

## What is it like on a group ride?

You will be following an experienced ride leader who will have a great route planned so relax and enjoy it. If you are new to group riding, let them know – they will keep an eye on you, or assign someone to do so. You will be asked to complete a guest registration form or signing-on sheet. Keep in mind the ride leader is a volunteer and listen carefully to any instructions. Don't try to interfere with the ride – let them lead!

The leader should explain any jargon and hand signals they may use to keep control of the group. If you fall behind, don't worry – your group should wait for you at the next junction or at the top of a climb.

Abide by the Highway and Countryside Codes and be considerate of other road users – you can ride two abreast and it can be safer to do so, particularly in larger groups or when accompanying children or less experienced riders. Be aware of drivers behind you and allow them to overtake (for example, by moving into single file) when you feel it is safe to let them do so.

Show courtesy to other road and trail users and be a good ambassador for cycling. Be alert to what other riders around you are doing and don't get too close to them.

Shout 'Slowing!' or 'Stopping!' if necessary – smooth, gentle manoeuvres work best. Point out any road defects or other hazards to others. If you wish to leave the ride, let the ride leader know.

## What should I bring on a group ride?

Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic. Carry at least a spare inner tube, pump and tyre levers.

Dress for the weather and bring a spare layer; a waterproof that can be rolled up and kept in a pocket is a good idea whatever the forecast.

Bring water and some snacks to ensure you stay properly fuelled, plus a picnic or cash for lunch if out all day – it's a good idea to find out if there will be somewhere to buy lunch from the ride leader.

Good lights are essential if there is any chance of riding in the dark or poor visibility.

## Top tips

- Find your ride with one of our [member groups](#)
- Let the ride leader know if you are new to riding or to the group
- Listen to all instructions carefully
- Abide by the Highway and Countryside Codes
- Have fun and come back for more!