

Cycle Hubs

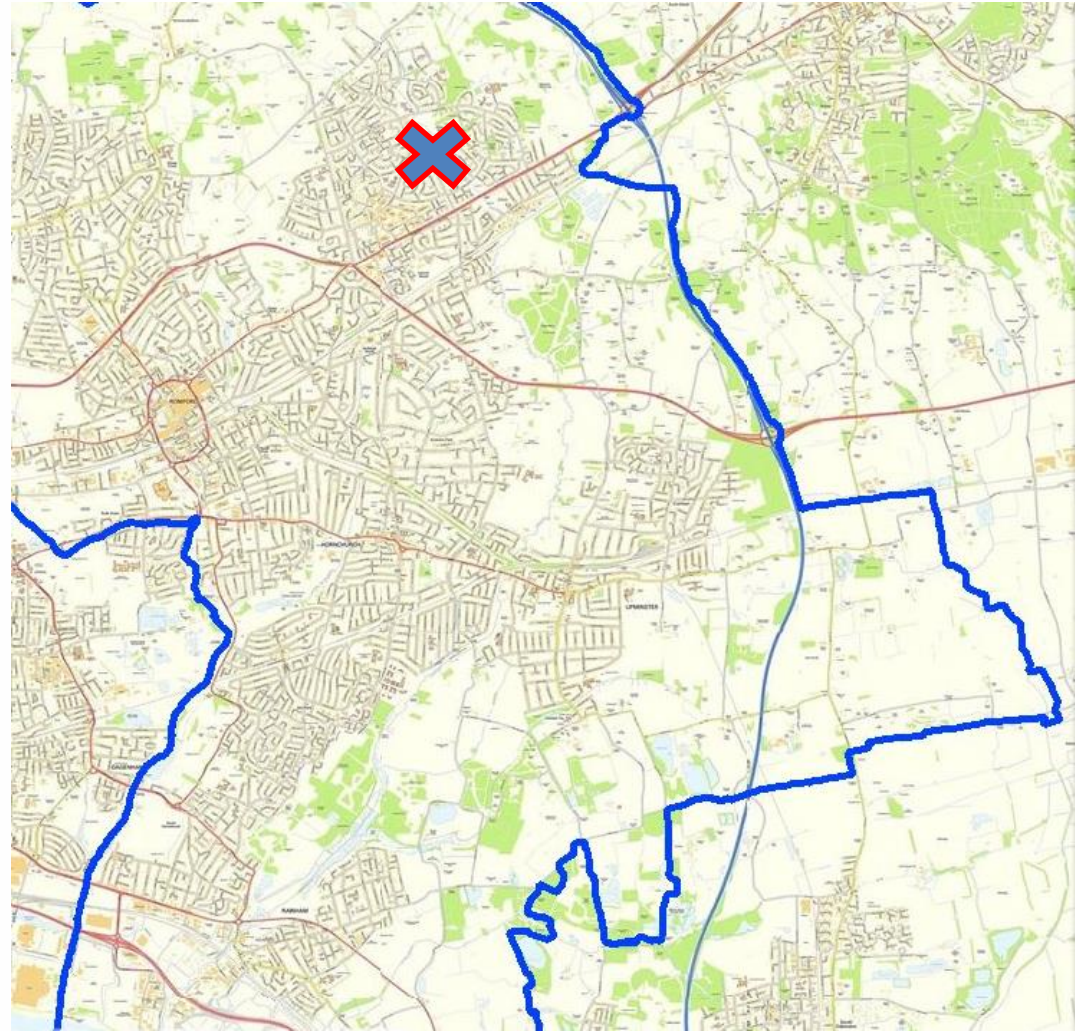
Cycle hubs is a pilot scheme aiming to encourage cycling in Havering, especially among groups that do not cycle often, including women, people with disabilities and people over 50.

There will be four 'hubs' around the borough that will provide activities and resources to help break down any barriers or misconceptions that may discourage people from cycling.



