

Sunday, September 17, 2017

Wheel Easy Ride Report 592

Short Ride

Four of set off from Hornbeam in damp and drizzle, but the prospects for improving weather were good, and sure enough beyond Knaresborough patches of blue skies appeared lifting our spirits. Onwards to Farnham and Bishop Monkton where we did a quick tour of the picturesque village for the benefit of Rebecca who was enjoying discovering our cycling country lanes. Then we headed up to Grass Roots by the side of the A61 and thoroughly enjoyed rather good coffee and cakes. The scones in particular were singled out for 5 star praise. Steadily climbing up to Markington and beyond we were soon at the crossroads heading south away from the chilly northerly wind with some sun to warm us. Back home along the Greenway to complete a very enjoyable 25 miles. Martin W.



Medium Ride

Julie kindly contacted me yesterday to offer to lead a group as we usually have large numbers for the medium ride. However, due to the weather there was only five of us for the ride to Boroughbridge via Goldsborough, Arkendale and the Dunsforths. At Goldsborough Helen decided she wanted a longer and faster ride and managed to catch up with the medium plus group. Unfortunately Bean Vintage now closes on a Sunday so we opted for the Courtyard Cafe which was recommended by Julie and we weren't disappointed. As the weather had improved we decided to do an extra loop to Ripon and Fountains Abbey. It was an enjoyable 45 mile ride in good company. Thanks Julie, Peter and Dan.



Medium Plus Ride

Hornbeam was much less busy this morning and the meeting place had moved to under the trees where there was some shelter from the rain. There were only 6 of us doing the advertised Medium plus though that was on the understanding that we would go to Stump Cross and decide what to do from there. By the time we passed Stainburn Forest, the weather had cleared and long-range views were opening up. However, by the time we got to Greenhow Hill we were all exhausted from a very long pull up Duck Street into a strong headwind. There had been discussion about where to have our 1st stop but by then we were all more than happy to go to a very empty Stump Cross for sustenance! After we all continued and soon passed through Grassington which was full of people in 1940s costume. A roller coaster ride followed through Burnsall, Appletreewick, Bolton Abbey and into Ilkley where we stopped at the Station, sitting inside because of the damp weather, soon enjoying paninis, Farl Teacakes and Focaccia filled with all sorts. Monica lead us out of Ilkley and across the Iron Bridge, then later she showed us the back way through Otley to avoid a bit of the climb. Rob left us in Otley to head straight home and hopefully he missed the deluge that the rest of us suffered from Farnley, through Leathley and Stainburn. Everyone had their heads down and we managed to lose our leader Steve S but he did get home safely. Justin, Monica, Maris and Liz headed back past Braythorn and on to Bristley Ridge again enjoying the views as the rain had stopped. 64miles, 4648 ft. and thanks to Steve for leading us and Justin backmarking. Liz P



Long Ride

It wasn't so bad after all since, we got home before the 4pm deluge. Total of 70 miles almost to Hawnbury when common sense prevailed and we diverted to the gliding club, omitting the 1 in 4 climbs. By then we had lost count of the number of full road width lakes as we stormed up Boltby and Sneck Yate Bank.

Post lunch the local riders said "go home its set in for the day". So, we did except Mark went for the greasy boards at Aldwark. A recovery stop at Morrisons while it rained and self-congratulations to all groups who have been out.

Note from Richard: The boat ferry at Beningbrough to Nun Monkton does NOT take bikes as the NT objects.

Wheel Easy Abroad

Alpine Tour Day 5: Rest Day

An easy 25 mile flat ride to a nearby town that I last visited 2 years ago. A huge downpour marooned us in a cafe for an hour but it stopped raining just as she closed up for the day. Perfect timing! Then a nice ride back to the hotel!

Alpine Tour Day 6: Ventoux!

If you've ridden up it you'll know how hard it is. About 2 hours to do the 21km climb, with gradients of 11% for long periods, and rarely under 8%. This was my 3rd time up the beast and it was just as hard as ever. Thankfully there was no wind, it was just bitter on the top and no place to hang around. Then it started to snow.... Plus the support van was nowhere to be found so it was a very cold ride down with open-fingered gloves and just a light rain jacket. A great descent though at 45mph and some interesting technical bends. Perhaps not for the faint-hearted though!

So, back to the cafe for food and several cups of coffee, but the cold was still in me. The 15 mile ride back to the hotel warmed me up a bit. So, 62 miles and about 8500 feet of climb. A great final day, and home tomorrow. (Sorry about all the different units. It's just the way it is!)

Alpine Tour - Summary

Well, that's the 6 days done and the summary stats are:

Distance ridden: 275 miles

Height climbed: 9174 metres / 30228 feet

Longest climb: 31 km / 19.4 miles

Max speed: 44 mph

Min speed: not a lot!

No wonder it's time for a rest!! John Hackett