

The Sunday Stroll

Contributed by Elric
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- What is it?
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- Who is it for?
- How good do I need to be?

(Taken from The Sunday Stroll Website)

What is it?

The Sunday Stroll is a weekly FREE street skate around London. It runs every Sunday at 2.00pm, provided it's dry. If you aren't sure about the weather you can check whether or not we are running by visiting www.lfns.co.uk after midday on Sunday.

Where is it?

We start from the Hyde Park Corner end of Serpentine Road.

Who is it for?

The Stroll is especially suitable for people who have not been on a street skate before. You need to be able to turn and stop confidently, even on a slight slope, but we keep the speed nice and slow. We'll skate about eight miles and we take two hours to do it (with a break in the middle), getting back to Serpentine Road by 4.00pm.

The Stroll is marshaled by volunteer skaters. We do it because we love skating and we always welcome new skaters. We hope to see you with us soon.

How good do I need to be?

From my own experience this is the number one question and is asked at the beginning of your skating experience and at almost every point along it, as you progress to the different skate events. As already mentioned "you need to be able to stop confidently, even on a slight slope" What is a slight slope well I suggest it's more than a slight slope!

I would suggest coming down the track to the left of the writing Park Lane which is within Hyde park and right next to the start point of the Sunday stroll, you will notice it is on a slope and it's perfectly placed so that you can try it before venturing onto the stroll, coast down the slope and see if you feel confident stopping on it, if you feel confident then you should be fine on the stroll. Obviously Cskate can't take any responsibility as we don't know what routes will be taken. If you're a beginner then I would suggest the following order of skates in order of ability:

- Sunday Stroll
- London Skate

- London Friday Night Skate Of course you can visit any of the CSkate events and get guidance from our highly skilled skaters, they can and will advise you which skate is within your abilities.

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