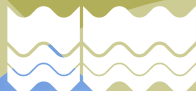


eastsussex.gov.uk

East Sussex
County Council



Cycling East Sussex

Guided cycle rides
and events

Summer 2010



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If you would like to be added to the Cycling East Sussex mailing list please telephone 01273 481654 or email WalksandRides@eastsussex.gov.uk

For more information about cycling in East Sussex visit www.eastsussex.gov.uk/leisureandtourism/countryside/cycling

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Page 8: East Sussex County Council

introduction

Welcome to the 2010 edition of Cycling East Sussex. You will find all the usual information including our guided cycle rides programme, a list of charity rides and a range of courses to help you enjoy cycling even more.

Most of the rides in the programme are free and do not need pre-booking, but please check the ride details.

Check the grades of the rides (see key). If you are not a regular cyclist try some shorter, easier rides before trying anything longer.

A guided ride will take place whatever the weather, so you do not need to check that it's on.

To make your ride as enjoyable and safe as possible, please take the following precautions:

Safety

- Ride safely and follow the Highway Code
- Wear a properly fitting cycle helmet and high visibility clothing
- Use front and rear lights for evening rides

Personal comfort

- On hot days use sun block to protect yourself
- Make sure that you carry enough to drink. You may also wish to take some snacks to boost your energy

Protect your bike

Use a good lock. If your bike has parts which can come off easily, such as a quick-release front wheel or seat, remove these or padlock them with your bike.

getting cycling to work for you

The best thing about cycling is that almost anyone can do it, anywhere, at any time. It's fast, cheap and reliable and it helps to keep you fit.

If you're cycling as part of a fitness programme, you will get the best results by setting yourself some realistic goals.

Health experts recommend being active for 30 minutes a day, five or more days a week. The good news is that you can make up these 30 minutes in shorter bouts of 10 to 15 minutes, making cycling an ideal way to hit the target.

If you're not a regular cyclist, start gradually and increase the amount of exercise you do each week. If your plan doesn't work out because of the weather, work or illness, just plan it again for the next week – one day missed here or there won't make a huge difference.

Becoming more active can:

- reduce your risk of developing heart disease and having a stroke;
- help to prevent high blood pressure;
- help to control your weight; and
- maintain good mental health and help you cope with stress

bike 4 life

with a bike you have freedom

You can explore the hidden corners of East Sussex and escape traffic congestion, parking problems and timetables. There's a route, site or terrain to suit everybody.

The unspoilt landscape of the Weald has a clear identity with different types of landscape. It is steeped in history, with the remains of ancient hill forts, Roman roads and medieval villages.

In the south, the rolling Sussex Downs and the Cuckmere Valley lead to the Sussex Heritage coast. The area around the Seven Sisters Country Park and Friston Forest is particularly suitable for families and less confident cyclists but also offers plenty of challenges for experienced off-road cyclists.

The Cuckoo Trail, which forms part of the National Cycle Network's (NCN) Route 21, offers a 10-mile traffic-free route through the Sussex countryside. Or you could ride the South Downs Way or follow the NCN Route 2 into the heart of '1066 Country' near Hastings.


Rye Harbour Nature Reserve and the flat areas of Romney Marsh in the east provide an opportunity to watch some of the county's finest wildlife.


Throughout East Sussex bicycles are allowed on bridleways and byways. Please remember that cycling along footpaths is not allowed without the landowner's permission.





key to symbols

Short distance	(5-15 miles / 8-24 km)
Medium distance	(15-25 miles / 24-40 km)
Long distance	(25+ miles / 40+ km)

 Grade 1 - easy, flat, suitable for beginners


 Grade 2 - moderate, some hills, leisurely pace


 Grade 3 - moderate, some hills, faster pace

 Grade 4 - harder, plenty of hills and/or faster pace

 Mountain bikes essential

 Suitable for all bikes

 Especially suitable for families (no children under 8 years on own bikes unless specified in text)

 Train to start point

 Refreshment stop

april

Bishopstone and Tidemills Explorer

Saturday 3 April at 10am

Short distance (3 hours)

Briefly exploring the Downs behind Bishopstone and the historic Tidemills area. Leisurely cycle exploring the history, enjoying the landscape and wildlife. Ride is easy, flat, suitable for beginners and suitable for all bikes. Not suitable for children under 8. Refreshment stop. **Meet at:** Seaford Railway Station. **Leader:** Eddie Collict, 01323 891307 or edward.collict@lewes.gov.uk