The Four Hubs

- **MyPlace, Harold Hill**



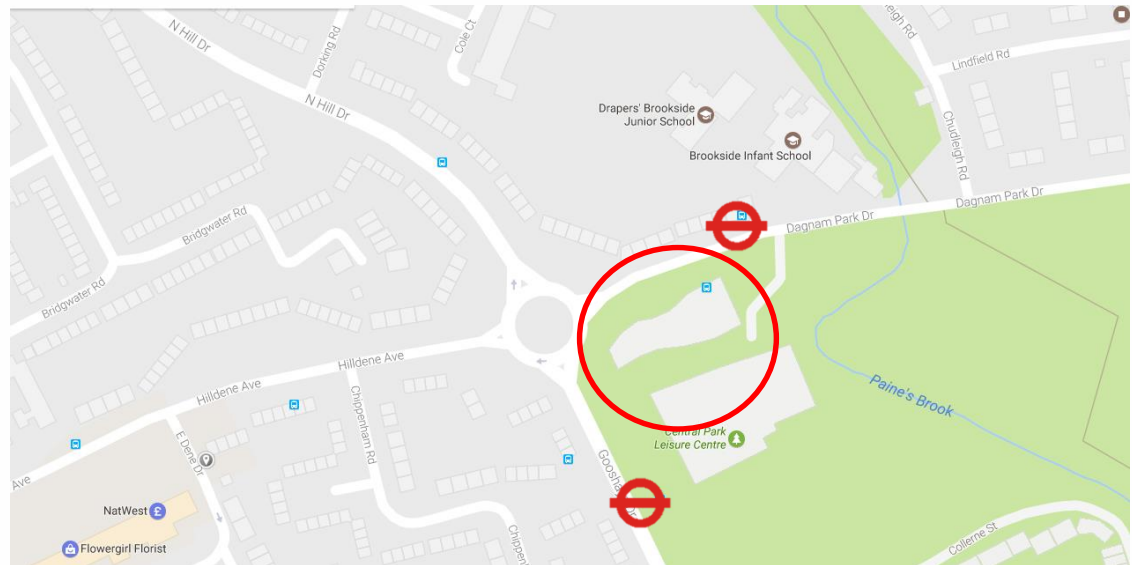
MyPlace

Myplace is a community centre in Harold Hill.

It is located along Dagnam Park Drive by central park, next door to the Central Park Leisure Centre.

