

Sunday, August 9, 2015

## Wheel Easy Ride Report 484

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### Short Ride

Thirteen riders on today's short ride.

Enjoyed at a leisurely pace through the villages between Knaresborough and Ripley.

Extended by most riders to Hampsthwaite for coffee.

Around 20 miles on a perfect day for cycling. Dennis B



### Medium Ride

The medium riders set off from Hornbeam minus one of their leaders, who had nipped home to finish getting dressed! We were reunited at Rossett, where we formed into two orderly groups, all properly attired. We made a steady pace as no-one was keen to go fast, no doubt daunted by the thought of the hills. At Little Alms Cliff the following group met up with Alison's 'slightly faster' half, who were waiting for us, and continued on to the reservoirs, where Peter turned back. Upwards to Timble, across the A59, then up the challenging Hardisty Hill, which everyone managed successfully. We decided against the scenic option through Staupes, as the leaders feared they may embarrass themselves by getting lost, but instead had the reward of a long flat/downhill ride to Hampsthwaite, lovely scenery and perfect weather for cycling. At Sophie's, those of us in need of refreshments met a few of the short riders, who had added an extension to their route, and enjoyed our very welcome coffee and scones. After debating the best way home, we opted for Bill's mystery tour through Jennyfields, which made a pleasant alternative to the usual route. Thanks to Joe for back marking. 27 miles, a very enjoyable ride, despite, or perhaps because of the hills! Sue O



### **Medium Plus Ride (Leisurely Pace)**

Just four of us, Liz, Alan Justin and me, set off to follow the Medium Plus route at our usual leisurely pace.

From Hornbeam through Burn Bridge up to Kirby Overblow and along to Sicklinghall, Wetherby, Thorpe Arch and Tadcaster we set up what was for us a cracking pace but never saw a sign of the faster groups of riders. We finally met up with them in the tea rooms at Bolton Percy where they were already well into their refreshments.

After Bolton Percy we were overtaken by a group of riders who had made a detour through the village. From then on we followed this group closely through Appleton Roebuck, Acaster Malbis and along the Solar cycle track to Tesco on the A64 and on to Askham Richard. At this point we decided to stop for a rest by the duck pond and never saw the other riders again.

Suitably refreshed we continued through Angram, Tockwith, Cowthorpe, Little Ribston, Spofforth and Follifoot with only a brief stop at Cowthorpe to ease our aching muscles. The final stretch

past Ridding Park and across the Showground showed we were finally weakening but we managed the final hill without anyone having to walk.

A good ride enjoyed by all of us. 54 miles at 12.5 miles per hour. Very good for us. Andrew H



### Touring Day Ride

It should have come as no surprise to any of us that a ride with a name 'Jill's Hills' and within spitting distance of Lancashire, contained very little of that comfortable flat tarmac surface. But the 8 cyclists who joined the day were rewarded with wonderful views and vistas of typical Dale country, moorland, canal scenes, varied stone architecture, 2 excellent cafe stops (Burnsall and Abbey Tea Rooms), some decent weather but most of all the cheerful camaraderie of Wheel Easy at its best. Congratulations to Jeanie on conquering the hills and special thanks to Alan the Tunnel (and the absent Terry C), who reced the ride on Thursday in awful weather and who led us kindly and thoughtfully in unfamiliar territory.

For those who may wish to have a go at the route, I enclose Alan and Terry's revised notes of the route which contains excellent safety advice, particularly helpful in poor and slippery weather conditions.

Stats: 75 miles and 1945m of ascent. Thanks to all for great day - Sarah C

Route:

Penny Pot, Menwith Hill, Duck Street, Greenhow, Stump Cross, New Rd, Appletreewick, Hartlington, Burnsall follow B6160 (Route 688 WoR), Turn L for Thorpe, Cracoe, (Route 688 WoR) In Cracoe after Devonshire Arms take R fork signposted Hetton (Route 688 WoR) In Hetton take L fork towards Flasby Continue on Eshton road to meet (Route 68) Follow Route 68 to Gargrave Before the Canal turn R down Chew Lane and follow Route 68 over Canal Continue along West Street and SO A65 (Dalesman Café on corner) to Church Street Follow signs to Broughton Turn R onto A59 (very busy) Go onto pavement and bear L onto the slip road Old Lane Follow road (Church Lane) to Elslack In Elslack turn R and first L continue to top of hill!! At top of hill turn R and go over cattle grid then first L Mitton Lane **take care on the descent sharp bends, towards the bottom the road curves to the L and R and you need to go L to Lothersdale** Go through Lothersdale and head for Cononley but take the top road toward Skipton. In Skipton turn L onto Keighley Road (we turned R at the roundabout to go to Weatherspoons (The Devonshire). Or go L at the roundabout and up the High Street and go R at the next roundabout past the Castle follow the road up the hill and turn L signposted Beamsley and follow signs to Bolton Abbey.







### **Long Ride**

Perhaps the easiest long ride for several weeks. We only got lost once in the Bermuda Triangle between Masham, Bedale and Leyburn; not helped by my taking the map for Pickering instead of Northallerton. Total of 9 riders enjoyed the ride which surprisingly was a lot less than the advertised 85 miles. Phil S