Highs and Lows

Saturday 10 April at 10am

Medium distance (5 hours)

Downland ride, Firle Beacon and surrounding area. Hilly, but easy pace. Amazing views of the Downs and sea, Pub/picnic stop. **Meet at:** Seaford Railway Station. **Leader:** Eddie Collict, 01323 891307 or edward.collict@lewes.gov.uk



Spring on the Trail

Friday 16 April at 10.30am

Short distance (3 hours)

It's the Easter Holidays! Why not ride up the Cuckoo Trail for a picnic lunch seeing spring flowers and maybe the first Cuckoo? Return by the same route. Especially suitable for new, returning cyclists, families and children. **Meet at:** Hellingly, Station Road car park, (Map Ref. TQ 584121). **Leader:** Andy Mitchell, ESCC, 01273 481637.



“ Developing skills for life ”

see page 26 for more information



The Ouse Valley and Lewes

Saturday 17 April at 10.30am

Long distance (6 hours)

A leisurely ride around the lanes of the beautiful Ouse Valley, passing through Glynde, Ringmer, Isfield, Piltown, Barcombe and Lewes. Expect at least one pub stop en route, for lunch, can also bring picnic.

Meet at: Glynde Railway Station. **Leader:** Vicky Pannell, ESCC, 01273 481654.



Bikes, Birds and Breezes

Saturday 24 April at 10am

Short distance (2 hours)

Starting at Seaford Station, enjoy the delights of the Ouse Estuary Nature Reserve and Seaford Head kittiwake colony. Leisurely pace with plenty of stops, including coffee en route. A few short road sections. Bring your binoculars! **Pre-booking desirable** – 01273 401720. **Meet at:** Seaford Station (Map Ref: TV 482991). **Leader:** Robin Moore.



Jack and Jill windmills circular

Sunday 25 April at 10.30am

Medium distance (4 hours)

A ride starting at the windmills and then using quiet roads and bridleways around Westmeston, Plumpton and East Chiltington. A short push, or ride if you can manage it up Blackcap then along to the top of Ditchling Beacon before returning to the windmills on the South Downs Way. The ride finishes with an exhilarating downhill section. May be muddy. Bring a picnic. **Meet at:** Jack and Jill Windmills (shown on map as Clayton windmills) car park (Map Ref: TQ 303134).

Leader: Dave Churchill, Rough Stuff Fellowship, 07940 796934 or 01273 418801.



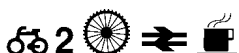
may

Long Man Explorer

Saturday 1 May at 10am

Medium distance (5 hours)

Cuckmere Valley, forest and downs to the edge of Eastbourne. Hilly but easy pace. Find wildlife and tranquillity in remote areas. Refreshment stop. **Meet at:** Seaford Railway Station. **Leader:** Eddie Collict, 01323 891307 or edward.collict@lewes.gov.uk



Exploring the Downs

Saturday 8 May at 10am

Medium distance (6 hours)

Minor roads and tracks to Bexhill and around Pevensey Marsh area. Very varied countryside and coast. Some hills but leisurely. Refreshment stop. **Meet at:** Seaford Railway Station. **Leader:** Eddie Collict, 01323 891307 or edward.collict@lewes.gov.uk



Bluebell Bonanza

Sunday 9 May at 1.30pm

Medium distance (4 hours)

An undulating ride exploring the country lanes around Framfield and Fairwarp searching for bluebells and babbling brooks. Tea stop at Oast Farm. **Meet at:** Uckfield Station car park. **Leader:** Maxine Mears, 01342 719850 or 07759 071093.



Cuckmere Valley Circuit

Saturday 15 May at 10.30am

Medium distance (6 hours)

From the sea, lead inland to Crowlink then Friston Forest, before joining the Cuckmere Valley at West Dean. Lunch at Alfriston, before returning via the Long Man and Jevington, culminating with views from the Beachy Head clifftop. **Pre-booking desirable** – 07986 465700. **Meet at:** Birling Gap car park adjacent to toilet block. **Leader:** Dave Pearce, 07986 465700.