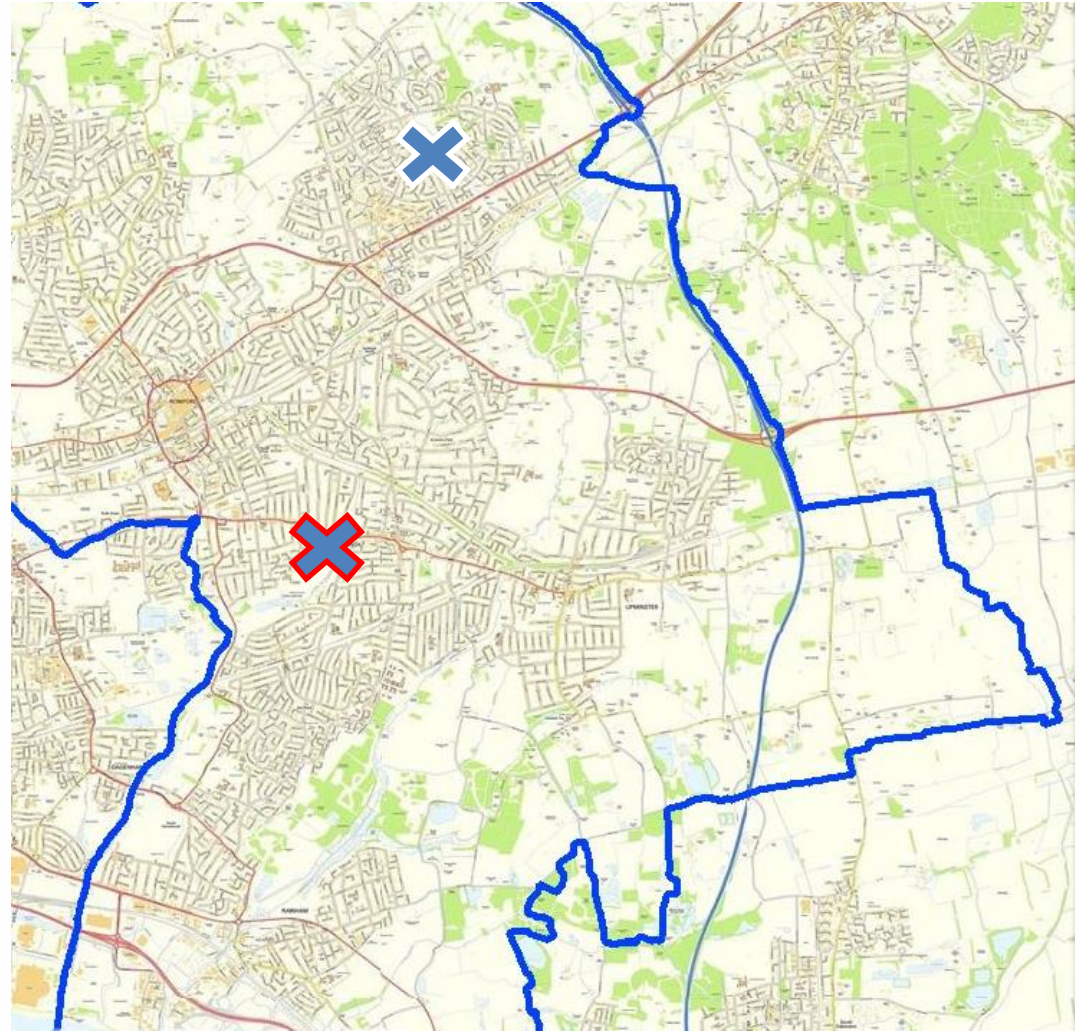
There are toilets available inside the centre.

The 174, 294 and 674 bus stop outside at the Brookside School bus stop.



The Four Hubs

- MyPlace, Harold Hill
- **Hornchurch Sports Centre**



Hornchurch Sports Centre

Hornchurch Sports Centre in Hornchurch offers a variety of sports and activities to the local community.

It is located at the north side of Harrow Lodge Park, just west of Hornchurch Town Centre

