

Sunday, July 27, 2014

## Wheel Easy Ride Report 430

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### Short Ride

Knaresborough Perambulation

There were 14 takers for the short ride today. Given some options, it was clear hills were to be avoided. So, we chose a gentle amble around Knaresborough. Thanks to careful tutoring by Dennis and Crawford, I am now conversant with some quiet paths and lanes around Knaresborough. We managed to get as far as Morrison's without using the roads. Once at Low Bridge, we negotiated Halfpenny Lane and Chain Lane, before taking the lanes around the gravel pits which were certainly quiet if rather overgrown. Then it was a gentle trundle to Farnham, Lingerfield, Scriven [photo opp courtesy of Malcolm] and back to Waterside for a convivial cafe stop. From there, small groups made their own way home to watch the cycling, garden or even go to work. A lovely, companionable ride in pleasant conditions. Welcome to Alison and Jane and hope to see you again soon.

Alison N.



### Medium Ride

Such was the demand to do a 30 miler in good weather (summer seems to have started) and get back to watch the final day of the tour, that the number of riders in the medium "enclosure" meant breaking the ride in to three groups.

The last group away, was the "sedate" group, which referred to the pace and not to sedatives, just because we had three EG`s in the group of nine.

We also had an EG`s daughter who did a good job back marking.

Out of the car park up to Rossett down to Burn Bridge and up on to the ridge at Kirkby Overblow, the views being good today.

Down to Linton and Collingham then up again on to the ridge and the Roman Road in to Bramham. Just outside Bramham the question of caffeine and calories arose, guess which sub group raised it?.

The cafe in Boston Spa is nice said Michael, no objections from the Ladies, so "Cafe Bar" it was, on the junction in Boston Spa.

Here the Flapjack was in big demand, and nice it was.

Some spots of rain could be felt, and some riders caped up, this had the effect of stopping the rain, thanks to those riders who "boiled" for the good of the group.

Then crossing the river Wharfe it was on to Thorp Arch and the cycle path in to Wetherby. Despite last night's rain the cycle path to Spofforth was dry, with the dust being damped down.

On to Follifoot and in to Harrogate via the showground.

It had been a nice ride, the pace being suitable judging by the continuous conversation on route, which is how a ride should be.

The group riding skills and discipline were excellent.

Many thanks to Carol, Janet, Jen, Jill J, Monica, Michael, Roy, and Sue for making the ride leaders task easy and very pleasurable.

Dave P.





### **Speedy Medium Ride**

30 riders set off in nice but fresh weather and despite my best efforts failed to lose any of them. Thanks to the other leaders Allison and Dave, rumour has it, Allison managed to lose at least one. 30 miles via Kirkby Overblow, Bramham, returning via Wetherby. GC.

At the end of Gordon's speedy medium ride we called at the recently opened farm cafe at the end of the Harland Way in Spofforth. Lovely reasonably priced coffee & cake & a warm welcome. They close on Thursday but hope to be there permanently by next summer. NH





### **Medium+ Ride**

The morning was promising for a good day out with around eighteen riders turning out for the Medium+ ride. With Gia's sound advice regarding right turning ringing in our ears we tried our best to behave (in this respect).

Five of us set out at a good pace, picking up Paul at Occaney, and before we knew it, we were at Coxwold for an assortment of lunches.

The other two medium+ rides joined us as we were about to leave, and once the climb after Newburgh had been completed, it was plain sailing back to Harrogate, at a goodly average of 15.2 or so for the day.

Thanks to Glynn, Rob (Leeds), Mike, Paul, and welcome also to new Rob; another very pleasant ride out.  
Dave S.



### **Med+ Extra Cake Stop Ride**

Dave S and his group whizzed away and left eleven steady riders to enjoy a great ride in the sunshine. We started split into two groups but morphed eventually into one happy band. The ride to Coxwold was a delight with clear views as we headed for the White Horse as a direction beacon. It was sparkling with its new white paint in the sunshine. At the Coxwold Cafe we had much quicker service than we previously recall and have to say it is now a good stop. Then we split with Sarah leading a group on the prescribed route and a Martin leading a softer option heading directly for Easingwold. From here despite briefly joining up we were badly led astray by Yvonne demanding more tea and cake at Boroughbridge. A pleasant ride home via the Copgrove Bridleway rounded off a cracking 64 mile ride in the sunshine. Martin W.

### **Long Ride**

By riding to Richmond we extended the "Long Ride" territory northwards, added a new destination and enjoyed a rest from the big hills.

Because a complete circuit of the castle so disorientated some riders our return route initially veered westwards until a forced turn left returned us to route and an excellent afternoon tea at Constable Burton village hall,

Having enjoyed a good lunch at Newton Le Willows we could not justify more food in Masham so continued home.

We covered about 87 miles and were home soon after 5 pm in time for the last sprint.

It is always good to see new faces join the Long Ride, so thank you Barbara and Tony and the other regulars for your company today. Peter R.



### **Off Road Ride**

Terry, Peter, Eric and Colin met as arranged opposite the pub at Ribblehead at 9.30 on a very promising morning.

We set off under the viaduct and over Whernside's shoulder, and the views opened up all around...Ingleborough, then Dent station, Artengill viaduct, and a lovely vista of Dentdale....either spoiled or enhanced by the "team photo", depending on your artistic interpretation.....

Dropped into Dent for a coffee, then hauled out on tarmac up Deepdale then a fast run down Kingdale to Twistleton scar end, for a well-deserved ice cream from the van at the most unlikely spot in the known world.

Then steeply up on sheep-cropped grass full of wild thyme, tormentil and harebells, with views out to Morecambe Bay from the top. Off-piste on the moor top for a bit, but we soon regained the track aiming for Ribblehead Viaduct.....Ingleborough on our right, Whernside on our left, Pen-y-Ghent peeking shyly out from behind Ingleborough as we got down to where the track leaves the open moor and links up half a dozen remote farms.

A good day.... More photos...

<https://www.flickr.com/photos/52358536@N06/sets/72157645972971504/> Colin T.