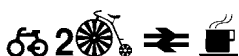


Bricks and Tiles

Sunday 16 May at 10am

Medium distance (6 hours)

Exploring on lanes and bridleways, a once prosperous brick and tile making area of East Sussex. Lunch at East Chiltington pub (quite expensive) or bring picnic. **Pre-booking desirable** – 01444 244357. **Meet at:** Burgess Hill Railway Station (Map Ref. TQ 317188). **Leader:** Bob McHardy, 01444 244357.



The Downs, jam and cricket

Saturday 22 May at 10am

Medium distance (5 hours)

A circular ride along the old coach road to Middle Farm for tea and cake, then through the flat lanes to Chiddingly for a picnic overlooking the cricket ground. **Meet at:** Berwick Station (north side). **Leader:** Sally Anne Fuller.



Abbots Wood and Arlington

Sunday 23 May at 10.30am

Medium distance (4 hours)

Circular ride mainly on quiet lanes and tracks with gentle hills and easy pace. Opportunity for pub lunch or bring a picnic if you prefer. **Meet at:** Polegate Railway Station. **Leader:** Andy Mitchell, ESCC, 01273 481637.



june

Marsh Meander

Wednesday 2 June at 10.30am

Long distance (6 hours)

A circular ride from Rye out onto Romney Marsh. Part of the route will be following the National Cycle Route 2 off road section past Camber Sands to Lydd and then onto quiet marsh roads before heading back to Rye along the Royal Military road. There will be a pub stop en route. **Pre-booking desirable** – 01797 226488.

Meet at: Rye Railway Station. **Leader:** Simon Fathers, ESCC, 01797 226488.



Wadhurst Wander

Saturday 5 June at 9.30am

Long distance (6½ hours)

Mountain bikes as well as road bikes welcome on this road ride in the High Weald! Some lung busting hills and breathtaking views! There will be a pub stop later in the ride so advisable to bring snacks and/or lunch.

Meet at: Wadhurst Station. **Leader:** Matthew du Chemin, ESCC, 01273 481654.



Explore the Northern Escarpment to Firle

Sunday 6 June at 10.30am

Medium distance (6 hours)

Cycle the South Downs Way from Jevington to Alfriston in the beautiful Cuckmere Valley, then onwards to the remote Firle Beacon. Descend for lunch at Firle then return along the Old Coach Road below the escarpment via The Long Man and Folkington. **Pre-booking desirable** – 07986 465700. **Meet at:** Jevington car park, south end of village (Map Ref: TQ 564014). **Leader:** Dave Pearce, 07986 465700.



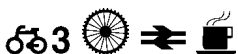
A Ride in the Shadow of the Downs

Saturday 12 June at 10.30am

Medium distance (5 hours)

Some great leafy lanes and beautiful bridleways all in the view of the Downs! Mostly off road so route could be muddy and/or a bit rough in places. Please bring some money for food and drinks at the pub stop.

Meet at: Plumpton Railway Station. **Leader:** Matthew du Chemin, ESCC, 01273 481654.



Berwick Lanes

Monday 14 June at 6pm

Short distance (2 hours)

A circular ride around beautiful low weald lanes, taking in the villages of Ripe and Chalvington. Pub stop en route. **Meet at:** Berwick Station. **Leader:** Vicky Pannell, ESCC, 01273 481654.



Hit the Trail

Wednesday 16 June at 10am

Short distance (2 hours)

Starting at the Cuckoo Trail car park in Hailsham, enjoy a leisurely pedal to Horam for a coffee stop before returning. A good ride for beginners or returners to cycling. **Pre-booking desirable** – 01273 401720.

Meet at: Cuckoo Trail car park, Hailsham (Map Ref. TQ 589092). **Leader:** Robin Moore, 01273 401720.



Stanmer and Ditchling Beacon

Friday 18 June at 6pm

Short distance (3½ hours)

Mountain bikes and helmets are essential for this short but hilly ride. Starting at Falmer, we will ride off road up to Ditchling Beacon – a short but exhilarating trip through the downland landscape with panoramic views, returning through Stanmer village. **Meet at:** Falmer Train Station. **Leader:** Tim Squire, ESCC, 03456 080193.



