

Sunday, June 17, 2018

## **Wheel Easy Ride Report 628**

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### **Wheel Easy Abroad**

On Monday morning 7 Wheel Easy members - Maris, Colin, Steve W, Martin, Yvonne, David and Monica- flew from LBA to Venice. After a long but scenic coach drive, we reached Corvara in the Italian Dolomites, where we are staying in a comfortable chalet with lovely mountain views and a great daily cycling or walking program organised by the resident staff. Today we did the classic Sella Ronda ride, which involved 4 Alpine passes and took us to a maximum altitude at 2240m at the Sella Pass, where we enjoyed Goulash soup and great views of the highest local mountain - the snow-covered Marmolada. Everyone's legs are a tad tired this evening, but after an excellent dinner, we are all looking forward to more challenging days ahead and accolades for King or Queen of the Mountains! Monica W







Italian Dolomites Ride Report - A special day today as all motorbikes and motor vehicles were banned from the circuit of roads that came near our hotel at Corvara. So, 8 cyclists including 5 Wheel Easy members took advantage of the great traffic free roads to ride a circuit that included several well-known Italian Ski Resorts. We were joined by several thousand other cyclist of every nationality, however the majority were Italian riding on some pretty classy bikes, and being Italian, wearing some pretty classy clothing. We started at 9 and covered 35 miles, climbed 5400 ft and said "Caio" at least 400 times, including to all the smiling policemen and Carabinieri. The big climb was the Falzarego Pass followed by a fast downhill to La Villa where we enjoyed lunch in the square, then we returned to Corvara and the welcome sight of our hotel. Martin W





### Short Ride

Fifteen for the short ride today with new rider Sandra who is practising for her upcoming holiday to Umbria. Hope we see her again.

Caroline kindly offered to lead a second group of 8 and I set off with the other 7. I will give a roll call as I didn't take a photo until we were down to 4. Corinne Denis Peter Sandra Joe Geraldine and me.

We rode through the showground cycle path, mercifully free of loose dogs today. Next past the tip and cycle path to Morrisons, Forest Moor Road, Abbey Road, St James retail park, Little Ribston on onwards to Wetherby.

Joe and Geraldine left us at Wetherby for a longer ride, the remaining 5 took the Harland Way to Spofforth where Sandra left us and the 4 left headed back via Follifoot Ridding and our various homes. Denis would be in good time for Sunday lunch this week. Just on 20 miles.

I understand some of the second group, Jill and Bridget followed Geraldine and Joe and had coffee at Thorp Arch. 2 Sue's Rachel and Paula coffee at Wetherby? Caroline paddled off on her own and Dave left much earlier at Little Ribston. He's off to Portugal this afternoon.  
Jean



### **Medium Ride**

Six set off from Hornbeam and were joined by Paul B at Wetherby. We had a minor incident with large twig and a dislodged mudguard on the cycle path which was covered with debris from Storm Hector. The leader missed a photo opportunity in Walton as there was street art in abundance but she didn't think about it in time! As riders had Father's Day commitments we took a photo under the flags at Walshford before four departed to go home via Little Ribston. Three had coffee at the North Street Deli and then discovered the 2nd incident of day, the leader had a puncture, but these things happen and it was a lovely ride in pleasant if not sunny weather. Debby



### **Medium Plus Ride Gia's Group**

A Grand Day Out to Toft Gate Barn cafe at Greenhow. Eight joined me for an alternative ride with the attraction of the excellent Toft Gate Barn Cafe. We met Dave Preston en route and made sure he was in the photo with us before he headed towards Sophie's. My route was not entirely worked out and after some dithering on my part and the echoes of "when is the coffee stop" we headed straight up Duck Street along with everyone avoiding Kex Gill which made for a busy ride.

But well worth the effort and after a warm and welcome stop at the cafe James came to my rescue to recommend a wonderful route back which meant there were lots of downhill sections. Back along Duck Street left towards Padside and down to Darley and along the river to Birstwith. Surprisingly although it was Father's Day several had all day passes which meant that another stop at Sophie's was agreed. We sat out in the garden before going back up to Clint and home along the Greenway. 45 miles Gia



### **Medium Plus Ride Michael's Group**

After the recent sunshine we've had, today was a slightly-chilly medium plus faster-group ride under cloudy skies. I seemed to become the 'volunteer needed' leader and a group of nine of us set out from Hornbeam, including three newcomers to our sub-group: Chris, Mark and Simon. En route to Darley, Chris decided to drop back and wait for the other medium plus group. After a steady bit of climbing and then the usual fast but slightly-scary descent down Yorke's Folly, Julie led us to Talbot's Cafe on the High St, as a change from Teacups. It has a courtyard out the back where we sat outside, decent coffee and a very good selection of cakes. Mark Carter decided to head home back up Yorke's Folly and John had to speed back directly to Harrogate, leaving six of us to head home via Brimham, Raventofts, Markington and Ripley. Just over 40 miles and over 3300ft climbing completed today. Thanks to all for the ride. Michael I



### **Medium Plus Ride Helen's Group**

What today's ride might have lacked in distance, it more than made up for in elevation, but everyone was up for the challenge and we set off for Pateley Bridge looking forward to testing our legs. The route took us out to the Army College via Beckwithshaw, then Hampsthwaite, up to Dacre and then down Yorke's Folly where our downhill specialists came into their own and flew down the descent at breakneck speed leaving the rest of us to take a less gung-ho approach. Teacups was super speedy with the bacon butties and we had the usual enigmatic teacake situation. How is it that you get three halves? Is there a huge teacake mountain outside made up of the remaining halves when they have an odd number of teacake punters? Back on the road, and we took the Smelthouses route out of Pateley Bridge which may one of the easier options, but still needs a bit of grit on a couple of the steeper parts. The right turn after Brimham Rocks meant it was downhill all the way to Ripley and back along the Greenway which was a lot less like the M25 than usual. Zoe, Julie, Dennis, Mike, Steve, Dave, Justin and Chris - thanks for a great ride and being very generous to your rookie ride leader. Helen B



### **Long Ride**

Four riders opted for the Long Ride maybe Father's Day restricting normal numbers. At Hornbeam a plan we developed to use the A59 to Bolton Abbey, then to ride up Wharfedale.

We rode out of Harrogate via the Squinting Cat and were quickly passed by the fast medium plus riders.

We slogged west on Menwith Hill Rd into what was quite a strong Westerly wind. The route across Thrushcross Dam was used and then up to the top of Blubberhouses. The wind thwarted efforts to break speed records as we had to peddle at times downhill. Then it was up the valley to a nice lunch taken in Burnsall.

With some tired legs from the wind and terrain and Father's Day attendance required it was decided to return to Harrogate using the alternative route of Harlington Raikes, Dibbles Bridge and Stump Cross. At least as we travelled East we got some payback for the mornings efforts into the wind.

A great ride of around 53 mile, 1400M climbing and an early finish. Martin D



### **Dave Preston Ride**

Just a personal comment.

It is better to cycle in a group than by yourself. That statement is open to debate you might say. However sometimes due to circumstances sometimes you have to get a few miles in by yourself.

Today was one of those days but it was good to meet up with a Wheel Easy group at Almas Craggs with founder members like Malcolm in it, only to leave this group at Menwith to continue to Hampsthwaite for coffee and on to Ripley, there to meet up with Eric Waters and his five-year-old grandson Robert, who led us all the way back on the Greenway and up to Harlow Hill.

A five-year-old is the future and the Greenway has aided many families with such five-year-olds. Wheel Easy's contribution to the Greenway and the community may be difficult to quantify but it is large. Yes, it is better to cycle together when you can. Dave P.