

SE u3a Forum Summer School

Monday 4th – Thursday 7th September 2024

University of Chichester



Cycling

Maximum 8

We will be cycling around the local area. The area around Chichester is predominately flat with quiet roads and cyclable tracks but there are more undulations to the north, which, this year, we might venture into as well.

Essential items:

Bicycle – conventional or electric - batteries can be charged, with your own charger, in your room.

Safety - cycle helmets are a personal choice and water bottles essential.

Clothing – suitable for both dry and wet weather.

Sundries – sun screen, hat, etc.

Spare items – specific to your bike with tools, ie tubes, etc. Simon will carry some general tools and some spares.

First Aid - Simon will carry a basic kit, please bring any items specific to your own needs.

Incidental costs will be limited to refreshments on route, coffee and tea breaks, depending on ride length. Packed lunches will be provided by the University's restaurant **on request**.

Note: *There are secure cycle shelters on campus, but students would be wise to bring additional, individual security and to also consider personal accident insurance.*

About the tutor: Currently, I run a weekly cycling group for my local Brighton u3a where we cover anything between 17-25 miles with a generous stop for coffee and cake midway. As well as this I have been touring every year for the past 30 odd years with a group of like- minded friends, usually on the continent but also in this country as well.



Summer School Course - 2024

The Summer School rides, which started in 2019, developed into this format:
Day 1 – A short meeting at the campus getting to know one another and setting the scene for the rest of the week.

Day 2 and 3 - A morning through to mid-afternoon ride of about 17-25 miles with a coffee stop on route followed by a picnic lunch before returning to the University.

At this point it will be possible to call it a day, or for those still willing, we can go out again for a shorter ride of about 10 miles before returning in good time for a shower and rest before dinner.

Day 4 – A morning ride of about 15-18 miles, returning by midday, to shower before lunch.

For further information please contact the tutor

Simon Eastwood

Tutor - Cycling

01273 555820 / 07703 561205