Into the Night

Saturday 19 June at 6pm

Long distance (6 hours)

From sea into High Weald and forest. Minor roads and tracks. Good lights and reflective clothing essential. Also bring spare batteries, adequate clothing, food and drink. Moderate, some hills. **Pre-booking essential** – Eddie Collict, 01323 891307. **Meet at:** Seaford Railway Station. **Leader:** Eddie Collict, 01323 891307 or edward.collict@lewes.gov.uk



Route 21 Crawley to Eastbourne

Saturday 19 June at 9.30am

Long distance (8 hours)

Linear ride celebrating the ten years since the opening of the NCN, nice and easy at the start and end. Hilly sections in the middle/heat of the day! Bring your trunks to take a dip in the sea at the end. **Meet at:** Three Bridges Railway Station. **Leader:** Andy Mitchell, ESCC, 01273 481637.

july

Bewl Water circular

Saturday 3 July at 5pm

Short distance (2 hours)

Ride around the beautiful Bewl Water Reservoir, stop for refreshments en route (please bring your own). Please note bike hire is available at meeting point (make your own arrangements). **Meet at:** Bewl Reservoir Café. **Leader:** Vicky Pannell, ESCC, 01273 481654.



High and Over traverse

Sunday 4 July at 10.30am

Medium distance (6 hours)

From Seven Sisters Woodland car park at Exceat, head through Friston Forest to Lullington Heath and Alfriston for refreshments. Cycle the South Downs Way to Bo Peep and return via Cradle Hill and High and Over to Litlington. **Pre-booking desirable** – 07986 465700. **Meet at:** Seven Sisters Country Park – Woodland car park at Exceat. **Leader:** Dave Pearce, 07986 465700.



Buxted to Barcombe and beyond

Saturday 10 July at 10.30am

Long distance (6 hours)

An all day ride along lovely country lanes. Plenty of opportunity to enjoy the scenery including views of the Downs. Picnic lunch by the river. Tea stop in the afternoon. **Meet at:** Buxted Railway Station. **Leader:** Maxine Mears, 01342 719850 or 07759 071093.



Out to Exceat

Saturday 17 July at 10am

Medium distance (5 hours)

A circular ride from Berwick Station past the Long Man at Wilmington to Seven Sisters Country Park for a picnic on the beach. Returning via Friston Forest and a cool drink at Jevington. **Meet at:** Berwick Station (north side). **Leader:** Sally Anne Fuller.



Forest Way family ride

Saturday 24 July at 10am

Medium distance (3 hours)

A gentle ride along the Forest Way Country Park suitable for everybody. We will stop at the pond to do some pond dipping! Bring a packed lunch as we will stop for a picnic on the way. **Meet at:** Forest Row car park, behind Foresters Arms pub (Map Ref. TQ 426352). **Leader:** Ken McManamon/Sam Cordery, ESCC, 01273 482670.



Jack and Jill Windmills Circular

Sunday 25 July at 10.30am

Medium distance (4 hours)

A ride starting at the windmills and then using quiet roads and bridleways around Westmeston, Plumpton and East Chiltington. A short push, or ride if you can manage it up Blackcap then along to the top of Ditchling Beacon before returning to the windmills on the South Downs Way. The ride finishes with an exhilarating downhill section. May be muddy. Bring a picnic. **Meet at:** Jack and Jill Windmills (shown on map as Clayton windmills) car park (Map Ref: TQ 303134).

Leader: Dave Churchill, Rough Stuff Fellowship, 07940 796934 or 01273 418801.



august

Lose a Stone....gate!

Saturday 7 August at 9.30am

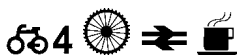
Long distance (6½ hours)

Enjoy this challenging Stonegate circular ride with plenty of off road sections. The route is in the High Weald with plenty of fantastic views. Please bring snacks and some money for drinks and/or food.

Station car park also charges for parking. Route is likely to be muddy and/or rough in places.

Meet at: Stonegate Station (Map Ref. TQ 658272).

Leader: Matthew du Chemin, ESCC, 01273 481654.



Four Counties Ride

Saturday 14 August at 9.30am

Long distance (6½ hours)

Starting and finishing in East Sussex, this ride will cross several county borders. Some challenging hills of the High Weald will give great views of valleys, wonderful woods and fantastic forests. There is pub stop half way for lunch and maybe some Sussex ales! A couple of sections of the ride are on main roads; however it is mostly off road so route could be muddy and/or rough in places. **Meet at:** Foresters Arms car park, Forest Row (Map Ref. TQ 426352). **Leader:** Matthew du Chemin, ESCC, 01273 481654.



