

Please read this very important Safety Information before you Ride and Stride

Please also read the Risk Assessment information on our website, before you take part in our event.

- Police advise all cyclists to ride in single file, not in large groups, and to wear an article of clothing which is reflective, fluorescent or of a very bright colour (e.g. Yellow or Orange).
- Study the bicycling section of the Highway Code and ensure your bicycle is roadworthy.
- The wearing of safety helmets is advised by the Health Authorities.
- On the Local Rides leaflets we have tried to identify junctions and hazards that require particular care to be taken. There may be others so care must be taken at all times.
- Ride in single file and do not race.
- Walk wherever cycling is difficult or dangerous.
- NB: Anyone intending to use motorised vehicles will need to check with their own insurers that they have adequate cover, as this form of transport is not a part of the event.