

CYCLE CLUBS IN FARNHAM

U3A Cycling Club <https://farnhamu3a.org.uk/groups/cycling/>

Monday Riders - NEW: a fortnightly chance for a bit of exercise after the weekend, a circular ride starting at 10.00 am from The Bourne Green (parking available). Distance will be between 20 and 25 miles at about 10-12 miles an hour, inevitably with undulations. We will generally keep to roads with a chance for refreshments during or at the end of the ride. Places will be limited to 15 plus a leader so group members will need to sign up for each ride via our group email.

Monday Riders: Andrew Melbourne and Maxine Dunn cyclmon@farnhamu3a.org.uk

Wednesday Riders: There are two rides, usually starting from Farnham Maltings:

- Easier **EASY ROCKERS** - about 15 - 20 miles at an average speed of about 11 mph, with some tracks. We stop for interesting mushrooms, trees & buildings.
- Moderate **MODS** - about 25 - 35 miles, at an average speed of about 13 mph, all on roads.

Both groups stop for refreshments in a local café. Each group is limited to 15 riders so please advise the contacts below if you wish to attend.

- Easy Riders: Brian Keen cycnew@farnhamu3a.org.uk
- Easy Rockers: David Hepper cyceasy@farnhamu3a.org.uk
- Mods: Bob Mercer cycmods@farnhamu3a.org.uk

Thursday Riders: Circular cycle rides of around 15 to 18 miles at an average speed of 8 to 9 mph, organised and led by group members, from various locations in the wonderful Surrey-Hampshire countryside, mostly on-road (quiet country lanes) and some tracks.

Thursday Riders: Ian Newman, Doug & Jen Gordon cycthu@farnhamu3a.org.uk

Farnham Wayfarers - West Surrey Cycling Club

We cover the whole of West Surrey with rides going out on weekdays and at weekends throughout the year. With five different levels within the club, we cater for a wide range of skills, fitness and experience. We have about 100 active members who enjoy exploring the lanes of Surrey and neighbouring counties, visiting coffee shops and pubs on the way. One of our groups is centred on Farnham but we also cover a much wider area. While our faster rides can be pretty athletic, we have a good emphasis on social interaction while making the most of enjoyable exercise in beautiful surroundings. If you haven't ridden in a group before we can arrange an introductory ride with some of our members.

Please see details on our website (westsurreyctc.co.uk) or contact Neil McIntyre, our new rider coordinator (newriders@westsurreyctc.co.uk).

Farnham Road Club

- We have regular club runs on Sunday mornings (08.30 from 'The Maltings' car park). There are usually two or three groups, covering different routes and distances, catering for riders of differing abilities. These rides are all on road.
- For those with a more competitive interest, we organise a series of 'club' time-trials in the spring and summer, over various distances on local courses.
- In the winter, we now run an indoor 'turbo' league which has been growing in popularity over the last two or three years.

For more details visit www.farnhamroadclub.org.uk .

Contact jimclareparker@gmail.com

Cycle hire in Forest at Alice Holt

You can practice riding on gravel tracks where there are no cars.

Go Ape, Bucks Horn Oak, Farnham, GU10 4LS

<https://goape.co.uk/locations/alice-holt/forest-biking>