



Dear Emit/Emit Lite Entrant

Thank you for entering Emitremmus/Emitremmus Lite, we really appreciate your support.

You will need to report to Costello's Café before the start to collect your route (brevet) cards.

The entrance to the park is on Six Hills Way, Stevenage and can be found at grid reference TL255242 on an Ordnance Survey map (or post code SG2 0BL). If you travel to the start by car, please park in the large car park to the left just after you enter the park. The car park next to the cafe will be needed by people visiting the park during the rest of the day. **Remember, the footpath from the car park to the cafe should not be cycled on.** Please use the access road for cycling.

The ride is mostly on cycle tracks and quiet country lanes but please remember, there may be some busy sections. The route was checked on 23rd September 2018. The route is not marshalled or waymarked but the route sheet should be more than sufficient to get you around the route, there is also a TCX file on the website. You can track it on Ordnance Survey maps 153, 154, 156 and 157 if necessary. If you go off the route, please retrace until you return to the route.

Routes and TCX files can be found here <http://www.stevenagectc.org.uk/summertime.php>

Spares

The new **Stevenage Cycle Hub** is nearby to our start at the Café (in the old boat house at the next lake along). It will be open and have a stock of inner tubes and other basics. If you have any requirements please arrive early enough to visit the Hub.

Emit Routes

Route sheets as pdf files and TCX files are now available at <http://www.stevenagectc.org.uk/emitremmus.php/>

The start is slightly modified this year to make the bunched start a little safer and take advantage of the Stevenage cycleways. But once into Aston the route is unchanged taking in Benington, Dane End, Gr Munden, Buntingford and after climbing out of Buntingford the delights of The Old Swan Tea Shop (www.oldswanteashop.co.uk/) awaits with their duck (swan?) pond. Lynda will have



teas, coffees and some hot chocolate as well as hot sausage rolls and donuts on offer.

Emit riders will then ride to Mocha's Café in Saffron Walden. Please be patient if they are busy and take care parking bikes in the alleyway. Remember that we would like to use the café again so if you can please buy something and don't eat your own food inside.

At Therfield both rides rejoin. The village hall is tucked away on the green please don't miss it. We have enlisted the help of the Women's Institute to help with raising funds which keep them running. Amanda and colleagues are expecting that their specially made cakes will be in high demand, so please ensure you bring enough cash with you to indulge. As you will still have 26 km to go after stopping at Therfield you will need the energy. As an added incentive they raised about £450 last year – thanks to you lovely cyclists.

You will finish at Costellos Café in Fairlands Valley Park which will be open until about 8pm.

If you miss a control or are not going to make it to the finish, please leave a message on

07775 538830

We hope you enjoy the ride. But please in the interests of all let someone know if you are not going to finish the ride – our volunteers at the finish will be worried if anyone is unaccounted for.

Tina Walker

Cycling UK Stevenage