

Get Into Mountain Biking

Twyford

Date: Friday 12th August

Time: 10:00 am

Cost: £10

Start location

Hunter Park, Twyford



The park is situated off Park Lane that turns off the High St beside the Bugle Inn.

The entrance from Park Lane is easy to miss, but this photograph shows what it looks like. You're looking for the entrance on the right.



There is an obvious car park at the end. I'll be waiting there.

Expected duration

We can expect to be out for up to an hour and a half.

Ride leader

My name is Andy Whincup and I will be leading the ride.

If you need any further information in advance of the ride email me on:

info@backpedalling.org.uk

or you can call him on: **07871271647**

Equipment and clothing

Bike

You will need to arrive with a bike in working order.

This means that the tyres are pumped up, the brakes and gears work and nothing is loose. Bring at least one spare tube for the bike in case of punctures.

Safety equipment

You will need to wear a helmet for the ride.

Sensible shoes that have enclosed toes will protect your feet.

Gloves and eyewear are both recommended.

Sun cream is recommended if the weather is sunny.

Clothing

You will be taking part in a physical activity so appropriate clothing is essential. I recommend the following:

A lightweight, breathable synthetic top, cycling specific, sports top such as a football shirt or similar.

Shorts or tights that do not restrict leg movement. Sports shorts or cycling shorts are both good choices.

A waterproof layer in case of rain.

Please be aware that it is possible this clothing will get dirty during the ride, please wear clothes you are prepared to get muddy.

Food and drink

Please bring some water either in a water bottle or Camelbak style back pack

Some snacks are a good idea too.

Questionnaire

There is a relatively short questionnaire to ensure that the ride is exactly right for you. It really helps me to know the answers before you arrive so I can plan the route accordingly.

Photo permission

I would like to be able to take some photographs of the group so will ask you to fill in a photograph permission form when you arrive. You are under no obligation to do so.