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Bicycling

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During the spring, summer, and fall, bicycle trips are planned for many **Saturdays**, leaving in the morning and returning mid- to late afternoon. Several out-of-town weekend trips are usually planned.

Use of a helmet is mandatory when bicycling with us. Also, we strongly encourage you to carry a spare bicycle tube and repair kit.

During warmer weather, we might plan a stop for a swim. Sometimes, even when not planned, we may decide to go for a swim anyway!

Non-members are welcome on our trips; we ask for a small [participation fee](#) [1].

We usually meet outside near the downstairs back door of the **Sandy Hill Community Centre**, or under the tree nearby. If it's cool, we sometimes meet just inside. The Community Centre's address is 250 Somerset Street East, between Sweetland Avenue and Nelson Street; the parking lot and the back entrance where we meet are accessible from around the corner on Sweetland Avenue ([map](#) [2]).

For all events, please check the [event listings](#) [3] for details, as the meeting day, time, and location can vary. Please register by the departure time shown. Destinations will vary.

A level of difficulty is provided for each bicycling trip:

- **L1:** Mainly flat, distances up to 40 km
- **L2:** Some hills, distances up to 60 km
- **L3:** Challenging hills, distances up to 80 km
- **L4:** Exceeds L3

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Links

[1] <https://www.ottawaoutdoorclub.ca/club/.../trip/fees>

[2] <http://maps.google.ca/maps?q=Community+Centre+near+Sandy+Hill,+Ottawa,+Ontario&hl=en&sl=45.425594,-75.678824&ssp=0.016069,0.026157&vpsrc=0&hq=Community+Centre&hnear=Sandy+Hill,+Ottaw>

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pn=0.007274,0.026157&amz=16
[3] <https://www.ottawaoutdoorclub.ca/club/../../../../schedule>