

# LEISURE BIKE RIDE

**Every 3rd Saturday of the month**  
*From Coulsdon, South London*

**GET  
OUT AND  
RIDE!**

**With so much great countryside just on our doorstep, there's no better way to explore than just going for a bike ride**

Addiscombe Cycle Club invite you to a guided leisure ride out from Coulsdon, ideally suited for those who like cycling but also like to enjoy the ride.

**When and what time:** Every 3rd Saturday of the month, meeting at 9am for a coffee and leaving at 9.30am

**Meeting place:** Nonna Rosa's Cafe, 108 Brighton Rd Coulsdon Surrey, CR5 2NB.

**Route:** We will vary the route each month, and look to do a one hour ride before stopping at a café, then another hour's ride, returning to Nonna Rosa's around midday.

## Some T&C's:

- **Bicycles** Must be in a roadworthy condition
- **Aims** You're now looking to broaden your cycling horizons and take on a bit more of a challenge in a relaxed social environment.
- **Ability** You must be 16+ yrs old and can ride a bike.



**Join us on  
our next ride  
May 21st  
2011**

**For further details please contact Monty on 07941261774**

