



I’d like to cycle for pleasure

Hayling Island is in a great position for the leisure cyclist. We have the South Downs national park right on our doorstep.

The best way is to join a group. That way you can:

- Learn routes that avoid main roads
- Enjoy exploring the countryside with like-minded people
- Stretch yourself knowing you have support from the group if you get into trouble
- Get god advice about clothing and equipment
- Find out other cycling possibilities in the area and further afield

Before joining a group ride:

- Make sure your bike is roadworthy
- Find out the club rules for group rides and make sure you understand them
- Find out what types of ride are available – start with a short ride and build from there
- Are you comfortable on your bike?
 - Are you OK with cycling in traffic? If not, our [Bikeability and cycle training](#) project might be able to help
 - Do you need to upgrade your bike or get some cycle clothing – if you’re uncomfortable after a few miles, that will only get worse over longer distances
- Equip yourself with:
 - Water
 - A map of the area you’ll be cycling in
 - A puncture repair kit, pump and – preferably – a spare inner tube
 - Money
 - Mobile phone – if you have one

We’d be happy to try to [answer any specific questions](#) you might have.

You might find ride distances to be daunting, but try converting them to time on the bike. For example, 25 miles is not unusual for a starter ride. It might sound a lot, but it translates to just 2-3 hours of easy cycling.

You have access to a number of groups:

- [CTC \(Cycle Touring Club\) Portsmouth](#). Organises rides throughout the year including short rides once a month. Day rides break for ‘elevenses’ providing an opportunity to do half the ride. There are evening rides (to a pub) and regular club nights. New riders are always welcome and you don’t need to be a CTC member to start with.
- [Hayling Island U3A](#) (University of the third age) Cycle group. Cycles on the first Tuesday of each month starting from HIADS. The group sometimes cycles to Havant, takes a train to the starting point and cycles back from there. To meet the terms of U3A’s insurance policy, riders must be members of the U3A. Rides are planned shortly before each event to take account of weather, and rider preferences. To find out more, contact Ann Kent on 023 9246 1104 or at ann@cyclehayling.org.uk.
- [The Portsmouth Cycle Forum](#) is a campaigning organisation similar to Cycle Hayling. It organises rides throughout the year. Rides are free and open to all.

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