

Wednesday, May 24, 2017

Wednesday Rides

Medium Slow Ride

In the absence of Caroline, I stepped into her metaphorically oversize shoes on Wednesday morning to lead the Medium Slow ride. Given the Awayday, there were few takers for the ride. After the usual discussion about where to go (we're nothing if not democratic in the Slow Mediums!) 3 of us - myself, Zoë, and Maureen, a WE newbie, set off for Ripon via Knaresborough, Occaney, Bishop Monkton etc. Maureen had been out with WE previously but only for a short ride, so was a bit dubious about being able to do the whole route, but was game to give it a go. We stopped off briefly at a lovely cottage outside Bishop Monkton as I had noticed a friend I hadn't seen for a while unloading her car and waylaid her to say Hello. She was a bit discombobulated as she'd never seen me in cycling gear before, but after I'd identified myself and we'd had a quick chat, we pushed off again. Through Ripon and up the hill to Fountains. We made it to the visitors' centre and had a long leisurely coffee stop with a wide ranging discussion of current events, probiotics, the inscrutable workings of Fate, and Maureen's impending appearance on the telly in a show covering her upcoming 100 mi (?) ride, and the regime she's been on to prepare for it. Apologies for any inaccuracies there, Maureen, and sorry if you were hoping to remain anonymous. Can't wait to see the show!

After coffee we wended our way home via Watergate Lane, Drovers, Ripley and Greenway. Great ride, beautiful weather, and fantastic company. Apologies for the lack of photos, I tried a selfie to get us all in, but I'd left my selfie stick at home and the results were ridiculous. About 32m I think, but as I don't have a functioning odometer at the moment, that's the best I can do. Despite her concerns, Maureen did the whole route in fine style. Chapeau! Monica S

Wednesday Wanderers' Ride

The awayday's sucked in some of our stalwarts such that nobut eleven of us set off to tackle the Côte de Bodrum Hill. This is a route rarely done, and now we know why! It's accessed by an unusual right turn out of K Overblow then first left, and almost all of us managed it. Equally rare was our choice of the Arblaster Loop, although the eponymous lad was unable to join us today. This route took us to Linton via the Woodhall Hotel, thence to Wetherby and an unscheduled stop to buy jelly babies and the loss of three riders (radiator, cricket, lunch). For the second time in a month we took advantage of the new Walton cycle path, and then headed north to Cowthorpe and Little Ribston (lost one more). A mere five were at the caff stop in Knaresborough.

About 33 miles in glorious weather (truth be told, it was probably a bit too hot). Mike Smith (formerly M Wosname) back-marked. Again. Paul B



Wednesday Awayday Rides in the Trough of Bowland

As we drove out of Harrogate in bright sunshine we were expecting a beautiful day and we were disappointed to drive into an overcast sky as we reached Settle. Whilst there was no prospect of rain it looked like the sunshine would come much later in the day which caused much debate about what gear to wear for the ride.

With everyone ready to go there were over 30 riders which has become the norm for Awaydays.

Whilst there two routes on offer the first 15 miles were along the same route and with the help of Martins friend we found a good route out of Settle and began to make our way towards the Trough of Bowland.

We began climbing almost straight away and had a great ride over a gated road which, despite it still being overcast, we started to see started to see the hills.

At the turn off to Tosside the two groups ,split the majority taking the long ride option (me included) with the smaller group heading for Tosside and coffee and the longer route group having a longer ride before a stop in Bolton in Bowland.

Shorter Ride Report (Martin Weeks)

11 riders joined the shorter ride, with two of them being visitors. We rode into Tosside where we took a leisurely break at the Old Vicarage Tea Room enjoying great views from the terrace and delightful food and coffee. The ride until the coffee stop had been undulating but from here on was the serious stuff! We turned through Gisburn Forest and heading north we undertook the big climb of Bowland Knotts. This brought us into view of the cloud covered brooding summit of Ingleboro. The ride across the tops and then down into Clapham was a glorious long sweep. At Clapham after a couple of false starts we eventually found the best chance of feeding a large cycling group was at the New Inn pub where we enjoyed good sandwiches and chips in rather stylish surroundings. Fired up we headed off eastwards towards Austick and on the way one of the highlights of the ride was seeing a deer close by running across the field. The other wild life highlight had been when Yvonne and John had a close encounter with an extremely large hare bounding across their tracks. From this point on the route followed the Way of the Roses ride and we passed through Austick and up over the small pass before turning down the Ribble Valley to pass through Little Stainforth and return to Settle. The distance was shorter than we expected at only 34 miles, but the climbing was serious stuff and my legs are still feeling that big climb. A good

day's ride in the company of friends and the weather was pleasantly mild despite some heavy cloud. Martin W.

