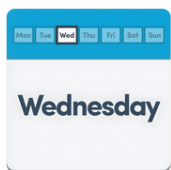




Walking and Cycling Club



Date: Wednesday 25 March



Meet Time: 3:45pm for a 4pm start

Finish Time: 6pm at Norman Park
(later if you go onto the Toby Carvery after).



Where: The Lodge,
Norman Park, Hook Farm Road,
Bromley, BR2 9SX



Members can choose from a range of adapted bikes, including:

- Adult tricycles (various sizes), with strap pedals available
- A four-wheeled side-by-side tandem, with a front seat suitable for a wheelchair user
- A three-wheeled hand cycle
- Two off-road wheelchairs with mountain tyres and full suspension

Prefer to walk? That's absolutely fine too.



We will be going to the Toby Carvery after for a drink and/or something to eat.

If you wish to take part, please bring some money to pay for food or drink.



Please complete the booking form and return it no later than **18 March 2026**.

Please make sure you arrange your own support or support worker if 1:1 support is needed.



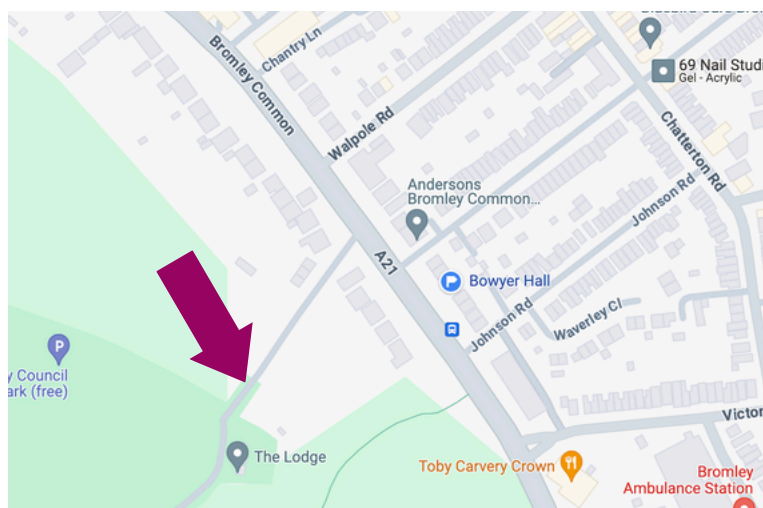
If you have any questions, please contact Sharon Morgan.

Telephone: 020 8466 0790

Email: enquiries@bromleymencap.org

Map and directions

The Lodge Community Hub is situated in Norman Park, BR2 9SX (Hook Farm Road entrance).



Bus Routes

Buses 61 and 208 stop nearby at Bus Stop BU (Bromley Common / The Crown).

Car Parking

There is a free car park situated at the park (Hook Farm Road)