



Short Ride Report

This morning was a bit chilly and crispy. Four of us set off for Knaresborough via Rudding where we saw Gia who was plodding along chatting as always! (Gia being part of the faster groups.) Then onto Follifoot, Calcutt and Waterside at Knaresborough for coffee/tea and cake and then home. Steady ride and great company. 12 miles. Darren

[Click on slide show for all the weekend photos](#)

Medium Ride Report

Having enjoyed a lovely day yesterday with bright sun and clear skies, who would have thought that this could have lasted another day! Well it did. Today, Sarah and I were joined by 15 riders who were duly advised that this would be at a leisurely speed with which two of the EG's didn't complain! We kept as a group generally out of Hornbeam, into Pannal onto Kirkby Overblow. Some of the faster boys kept ahead but waited for the slower ladies and gents at various intervals. Into Linton past the big houses where one of the EG's noticed a drop of his body temperature and stopped to acquire another layer until such suitable venues for warm liquid refreshments were reached! Out of Wetherby along the cycle path towards Boston Spa for a comfort break and arrangement round the rocks for a photo! This was a welcome stop for which the same EG thanked us for! Back at Wetherby the group split, the faster boys not wanting refreshments, the ladies and gents enjoyable a break at Morrisons, and a third split with myself and Robin heading off in search of the faster boys but at a much slower pace. Thanks

to all for your company - a very pleasant morning's ride
Total 17 riders at an average 28 miles. Sarah and Sue.

Medium Plus Touring Pace Ride Report

Fine weather, a good route in prospect to York, Beningborough and back, a keen group of cyclists, but one key question: where should we stop for coffee? At the outset Gia counselled ringing ahead to the Beningborough Farm Cafe, where they struggle in thrall to the Gaggia, in order to warn of the arrival of numbers. My idea was to go somewhere else entirely, suggesting the Skelton Garden Centre Cafe. Alec lobbied for a riverside cafe in York. In the absence of a clear favourite we left it until the very last moment - the Millennium Bridge in York, to decide to go La Place Verte - and what a triumph it was. Any amount of various chocolates were available to dump in Mocha, Latte and other beverages. Dave's bacon and egg pancake combined the best of cross-Channel quick cuisine. Alec's baguette seemed too much fuel for the return journey. But the highlight was obviously the white chocolate latte brought to a neighbouring table. Seven riders were gawping open mouthed as the young lady emptied the white pills into the frothy milk and then she looked up and caught us looking and we all roared with laughter. Well done Alec for persuading us all (or was it Malcolm by proxy after all?) The cycling? Excellent - nothing more to say! Peter

Medium Plus Minus Ride Report

Well it took a little while but when the sun eventually came out it was glorious. This coincided with us partaking of coffee and cakes (well not cakes but glorious pork pies - well not pork but sumptuous ham) at Beningborough Hall Farm Shop). The 'us' in question were Caroline, Sue, Sally and Max, a small splinter group who felt that the full plus distance was a league too far but we wanted to go to Beningborough. A glorious ride there and back via Arkendale and Aldwark Bridge. 4 x 41 miles @ 11.9 av. Max

Long Ride Report

The chosen destination for the long ride was Hebden near Grassington but what route should we take to get there? The ride committee deliberated for some time and as nobody objected too strongly to my suggestion of Peat Lane followed by Richard's vote for Thornthwaite we set off in the general direction of Pateley. Now for those readers, who like many of our group, can't quite place Peat Lane it is charmingly named byway which runs from Bewerley to the new visitor attraction near Greenhow and it's anything but charming. We took a circuitous and hilly route to Bewerley stopping for a banana after descending Yorke Folly. Then we tackled the climb. The hill twists and turns climbing so steeply that the tarmac appears to have problems sticking to the road and to add to the difficulty we were cycling into a severe head wind. At the top we stopped for a photo and the general consensus was that today was a unique opportunity as no other ride will ever go that way again (now there's a challenge to ride leaders)! The cafe at Hebden however, is well worth a visit and I'm sure we'll be using it regularly in future. We followed the picturesque road from Hebden to Appletreewick and returned by Cavendish Pavilions, Ilkley, Castley, Weeton and Kirkby Overblow. 7 riders 65 miles good weather and great company. A fantastic Wheel Easy Sunday. Phil

2011 Wheel Easy Miles (approx) Today 1583 YTD 142912



