

April 2022 Women's Ride and All-Day Cycling Events



Improving your health is as easy as riding a bike!

To Celebrate RideLondon coming to Essex why not join us for our women's ride or all-day ride to the Olympic Park. Great opportunities to socialise and take a leisurely ride.



Women's Ride

Ride only £5.20 /
Ride and Bike Hire £11.20

Friday 22 April
Meet: 10am

Lee Valley Fishers Green
Overflow Car Park
What 3 words / / / [mixed.rigid.plenty](https://www.what3words.com/location/mixed.rigid.plenty)

Cycling is a great low impact activity that can help you get active and improve your health. This women's only ride is approx. 10-18km (6-11miles) on relatively flat paths.

Difficulty: Easy



All Day Ride

Ride only £15 /
Ride and Bike Hire £25

Friday 29 April
Meet 9:30am

Lee Valley White Water Centre
EN9 1AB
What 3 Words /// [flats.glass.clips](https://www.what3words.com/location/flats.glass.clips)

This All Day Led Ride to the Olympic Park and back is approx. 41.8km (26 miles) on relatively flat paths and generally traffic free.

Difficulty: Easy

Book online: eppingforestdc.bookinglive.com
Tel: 01992 564 226

Booking is available up to 11am the day before the ride but places are limited so don't leave it to late.

For booking support: kmurray@eppingforestdc.gov.uk



@efdcsports



@EFDCcommunities



livewell
in the Epping Forest District



Epping Forest
District Council