Cuckoo Trail, Pevensey and The Levels

Friday 20 August at 10am

Medium distance (4 hours)

Circular ride up the Cuckoo Trail then across The Levels to Pevensey Castle for a lunch stop returning via quiet lanes to Polegate. **Meet at:** Polegate Railway Station. **Leader:** Andy Mitchell, ESCC, 01273 481637.



Levels and Lanes

Tuesday 24 August at 10am

Long distance (6 hours)

An all day ride with lots of variety. We will use the Cuckoo Trail to join up the levels to the east with the lanes to the west returning through Abbots Wood, weather permitting. Many options to adapt the ride to suit the day. Lunch at Horam. **Meet at:** Polegate Railway Station. **Leader:** Maxine Mears, 01342 719850 or 07759 071093.



Low Weald meander

Saturday 28 August at 10.30am

Medium Distance (5 hours)

A leisurely ride meandering along the lanes of the Low Weald. Stops for coffee, pub lunch and a visit to the Millennium garden. One of my favourite routes. **Meet at:** Glynde Railway Station. **Leader:** Maxine Mears, 01342 719850 or 07759 071093.



september

Hit the Trail

Saturday 4 September at 10am

Short distance (2 hours)

Starting at the Cuckoo Trail car park in Hailsham, enjoy a leisurely pedal to Horam for a coffee stop before returning. A good ride for beginners or returners to cycling. **Pre-booking desirable** – 01273 401720.

Meet at: Cuckoo Trail car park, Hailsham (Map Ref. TQ 589092). **Leader:** Robin Moore, 01273 401720.

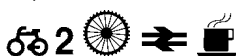


Seven Deans and the sea

Saturday 11 September at 11am

Medium distance (5 hours)

Mountain bikes and helmets are essential for this hilly ride. Starting at Falmer, we ride into the downland to the east of Brighton. Our exploration of this exhilarating landscape will be punctuated by a visit to the picturesque village at Rottingdean. Bring refreshments. **Meet at:** Falmer Station. **Leader:** Tim Squire, ESCC, 03456 080193.



Bricks and tiles

Sunday 12 September at 10am

Medium distance (6 hours)

Exploring on lanes and bridleways, a once prosperous brick and tile making area of East Sussex. Lunch at East Chiltington pub (expensive) or bring picnic. **Pre-booking desirable** – 01444 244357. **Meet at:** Burgess Hill Railway Station. **Leader:** Bob McHardy, 01444 244357.



Eastbourne downland circuit

Sunday 19 September at 10.30am

Short distance (5 hours)

Meeting in East Dean car park, cycle to the clifftop at Birling Gap then ascent to Beachy Head. Follow the South Downs Way inland to Butts Brow and Jevington for refreshments. Return via Friston Forest. **Pre-booking desirable** – 07986 465700. **Meet at:** Main car park in East Dean off Gilberts Drive (Map Ref. 557977). **Leader:** Dave Pearce, 07986 465700.



Jack and Jill windmills circular

Sunday 26 September at 10.30am

Medium distance (4 hours)

A ride starting at the windmills and then using quiet roads and bridleways around Westmeston, Plumpton and East Chiltington. A short push, or ride if you can manage it up Blackcap then along to the top of Ditchling Beacon before returning to the windmills on the South Downs Way. The ride finishes with an exhilarating downhill section. May be muddy. Bring a picnic. **Meet at:** Jack and Jill Windmills (shown on map as Clayton windmills) car park (Map Ref: TQ 303134).

Leader: Dave Churchill, Rough Stuff Fellowship, 07940 796934 or 01273 418801.



cycle maps

East Sussex County Council has published a comprehensive set of cycle route maps covering the NCN routes 2 & 21. Each map gives detailed information for rides along the main route and a circular route off it. There are 12 guides in the series:

Map for NCR2 – Coastal Route

- Route map 1 Seven Sisters off road circular
- Route map 2 Pevensey Levels & Castles circular
- Route map 3 1066 circular
- Route map 4 Rye & Winchelsea circular
- Route map 5 Rye & Romney Marsh circular

Map for NCR21 – Eastbourne to East Grinstead

- Route map 1 Cuckoo Trail & Low Weald circular
- Route map 2 Cuckoo Trail & Pevensey Levels circular
- Route map 3 Cuckoo Trail & High Weald circular
- Route map 4 Ashdown Forest & Crowborough circular
- Route map 5 Forest Way & Ashdown Forest circular

Sustrans overview map for National Cycle Routes in the South East is also available.