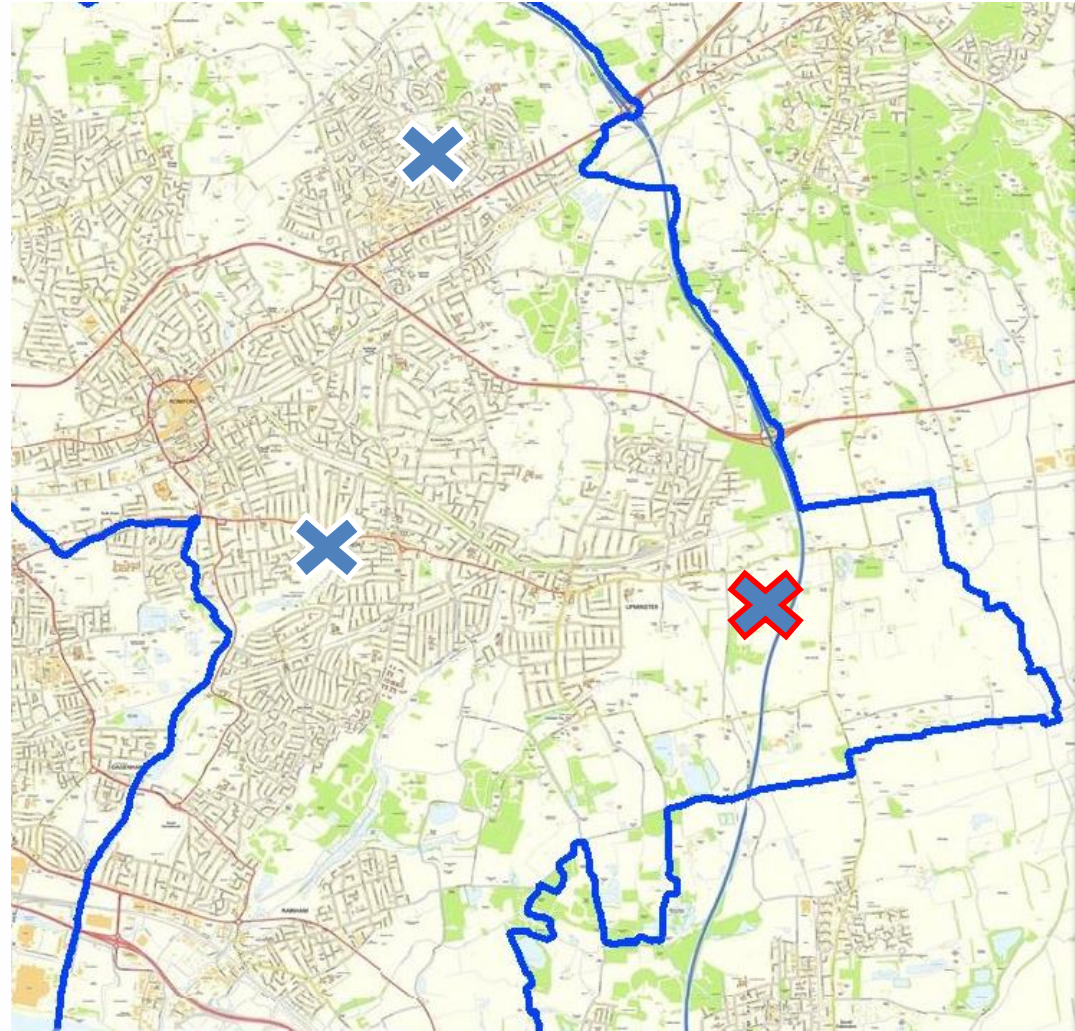
There are toilets and refreshments available inside.

The 193, 248, 365 and 648 buses stop at the Harrow Lodge Park bus stop nearby.



The Four Hubs

- MyPlace, Harold Hill
- Hornchurch Sports Centre
- **Thames Chase Forest Centre, Upminster**

