



Ride Descriptions



Move More Cycle Rides are regular **FREE** cycle rides, led by our qualified ride leaders. You can choose from **Women Only Rides** or **Mixed Rides** at different levels: **Beginners, Easy Going, Steady, Intermediate, Challenge** or **Advanced**. The rides are designed to help you build confidence on a cycle and are a great way for you to discover new routes – all whilst helping you to improve your mental and physical wellbeing.

	Duration	Distance	Pace	Route Type	Terrain	Topography	Rides which may be offered
Learn to Ride	All 60 Minutes	N/A	N/A	Traffic free.	Tarmac Paths. Hard Packed Shale.	Predominately flat	Mixed
Sofa 2 Saddle		8km	8kmh (5 mph)	Traffic free, Cycle Infrastructure, Small Lanes		Predominately flat	Mixed
Gaining Momentum		Up to 15km	Average up to 15kmh (9 mph)	Traffic free, Cycle Infrastructure,		Predominately flat but introducing some short hills	Mixed

				Small Lanes & Main Roads			
Beginners	60 minutes Max	10km (6 miles)	Average 10.5kmh (6.5 mph)	Traffic free or quiet lanes.	Tarmac Paths. Hard Packed Shale.	Predominately flat	Mixed, Women Only Adapted Cycles
Easy going	60 minutes	16km (10 miles)	Average 16kmh (9 mph)	Traffic free or quiet lanes. Some main roads to link route for short periods.	Tarmac Paths. Tarmac Roads. Hard Packed Shale.	Predominately flat but introducing some short hills	Mixed, Women Only Adapted Cycles
Steady	90 minutes	24km (15 miles)	Average of 17.5kmh (11mph)	Traffic free. Suburban Routes. Roads	Tarmac Paths. Tarmac Roads. Hard Packed Shale.	Predominately flat introducing small inclines/descents	Mixed, Women Only Adapted Cycles
Intermediate	90 minutes	28km (20 miles)	Average of 19kmh (12mph)	Shared User Paths & Cycle paths, country lanes, some main roads to link lanes	Gravel Paths Tarmac Paths Tarmac Lanes	Predominately flat with slightly more inclines and descents (Ebikes rides will include greater inclines and descents)	Ebike Road bike Mixed Adapted Cycles
Commute with Confidence	Custom to each route	N/A	N/A	Lanes, Cycle Infrastructure, Main Roads	Tarmac Paths Roads	Custom to each route	Any
Challenging	90 minutes	40km+ (25miles+)	Average of 23.5kmh (15mph)	Country lanes & main roads.	Tarmac Paths. Tarmac Lanes.	Combination of flat areas, greater inclines and descents	Ebike Road bike Mixed Adapted Cycles
Advanced (Social Ride)	90 minutes+	80km+ (Up to 50 miles)	Average of 23.5kmh (15mph)	Country lanes & main roads	Tarmac paths. Tarmac lanes.	Combination of flat areas, greater inclines and descents.	Road Adapted Cycles