All these maps are available free of charge from good cycling outlets, libraries and visitors centres as well as by writing to East Sussex County Council at Transport & Environment, County Hall, Lewes, BN7 1UE. Copies of the maps can also be downloaded from the County Council web site at www.eastsussex.gov.uk/cycling.

charity rides and events

Castle Cycle Challenge

Sunday 25 April at 8.30am

Long distance (25 or 40 miles)

The 22nd annual Castle Cycle Challenge. A cycle ride (choice of two routes) for charity in aid of St. Michael's Hospice and RNLI, and others through St. Leonards Rotary Club. Prizes for the adult and child (under 16) who raises the most sponsorship money. A cup for the team (of four) who raises the most sponsorship money. Entry £6 adults, £2 under 16, £8 on the day. Everyone who returns sponsorship money will be entered into a prize draw to win a new bike.

Pre-booking essential – phone Ray Howard on 01424 752296 or Doug Deeks on 01424 423422. **Meet at:** Lifeboat Station, Hastings. **Leader:** St Leonards Rotary Club.

RX Wildlife Festival

Saturday 29 May – Sunday 6 June

The 6th annual wildlife festival in the Hastings, Rye and Dungeness area. Nine days of wildlife discovery, outdoor activities, creative workshops and nature games. Full details at www.RXwildlife.org.uk or phone 01797 227784.

Romney Marsh Charity Cycle Ride

Sunday 6 June at 8.30-9.30am

Long distance (30 miles)

A 30 mile ride round Romney Marsh (no hills!). Run by the Rye Bay Coastguard Company in aid of local charities. **Meet at:** Coastguard Station, Rye Harbour. For further information phone Philippa Strickland on 01424 814384 or email pstrickl@waitrose.com.

charity rides and events

Annual Burgess Hill Bike Ride

Sunday 6 June

Riders will be able to enter either 10 mile, 20 mile or 40 mile rides which will take them through lovely mid-Sussex countryside in aid of St Peter and St James Hospice and Round Table and Lions charities. Starting point: Oakmead School, Burgess Hill. Full details and an application form can be found by visiting the official website

www.burgesshillbikeride.co.uk or phone 07855 327234.

Bike Week

12 – 20 June

Get more out of life - live local, get cycling!

www.bikeweek.org.uk

Bike2Work

The annual Bike2Work promotion provides a great opportunity for employers to encourage their staff to cycle to work. Please phone 0845 612 0661 or email HQ@bikeweek.org.uk to request a free 2010 Event Organisers Guide.

British Heart Foundation London to Brighton Bike Ride

Sunday 20 June

The nation's favourite bike ride. Taking part on the London to Brighton Bike Ride is a great opportunity for you to raise vital funds to protect the people you love – and even yourself. **www.bhf.org.uk**

charity rides and events

South Downs Way Randonnee Challenge

Saturday 26 June

Britain's toughest one day off-road cycle challenge with a choice of three routes – 100 miles, 65 miles and 35 miles – in aid of the British Heart Foundation.

Contact: 0808 100 2109 for sponsor forms and entry details, email eastevents@bhf.org.uk or visit

www.bhf.org.uk/randonnee

Capital to Coast ride

Sunday 27 June

Choice of distance (30 or 60 miles)

The London to Hove Charity Bike Ride is celebrating its 15th year. In association with Norwood, Cystic Fibrosis Trust, Downs Syndrome Association and Southern FM's Help a Local Child. For more information contact: 020 8420 6944 or email info@capitaltoeast.org.uk.

www.capitaltoeast.org.uk

South Downs Way Randonnee Challenge

Saturday 31 July

Britain's toughest one day off-road cycle challenge with a choice of three routes – 100 miles, 65 miles and 35 miles – in aid of the British Heart Foundation.

Contact: 0808 100 2109 for sponsor forms and entry details, email eastevents@bhf.org.uk or visit

www.bhf.org.uk/randonnee

Car Free Day

22 September

www.metta.org.uk/car_free_day.asp

cycle training

Cycling in today's traffic can be a bit daunting, especially if you haven't tried it for some time. Refreshing your skills with a cycle training course will help make your cycling safer and more enjoyable.

What is cycle training?

The new National Standards for Cycle Training courses are delivered by members of East Sussex County Council's road safety team who have been specially trained and accredited as instructors. The courses have something for everyone, whatever your age, ability or background.