Longer Ride Report (Kevin Douglas)

When we reached the coffee stop the owner was taken aback (despite being pre-warned) but then pulled it all together to provide coffee/tea and a variety of cakes.

We then climbed back up the road and made our way to Slaidburn where a 'comfort break' was offered before we tackled the big climb of the day the 'Cross of Greet'. The chatter level dropped as those who had tackled it before regaled us with the difficulty of the climb on a hot day.

The steady climb was achieved by everyone by taking it slow and steady and we were all well pleased (having reached the top and the climbing being finished!) to have a chance to admire the view and prepare ourselves for the rollercoaster ride into High Bentham and a late lunch.

We had enjoyed almost traffic free roads and, where there had been traffic the drivers were all considerate and polite (is that a Lancashire trait?) so were a happy crew as we reached our nominated cafe.

The downside of out of the way routes is the limited choice of stopping places that can deal with a large group (can any cafe deal with 20 plus at once?) and had a long wait for food which led to some eating on the hoof (or should that be wheel?) as we set off back to Settle. With a few more 'bigish' hills on the road back there were some tired legs but satisfied riders having completed 46 miles and 1500m of climbing on a wonderful route in a great cycling area. Again a great group who all took everything in their stride and were patient when needed to be (thank you) and some great chats and discussions on the way round. Thanks to Colin and Martin for great routes and to everyone who turned up and made it another great day out. Kevin











Wednesday Long Ride

Four riders met on a very warm morning at Hornbeam Park, and as usual there was some debate as to where we should go. Eventually Lofthouse was the agreed destination. A fairly uneventful ride took use via Knox Bridge, Hampsthwaite, Stripe Lane, Brimham Rocks, and Glasshouses to arrive at Tea Cups for some much deserved refreshments. By now the sun was really out and the mercury was rising. Again the ride to Lofthouse and over to Masham, for another tea break, was incident-less. By now Dave R had left the group and headed for home. Richard P decided to explore the delights of Dallowgill. The remaining duo returned to Harrogate via Kirkby Malzeard, Winksley, Fountains, and Ripley. PCJ



EGs' Ride

What a wonderful day for a cycle ride. So twelve EGs turned out to be enthused in the summer sun. Our numbers included Theo, who'd we had not seen for a while and it was great to see him back and he was now able to join us again. Chris had also re-joined the group after being absent for some time, spending his winter months bowling but as a consequence, admitted to not being up-to his usual level of cycle fitness. Bob was out on his new electric bike ready to power his way up any of North Yorkshire's hills. Heading north for Spa Gardens, our leader, Dave P., still under the weather since last week, unfortunately had to abandon the ride at Bishop Monkton to head off home.

The remaining eleven spent some time enjoying the sunshine outside the appropriately named Sun Parlour, seemingly reluctant to press on further on the grounds we are getting too old for all this strenuous exercise.

However four EGs agreed, with tempered enthusiasm, to follow an ad hoc (make it up as we go along) ride to be led by our deputy leader Dave W.

The remaining six were left procrastinating over their preferred alternative flatter route.

The ride proper pointed in a northerly direction aiming for Masham, passing through, Wath, meandering towards Sutton Howgrave, onwards through Thornborough, West Tanfield and turning right up to Well.

A long steady climb out of Well took us roughly in the direction of Masham fooling some into thinking we were now heading off for lunch. This was not to be the case as we were redirected up the Bedale road, and then turning off left to descend to Halfpenny House taking a sharp hairpin left now on towards Masham and lunch.

"Jonny Bagdad's " was agreed as our preferred hostelry and the usual baked beans etc. were quickly served up outside in the shade, in a friendly manner.

Leaving Masham we aimed for the "glen" above Laverton via Grewelthorpe and Kirkby Malzard and on to Low Grantley, (where Dave S was shocked to be stung by a bee through his shorts, temporarily halting his progress - no volunteers to suck out any poison!!) and Aldfield.

Nick and Dave Wilson left the small group here to aim for home passing through Fountains and along the "greenway".

The remaining three, Dave S., Geoff W. & the other Dave W., yours truly, took the fast route down to Ripon, following the well "trodden" path home and completing 58 miles. Dave Watson





Wheel Easy Abroad

After 2 weeks of a 10 week holiday in France we came to Notre Dame des cyclistes.....a little chapel full of cycling jerseys of champions. Watch for the chapel on July 12th...the Tour passes by. Ian Appleyard



