

Friday, August 5, 2016

## Away Day Ride Settle to Harrogate 5th August

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### Wheel Easy Wanderers Away Day 5th August 2016

The following gathered at the top of the Showground, Dave P, Mike, Andrew, Bob, Al, Liz P, Liz F, Sally, Bridget, Maris, Helen and Keith for a grand day out to Settle via Sherwood's, cycle trailer and then the group would cycle back to Harrogate. Norrie arrived and soon had all the bikes loaded and we were off. Norrie stopped a few times to check the bikes had not fallen off. Liz P was wound up a few times as she was worried, as her bike was on the outside of the trailer, and calls from the back of the bus said it had fallen off. Reaching Settle, Andrew who had planned the route on his new GPS, directed Norrie to Stainforth, where we turned right for Halton Gill, on reaching the top, Norrie stopped and unloaded the cycle trailer. A cool breeze was blowing and we all put on our coats as the bikes were unloaded.

Stunning views of Pen-y-Ghent on the left and Fountains Fell on the right. The ladies disappeared behind the nearest wall with great relief except for Liz F who was busy talking to Norrie. I was still behind the wall when everyone cycled off and left me to cycle as fast as I could to catch them up. The scenery opened up before us as the group cycled along and down the narrow road towards Litton, then along the high valley road to Kettlewell. Keith pointed out the flowing River Skiffare below, which often disappeared into sink holes as it flowed along the valley to join the River Wharfe. At Kettlewell it was decided not to stop for refreshments as Grassington was only 7 miles away. After a brief stop for water, bananas, energy bars and the loo the group reassembled. The group cycled onwards to Grassington along the other side of the valley, past Scargill House, a retreat centre, again fantastic views and lovely wild flowers along the drystone wall verges.

At Grassington we had lunch at the Cobblestones café and the service was quick and the food excellent. 12 cyclists descended on the café and the noise level exceeded the sound barrier in the garden area outside as we chatted away and laughed at Dave's jokes!! Now for the hills after butties and chips to fuel us for the uphill and down dale to Burnsall. After a tractor and lorry dispute on the Burnsall Bridge made us wait, the group headed up Skyreholme towards Stump Cross Caverns. Sally and Bridget were heard telling Mike about lady cyclists often riding commando style without knickers on, which sent Mike into peals of laughter, information like this may not be good for a man of his age!! After quite a steep climb up to Stump Cross Caverns, the 12 cyclists were ready for drinks and cake as we took over the tables outside. The banter and the noise level rose again as we all converged round the counter to place our orders, Bob said something about leather sofas and who would like to join him on the sofa, but no one took him up the offer. Outside Dave had Liz in fits of giggles as they squashed up together and talked of hairy legs and the EG's. After refreshments, cakes, many jokes and innuendo about a casting couch, which in the EG's case would be a reclining chair and a Zimmer frame, Dave may be in trouble when he returns to the EG's and they find out how much he enjoyed himself with the Wanderers!!!

Along Greenhow Hill and then right to Menwith Hill Road with great views of Thruscross reservoir down to Birstwith. Dave and Liz P left the group to go different ways home and the ten of us went up Clint Bank and down to Ripley. Sally and Bridget decided the younger element needed a drink in Ripley and then the eight of us went along the Greenway. Liz F left them at Bilton Cross and they all cycled back to Harrogate. This report cannot capture how wonderful this day was with lots of banter, jokes and brilliant cycling through the stunning Yorkshire Dales. Helen said this day of sweeping along the lovely dales would stay in her memory, Mike said it was one of the best days out and would be hard to beat. Yes a magical, fun packed day of cycling with great companions, which is what Wheel Easy is all about. According to Maris's Strava 2500 feet of climbing and 52 fantastic miles. Liz

















