

Sunday, September 14, 2008

Wheel Easy Ride Report No. 124



The day started early. I turned on the computer to check the weather for Harrogate, Pateley Bridge and Hawes. It was raining in the mid Dales so I changed the route to go to Grassington, Appletreewick, Bolton Abbey and Ilkley and printed off new route maps for the ride.

At Hornbeam I explained my route change, which clearly disappointed some of the long riders. We all set off to Stainburn and over to Menwith then out towards Greenhow, 'gateway to the dales'. The scenery from here is awesome. We had a brief stop at Stump Cross Caverns where we were down one member because he had to get home early so he made his way back via Pateley Bridge. I then noticed the rest of the group had carried on without me to Grassington so I raced after them. Finally we reached our café stop, a vegetarian café in Grassington but no one had known it was one.

Malcolm and four others decided to complete the original route. I reluctantly had to decline due to having to get some work finished at home so Sue, Jill and I went off our separate way to complete the revised route to Bolton Abbey, Ilkley, Fewston, then home down Pennypot Lane.

Wheel Easy rarely ventures this far into the Dales, which made this ride different from the usual. It had its mixture of fast downhill (top speed of 46.4mph) some granny gear hills, and amazing views. By the time I got home we had covered 61.7 miles, not the intended 89 miles, so well done to Malcolm and his 'crew' for completing the longer ride. BC

Malcolm (Y) adds: Five mad souls decided to do Park Rash, Middleham and on to Masham. Park Rash was just as I remembered it 25 years ago, a beast of a hill. We had a tough but great ride and got home at 5pm in good weather.

Twelve riders opted for the medium ride, two of whom were riding with Wheel Easy for the first time. Prior to the start they were concerned about the pace but they soon realised they need not have worried as we were averaging a steady 10mph.

We left Hornbeam and headed towards Knaresborough, then onto Copgrove and Bishop Monkton. This is a lovely quiet stretch with few cars. We stopped for a photograph and another group of riders shot by and one of our group shouted 'We will catch you up soon'. Everyone seemed to be having a good chat as they were riding along. I noticed Steve kept eyeing my bike wishing he had not sold it to me! Or was he thinking thank goodness I got rid of that!

We stopped at the Garden Centre on the Ripon Road for coffee and cake before heading onto Markington. Peter and Phil headed back to Ripley and the rest made their way to Bishop Thornton, Shaw Mills, and Hampsthwaite.

As we approached Bilton we all went in different directions to make our way home. We cycled for 3 hours and covered 32 miles. Once again it was a brilliant morning's ride. Best of luck to one of the group who is cycling from London to Paris a week on Wednesday. PT

Here is the ride report for the short ride Sunday 14th September, 2008. Thankfully there were several people who although perfectly able, did not have the confidence to opt for the medium ride today, and as there was no short ride leader, I could legitimately go on a slow gentle wander to my favourite haunt, Little Almscliffe, under the pretext of being a ride leader.

How wrong was that? From the start it was obvious all the people who had opted for the short ride were far fitter, stronger, less weighty, and speedier than I am. Having found Lynda, who had been so busy chatting that she had ended up with the long ride, which seemed to be going to Edinburgh and back before lunch, we got going. They powered to Little Almscliffe, the easy way, past Rossett, Ashville, the Squinting Cat and Moor Park, and kindly waited at the top of the long drag up to the Crag for me to catch up with them.

We continued past several inviting pubs, which luckily were closed, because eight would have turned to four, and cleverly avoiding the village hall that serves cakes and teas, we sped down Pennypot Lane. Well the ride did, Lynda and I admired the view on route and filled our eyes with flies, and arrived slightly later. Crafty new Paul (you don't have to be called Paul to join Wheel Easy, but it helps) introduced us to a route which avoided Oak Bank, and took us down a lovely hill over Skipton Road towards Killinghall to his house on Knox Lane.

Despite invitations for Sunday lunch, we left him to do a further loop and Lynda and Peter, (who was having trouble with his pedal clips) decided to brave the traffic of Skipton Road instead of the glass of the Asda Cycle Path. We arrived at the Stray just as Barbara had taken off her coat and the sunny flashes turned to rain, and from there the group progressed back towards Hornbeam. 21 miles in just under 2 hours. Medium rides for them next week ----- the Tour de France riders only do 25-30 on hills average ish.????? CG