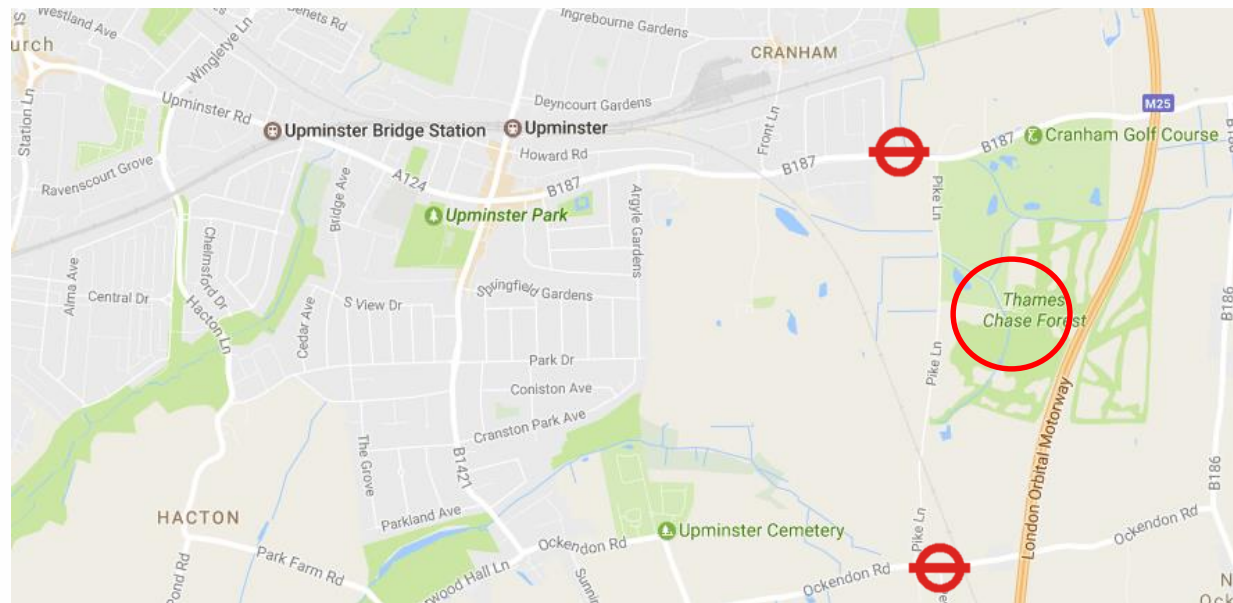


Thames Chase Forest Centre

Thames Chase Forest Centre is located in the heart of the scenic Thames Chase Community Forest, off St. Mary's Lane, Upminster.

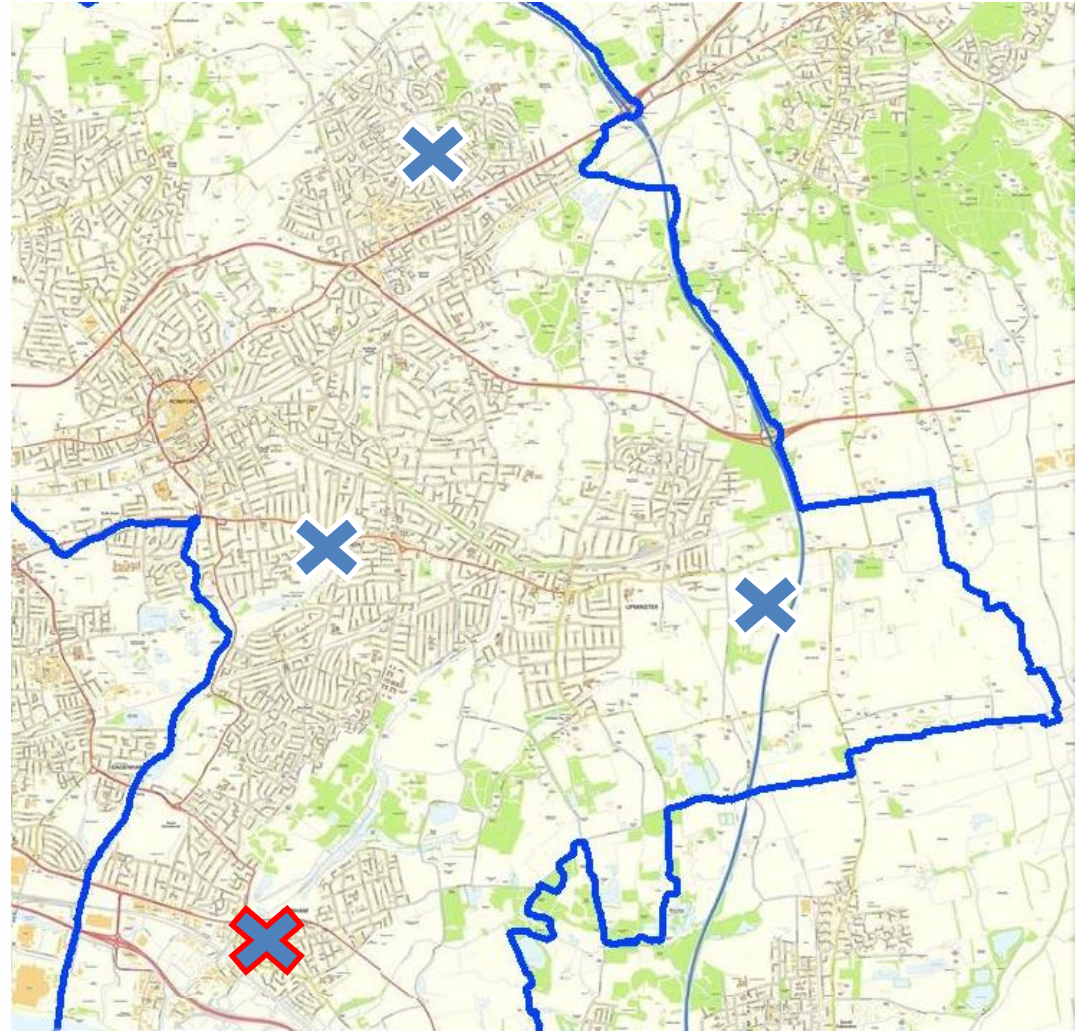
There are toilets and refreshments available inside.

