

Monksmoor Park Guided Cycle Rides

Are you interested in riding as part of a guided social cycling group from Monksmoor Park?

With British Cycling & HSBC UK, the [Let's Ride](#) initiative provides free bike rides to join and great cycle routes on your doorstep to explore.

Northamptonshire Sport are working in partnership with British Cycling and Northamptonshire Highways to coordinate free guided rides across Northamptonshire and we want to know if you would like the opportunity to get back on your bike in Monksmoor? Whether it's to get back in the saddle with all the family, get fit and have fun with the Breeze women only rides, explore the local cycle groups, or to find like-minded cycle enthusiasts, there is a ride for everyone from beginners to experienced cyclists.

Breeze Rides- Inspiring more women to cycle

Breeze is the biggest ever programme to encourage women to ride bikes for fun. The aim is to help more women feel confident and comfortable about going out cycling. The network is run by hundreds of volunteers, or Breeze Champions, across the country, who are trained ride leaders and who lead structured, organised and FREE rides that are planned, pre-ridden and risk assessed to ensure they are safe for all participants.



The ethos of the programme is very much that the rides are accessible for any woman, of any age, of any ability and the ride leader will ride at the pace of the slowest participant - no one is left behind. Some rides are also open to children, so mums can even bring the little ones along.

Would you like a free guided Breeze ride setup at Monksmoor Park?

Contact the local Breeze Coordinator Sadie Patamia on sadiepatamia@gmail.com.

Social Guided Rides

Ride Social is a community of people organising informal bike rides at a time, place and pace that suits them. It's totally free to join the platform through British Cycling's Let's Ride website, and you can use it to find people near you to ride with, to find groups that ride regularly, or to create your own rides and groups.

Would you like a leader to setup weekly or monthly guided rides for all ages & abilities from Monksmoor Park? Contact Will Heckford on will.heckford@firstforwellbeing.co.uk or 07795 256199.

Local Club Rides

Daventry Cycling Club's aim is to promote cycling and provide an open, friendly and welcoming environment for people of all cycling abilities and interests. New cyclists, male and female, are always welcome. There are Junior's, Ladies and Men, with abilities ranging from those new to cycling to very experienced riders. The club has a Facebook page which gives details of all the rides being organised each week, anyone can see it without being a member of either the club or Facebook.

- Saturdays: "Improvers Ride" from Leisure Lakes Bikes, Daventry, at 9am (40 miles)
- Saturdays: "Beginners Ride" from Leisure Lakes Bikes, Daventry, at 12pm (30 miles slow pace)
- Sundays: "Club Ride" from Leisure Lakes Bikes, Daventry, at 9.30am (45-50 miles)

For more information see the club website www.daventrycyclingclub.co.uk or contact Mike Walsh on mike_walsh@hotmail.co.uk or 07827 353950.

Not interested in cycling but would like more information on local physical activity opportunities?

Daventry Leisure Centre offers a number of facilities for sport and leisure within Daventry. A six badminton court sports hall also hosts 5-a-side football, the local netball league and weekly roller skating amongst many more. The fitness suite contains over 100 stations and a dedicated spin studio. A class timetable of over 50 classes has something for everybody from high intensity to Pilates. Daventry Sports Park on the outskirts of the town consists of a number of high quality grass pitches and as of January 2018 will boast a top class full size 3G facility. For more information contact 01327 871144.

Beginner Jogging Group - Monday's & Wednesdays, 6.30pm from Daventry Leisure Centre. For more information contact Susan Spence: susan@running-mate.co.uk / 07988 799182.

Daventry parkrun – Takes place in Daventry Country Park on Saturday mornings at 9am. The start takes place just off Welton Road near the ICON Innovation Centre. It's free to take part but you do need to register <http://www.parkrun.org.uk/register/>

For more information contact Sports Development Officer, Will Heckford on will.heckford@firstforwellbeing.co.uk or 07795 256199.