Each 90 minute course starts with an assessment of candidates and a discussion to identify their individual needs. The course will help cyclists deal with all types of road and traffic conditions. The course includes dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling.

What does it cost?

The course costs vary depending on numbers and location but are typically £30 per 90 minute lesson.

Other information

The wearing of an approved cycle helmet is mandatory during the cycle training course.

Further information and to book a Cycle Training course

Please email: cycletraining@eastsussex.gov.uk, or telephone 01273 482490.

bike maintenance

East Sussex County Council's Road Safety Team offers Cycling East Sussex readers the opportunity of having Bike Maintenance tuition, giving everything that cyclists need to keep their bike safely on the road.

Covering:

Punctures and general maintenance

Gears – setting up, adjusting and replacing cables

Brakes – set up, adjusting and replacing.

Demonstrations available for clubs and organisations.

For further information contact:

cycletraining@eastsussex.gov.uk

Or telephone 01273 482490

useful contacts

Bespoke – a cycling campaign group for Eastbourne, started by local residents.

www.bespokecyclinggroup.co.uk

email: info@bespokecyclinggroup.co.uk

phone: 07881 481317

Bexhill Wheelers – cycling campaign group for Bexhill.

www.bexhillwheelers.org.uk

phone: 01424 218993 or 07708 394410

Brighton Excelsior – all types of cycle sport.

www.brightonexcelsior.co.uk 01273 891170

British Cycling – the governing body for competitive cycling. www.britishcycling.org.uk 0161 274 2000

British Triathlon Association – the governing body for triathlon. www.britishtriathlon.org

01509 226161

useful contacts

CTC National Office - the UK's national cyclists' organisation. www.ctc.org.uk 01483 238 337

Cycle Battle – organises rides and promotes cycling in Battle and the surrounding area.

For Battle: 01424 775592

For Robertsbridge: 01580 881530

email: cyclebattle@hotmail.co.uk

Cycle Lewes – promotes cycling, particularly in and around Lewes town. www.cyclelewes.org.uk

email: anne.locke@talktalk.net

phone: 01273 475381

Cycle Seahaven – the new forum for cyclists in and around the Newhaven/Seaford area.

www.cycleseahaven.org.uk

email: info@cycleseahaven.org.uk

East Sussex Cyclist's Touring Club – organises rides and events throughout Sussex.

www.eastsussexctc.org.uk

email: cycling@eastsussexCTC.org.uk

Hastings Urban Bikes (HUB) – organises rides and events in the east of the county.

www.hastingsurbanbikes.com

email: info@hastingsurbanbike.com

phone: 0845 838 1569

Hellingly Cycle Speedway Club – contact:

George Hollebon 01323 506751 or

Zac Parsons 07530 749237.

Lewes Wanderers – road and track racing.

www.leweswanderers.co.uk

Surrey Cycle Racing League – organises a full programme throughout the area.

www.surreyleague.co.uk

Sustrans – The UK's leading sustainable transport charity. www.sustrans.org.uk 0845 113 0065

travelchoice

East Sussex County Council is committed to helping everyone find ways of reducing congestion and pollution.

If you are a regular commuter, or someone who just uses your car occasionally; like driving to the start of a guided ride, finding someone doing a similar journey and sharing the trip with them will help to reduce the number of cars on our roads.

Other benefits include:

- reducing vehicle running costs;
- reducing parking problems and costs, and;
- providing a possible alternative to running more than one car in a family.

The TravelChoice website has been developed to help people find car share partners. The service is completely free, secure and easy to use. All you have to do is go to **www.travelchoice.org** and follow the instructions.

Other services available through the TravelChoice website include:

- links to all bus and train operators;
- links to ferry operators;
- real time road works information;
- weather information, and;
- links to cycling and walking information in East Sussex.



Many rides start at railway stations. You should check with the train operator that they will allow you to take a bike on the train.

For information on trains times and services contact:

Southern

Telephone 08451 29 29 29

Website www.southernrailway.com

South Eastern Trains

Telephone 0845 000 2222

Website www.southeasternrailway.com

National Rail Enquires

Telephone 08457 48 49 50

Website www.nationalrail.co.uk

If you would like our information in large print, in braille, on audio tape or in another language, please contact 01273 481654 or visit **eastsussex.gov.uk**

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Lewes BN7 1UE

Phone: 0345 60 80 190

Fax: 01273 481261