The 347 bus travels to Winchester Avenue bus stop, and the 370 stops at Manor Farm bus stop. Both require a short walk off road from St Mary's Lane.



The Four Hubs

- MyPlace, Harold Hill
- Hornchurch Sports Centre
- Thames Chase Visitor Centre, Upminster
- **Rainham Village Primary School**

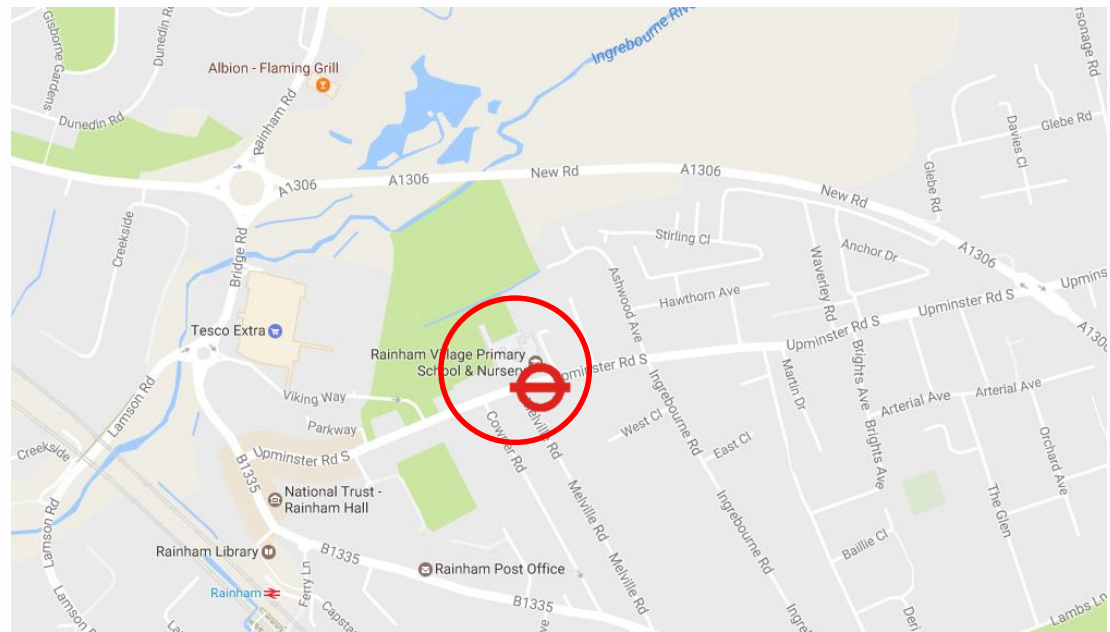


Rainham Village Primary School

The school is located near the heart of Rainham, next to the Rainham Recreation Ground. Hornchurch Country Park is Nearby.

There are toilets available inside.

The 165, 287 and 652 buses stop at the Rainham Village School bus stop nearby.



Activities on Offer

- Free Cycle Training
- Led Rides
- Route Planning
- Use of Pool Bikes
- Dr Bike / Bike Maintenance classes
- Information stations
- Bike security marking



Ingrebourne Way Route

The Ingrebourne Way cycle route stretches from Rainham to Dagnam Park in the north of the borough.

Most of the route is off-road and safe for people of all ages and cycling abilities.

Half way through the route, situated in Hornchurch Country Park, there is a visitor centre with toilets and refreshments.

