



Forestry Commission
England

**mardyke
woods**

Go Wild in the Woods!

Autumn 2013

Go wild in the woods this half term – there's something for all you thrill-seekers!

On Your Bike!

Cycle Clinic

Tuesday 29th October 2013

1pm – 4pm

Give your bike a health check and join free cycle sessions to help you get off-road! *

Mountain Bike Skill Rides

Friday 1st November 2013

Rides between 11am – 4.30pm

Fun rides for more experienced bikers (See back of leaflet for full details).

Spooky Scavenger Hunt

Wednesday 30th October 2013

2pm – 4pm

Take on our creepy challenge in the woods (last admission 3.20pm).

All events are free of charge

For more information, contact **01708 642964** or **thameschase@forestry.gsi.gov.uk**

* For more info on the Cycle Clinic, contact TrailNet on 01277 811012.



www.forestry.gov.uk/thameschase



Woolia
North Thames
Trust

Mountain Bike Skill Rides

Friday 1st November 2013

Join our mountain biking expert for an exciting and challenging ride through the muddy trails in Mardyke Woods and Davy Down.

For 10 to 14 year olds – leave the oldies at home!

Choose from one of three sessions:

11am – 12.30pm

Meet at Cherwell Grove, RM15 6BD

1pm – 2.30pm

Meet at Davy Down car park

3pm – 4.30pm

Meet at Cherwell Grove, RM15 6BD

What to bring:

Riders must bring their own bike with gears.

Helmets are compulsory. Gloves and protective glasses are strongly recommended.

Places are **free** but must be booked in advance, as spaces are **first come, first served** – return the form below, or contact **01708 642964** or **thameschase@forestry.gsi.gov.uk**. Adult permission is required.

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Mountain Bike Skill Ride - Booking Form

Ride attending (circle): 11am – 12.30pm 1pm – 2.30pm 3pm – 4.30pm

Parent / Guardian – please complete:

I, (name of parent / guardian) give permission for my child
.....(name of child), aged years old, to attend the above Mountain
Bike Skill Ride at Mardyke Woods on Friday 1st November 2013.

I confirm that my child's bike is in a safe, ride-able condition and I have read the 'what to bring' section.

Any medical requirements?

Contact phone number (to confirm booking).....

Emergency contact number (if different from above)

Email address

Signed: **Date:**

Please return before Tuesday 29th October to (no stamp required):

FREEPOST
Forestry Commission
The Forest Centre
Pike Lane
Upminster
RM14 3NS