

# HYTHE CYCLING CLUB

MEET EVERY SUNDAY ON HYTHE SEAFRONT



## 8:50am for 9.00am start every Sunday

Open to Men & Women\*, Members & Non-Members\*\*

Start & finish at Hythe & Saltwood Sailing Club (H&SSC)

### There's a ride group to suit all abilities

- **Fast Group:** Average Speed 18+ mph. Average mileage 45 miles
- **Intermediate Group:** Average Speed 18 mph. Average mileage 45 miles
- **Steady Group:** Average Speed 12-14 mph. Average mileage 40 miles
- **Progression rides:** For new riders, these are run periodically throughout the year (check the club website). Average Speed 10-12 mph. Average mileage 15-25 miles
- Please ensure you have a mechanically sound bicycle, bring a drink, a small snack, puncture repair kit and are wearing a helmet
- To end the ride - enjoy post ride refreshments with a great sea view at H&SSC

\* Must be aged over 18yrs unless accompanied by a parent or guardian

\*\* Non-Members, please see the website for your ride contact

[www.hythecyclingclub.org.uk](http://www.hythecyclingclub.org.uk)



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