



**PLEASE
JOIN US**



**Explore villages and parish churches by bike or on foot.
Enjoy exercise, meet new people and raise much
needed funds for your church**

**On the second Saturday in September each year, 30
counties across the UK 'Ride & Stride' to raise money to
help preserve and improve our historic church buildings.**

RIDE + STRIDES
for Churches

SATURDAY 12th SEPTEMBER 2026

**For further information scan the QR code or visit
www.friendsofessexchurches.org.uk/ride-stride**



Charity No 236033

