

Windsor Cycle Hub – Regular Monthly Rides

Week	Level	Description	Av. Miles	Av. Hrs	Min. Yrs
1	1	Easy - flat	8	1:15	7*
2	2	Moderate – some road	12	1:30	13*
3	3	Intermediate – hills	18	2:00	16*
4	4	Advanced – mixed	25	2:30	18
5	RS	Skills Day	N/A		

All rides leave The Swan at 11am, be with us 10-15 mins earlier

*Minimum age for active riders (younger children can attend on seats)
Each under 18 must be accompanied by 1 adult

