthorne Leisure Directory

Our Leisure Directory is packed full of things to see and do, with activities to suit all ages and interests.

Make the most of your free time
and visit our directory online at
www.spelthorne.gov.uk/leisuredirectory

Leisure and Wellbeing
01784 446433
leisure@spelthorne.gov.uk

 [@spelthornebc](https://www.facebook.com/spelthornebc)
 [@spelthornebc](https://twitter.com/spelthornebc)
 [@spelthorneboroughcouncil](https://www.instagram.com/spelthorneboroughcouncil)
 Spelthorne Borough Council
  www.spelthorne.gov.uk



Cycling for Health

Free rides in and around Spelthorne led by trained volunteers. The scheme is encouraging adults to improve their health and well-being through cycling. The rides are around 6-13 miles and take place during the week.

Rides will be limited to 10 participants and must be pre-booked.

Book a place by calling **01784 446433** or online at

www.spelthorne.gov.uk/cyclingforhealth No booking - No cycle.

In case of cancellation, you will be contacted, where possible, 24 hours' prior to the ride.

Tabards - If possible please can you bring your own florescent or bright coloured jersey/jacket to wear on the ride. If this is not possible please make us aware when booking a ride.

Why cycle?

Cycling is a great way to meet new people and explore the area you live in and it's **free**! A variety of benefits can also be gained from cycling including:

- Give you a healthier heart and immune system
Reduce stress, mental health and anxiety
Help to manage your weight
Help you sleep better
Improve your fitness
It helps to save the planet

To join the rides, you need:

- Your own bike – this needs to be in good condition & well maintained
Comfortable clothes & footwear
A helmet is strongly recommended
A spare tube of the size to fit your bike
A puncture repair outfit, including tyre levers and a pump is also recommended

Please note, the rides are designed for adults only and are therefore not suitable for children

Cycling for Health programme of rides

Key






Car parking available









Refreshments available









Toilets available




| | |
|-----------------------|---|
| Date/time: | Tuesday 8th July, 10:30am |
| Route: | 1. Ashford - Stanwell Moor - Wraysbury - Staines Loop (14 miles) |
| Meeting point: | Fordbridge Park Car Park, Kingston Road, Ashford, TW15 3SJ |
| Terrain: | Roads, bridleway and towpath |
| Leaders: | Martyn & Peter |
| Icons: |    |




| | |
|-----------------------|---|
| Date/time: | Monday 14th July, **12.00pm Lunchtime** |
| Route: | Laleham to Staines, along the river and back (6 miles) *Shorter Route* |
| Meeting point: | The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ |
| Terrain: | Roads and towpath |
| Leaders: | Margrit & Martyn |
| Icons: |    |




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|-----------------------|---|
| Date/time: | Monday 21st July, 10:30am |
| Route: | 2. Sunbury - Hampton - Hanworth (9 miles) |
| Meeting point: | Staines Rugby Club, The Reeves, off Snakey Lane, Feltham, TW13 7NB |
| Terrain: | Cycle paths and roads |
| Leaders: | Tom & Peter |
| Icons: |    |

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|-----------------------|--|
| Date/time: | Tuesday 29th July, 10:30am |
| Route: | 7. Shepperton - Weybridge - Chertsey Loop (10 miles) |
| Meeting point: | Squires Garden Centre, Upper Halliford, Shepperton, TW17 8SG |
| Terrain: | Cycle paths, roads and towpath |
| Leaders: | Peter & Tom |
| Icons: |    |

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|-----------------------|---|
| Date/time: | Thursday 7th August, 10:30am |
| Route: | 5. Staines - Egham - Thorpe (10 miles) |
| Meeting point: | Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ |
| Terrain: | Towpath and roads |
| Leaders: | Margrit & Tom |
| Icons: |    |

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|-----------------------|---|
| Date/time: | Thursday 14th August, 10:30am |
| Route: | 10. Shepperton - Walton - Bushy Park (13 miles) |
| Meeting point: | Squires Garden Centre, Upper Halliford, Shepperton, TW17 8SG |
| Terrain: | Cycle paths, roads and towpath |
| Leaders: | Peter & Tom |
| Icons: |    |

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|-----------------------|---|
| Date/time: | Wednesday 20th August, 10:30am |
| Route: | 4. Staines - Shepperton (13 miles) |
| Meeting point: | Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ |
| Terrain: | Towpath and roads |
| Leaders: | Martyn & David |
| Icons: |    |

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|-----------------------|---|
| Date/time: | Wednesday 27th August, **12.00pm Lunchtime** |
| Route: | 6. Laleham - Thorpe - Chertsey (10 miles) |
| Meeting point: | The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ |
| Terrain: | Roads and bridleway |
| Leaders: | Margrit & Martyn |
| Icons: |    |



We look forward to seeing you on one of our rides!

