

Wellbeing afternoon
Wednesday 27th November 1.30-6pm

Group size maximum 6-8
Led by local host volunteer

Road Bike Ride

**Wednesday 27th November
1.30-6pm**

Meet 1.30pm

Entrance to Endcliffe Park
Hunters Bar Roundabout
Sheffield S11



Session to include:

Ride out through parks to Peak District
Approximately 50 km road ride
Beautiful & rugged National Park
Hill climbs of course!
Stop at Peak District pub

Wellbeing/social afternoon

Thank you for expressing interest in the SIVA pre-conference wellbeing activities. We're excited by the numbers wanting to join us. Sign up now to secure your place!

We have organised a medley of sessions aiming to provide options for differing tastes. We hope you will sign up, experience some different aspects of wonderful Sheffield, and enjoy an afternoon to remember.

This bike ride involves some fairly strenuous hill climbs, in possibly adverse weather conditions, and participants should join with that knowledge in mind!!!



Costs:

There will be no charge for coming on this ride

It is not being classed as a formal event...

Bikes & equipment

Please bring your own bike

Ensure it is in good working condition

Bring spares

E-bikes welcome, but you may have to wait for the group! (please make sure your battery is fully charged...)

Dress for the worst; the Peak District in November can be pretty cold and wet

Bring own helmet

Water & snacks

Lights; sunset will be just before 4pm, so may be needed for the return journey from the pub

Bike storage

Ideally organise your own at your hotel or accommodation

May be a limited number of places to store bikes at host homes; let us know in advance

Will be entirely based on goodwill, with no liability for your bike!

Weather

November weather can be very variable

If weather is terrible, sense will prevail and we won't ride

If temperatures are below 3 degrees, we won't ride due to risk of ice on roads

Bring trail-running gear as an alternative in case of ride cancellation (we'll take you on a run instead!!)

Terms & conditions; Disclaimer

Please note that this activity has been organised by the local team, on an informal basis, and is not part of the official SIVA conference.

As such, individuals join the activity with full knowledge and consent, that they do so at their own risk and there is no liability attributable to the SIVA organisation, or to the individuals who have arranged the activity.

Your local host is not a professional cyclist and is not personally responsible for your health & safety, that of your equipment, or third parties you may interact with. This must be your own responsibility.

They will "lead" the ride only in terms of showing the group the route.

Please ensure you are capable of riding the route and able to keep yourself safe throughout.

Note: Places will be allocated on a first come, first served basis. We'll be in touch with ride details for the allocated group.

