

Sunday, December 20, 2015

## Wheel Easy Ride Report 503

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### Short Ride

A select group of 6 set of in that rare commodity these days...sunshine..!!!

We went on the cycle path to Ripley and then onwards to Hampsthwaite where a little nourishment was partaken to get our strength up for the climb up Hollins Hill.

Two of the party took the slow road as they had a lot of "news" to catch up on..!!

An enjoyable and gentle ride as requested by Joe and Geraldine who had been entertaining the previous evening..!!

15 miles in total in great cycling conditions..!!

David D. Stross



### Medium Ride

After a dreary week, it was sunny! So 18 medium riders set off in 2 groups to enjoy a scenic run up to Brimham Rocks. At Hornbeam, concern had been expressed about the strength of the wind. However, we were lucky- from time to time there was a cross wind, but on the whole it helped us along. After discussion we agreed to stop at the café in Ripley. In the event, about half continued home, while the rest of us had a stop. There was plenty of time to chat as there was quite a wait. However the food was good when it came. All in all, a pleasant ride on a lovely morning with no mishaps - -until the cycle path near Woodfield. I noticed a little dog running here and there, then there was a shout to stop. The dog had crashed into Keith's bike causing him to fall off. He cautiously got himself up and declared himself okay to ride. Offers to go for a warm drink were refused and he set off to Hornbeam with Helen who promised to minister to his every need. Thanks to all for the good company. Alison N [pp Paul B]



### **Medium Plus Ride**

There was a fair bit of interest in the ride on this fine morning. David went off with a faster paced group of 9 and the rest of us regrouped at Low Bridge. Gia and a few others decided they would ride with us to Great Ouseburn and then peel off from there. Good progress and pace was made on the way out with the wind behind us, and soon enough Easingwold and the cafe stop was in sight. Unfortunately the Curious Table was full up and the faster group were not ready to vacate their table for us. Dave Preston went on a recce of other cafes while the rest of us decided to eat a take away in the pleasant sunshine on the steps of the Market Place. Meanwhile Dave P had a good coffee break at the Tea Hee cafe. Happily he can report that they are open on Sundays from 10 to 3 and the cakes certainly looked tasty. Perhaps the last laugh will be on him!

It was hard work into the wind on the way back . At Boroughbridge we could only face the Minskip and Knaresborough route home. David was most surprised that, for a change, I arrived

home only 10 minutes after him and was obviously impressed by our group's pace. He was pleased to report a higher than normal female presence in the faster group. Well done Ann and Katie for your efforts especially after 75 miles yesterday. There was a jolly atmosphere when we said goodbye as all had enjoyed the ride and were full of Season's good cheer. About 48 miles. Monica and David







### **Long Ride**

The weather forecast for today was as good as you could possibly hope for on the last Wheel Easy ride before the Winter Solstice. There could be sunshine, we might even avoid rain (how rare have both of those been so far this December!), although we may have an issue with the strong winds increasing throughout the day. So 9 riders started from Hornbeam, and subsequently Peter R joined us near Cardale Park.

Our route took us to Little Alms Cliff, on to Menwith Hill, and via a host of delightful scenic quiet lanes to Yorke's Folly and Pateley Bridge. We paused outside Teacups Café, but with only Dave W voting in favour of a stop, the democratic majority ruled the day so we continued 'unrefreshed' up Nidderdale to Lofthouse and on the Yorkshire Water private road to Scar House Dam, where we paused a while for a photo and to admire the water cascading down the 233' high dam wall. Apparently this was recently nominated as the best waterfall in North Yorkshire. I don't wish to take anything away from the magnificent dam - Victorian civil

engineering at its finest - but I do think waterfalls should be natural rather than man-made! For our return back down to Lofthouse, we had an EG inspired free-wheel competition (i.e. no pedalling). The statistics I recorded were as follows: distance: 3.93 miles; descent: 556'; duration 16 minutes: average speed 14.7 mph, max speed: 36.8mph. Who were the winners? EG rules dictate the prize goes to the person who goes farthest, and as several of us made it to the T-junction at Lofthouse, we had several joint winners this time. We moved on to the café at How Stean Gorge for lunch, where the winners were comparing notes about which parts of their anatomy hurt most having been tucked into an aero position for 16 minutes without being able to pedal. Legs and necks seem to be the most common complaints. After lunch we retraced our route through Upper Nidderdale before taking the road past the Sportsman's Arms and Wath into Pateley Bridge, and back to Harrogate via Wilsill, Smelthouses, Brimham Rocks, Hartwith Mill and Hampsthwaite, although Ian N and Dan H left us to keep on the main road owing to time constraints. The hills and the strong winds (plus lack of miles in recent months in my case) were now taking their toll on some of us: the most notable exceptions being Trefor and Andy (on his first long ride - congratulations indeed!) who both left us with ease on the inclines. Home by 3.40pm. 58 dry miles and 4,200' climbing. Not bad for late December. Eric

