

Sunday, July 15, 2018

## Wheel Easy Ride Report 632

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### Medium Plus Ride with Helen and Keith

There was a lot of sport going on today which meant we had quiet roads and quiet cafes. Obviously a lot of people were out in their gardens, with the telly on a long lead, cheering on their chosen heroes. We were not. The Very Fast Boys had made an 08.30 a.m. start so Janet took a quite fast group and we did a dual lead of the remaining eight – three fit women and five blokes. We had a new member with us today - welcome to another Dave! He might like to cycle with the EGs so we need to introduce him to Dave, Dave, Dave, Dave and Dave sometime soon.

It was another perfect day of warm sunshine, light refreshing breezes and jolly company. This is a favourite, if hilly ride, with the added bonus of Teacups Cafe in Pateley Bridge. We had made good time (but not as good as the quite fast group who were already licking their plates and moving on) and we had a very pleasant leisurely lunch outside with quite an eclectic mix of subject matter covered – ranging from Liz F's noble ancestry to the identification of a random bird that was pottering round the car park. The combined bird brains of Colin, Keith, New Dave and I could not decide what on earth it was. My money is still on a juvenile plover – but what do I know. Colin escaped from us at that point, heading for Wath in search of more hills and secret trails.

Earlier in the day we had agreed to deviate from the advertised route and return via Bewerley, Smelthouses and up to Brimham Rocks. It is always difficult moving after a lunch of any size and we faced no respite from hills. However, the joy of slogging up to Brimham is the resulting fabulous descent that just doesn't last quite long enough. We were therefore in Ripley in no time and then enjoyed a happy meander along the Greenway, gradually losing people along the way.

I accused Justin of being quite territorial about back marking – and he agreed with me! He is only happy when everyone is safely in front of him. He is every Ride Leader's dream!! We covered 39 quality miles with stunning views and happy laughter. Do it again next week? Helen & Keith







### **Medium Plus Ride with Janet**

Five of us set off to Pateley Bridge and Teacups on another glorious Sunday. Only my second time ride leading I was delighted to have Richard L, Helen B, Declan, Dave S and Debbie riding with me. Despite pouring over Google maps for the whole of the week before I knew that I wouldn't be able to remember the whole of the route. The route took us down to Cobble Syke - a new lane for all of us, apart from Richard L but lovely all the same. The views on the top just before the dreaded decent down Yorke's Folly were delightful and the heather looked as though it was coming into bloom. Teacups delivered yet again on the toasted teacake front - I just wonder where the spare halves go? We decided not to venture up the 'gulley' lane but when in Pateley Bridge the only way out is up a hill - Glasshouses and Smelthouses for us and up to Brimham Rocks. Still a decent climb but we had a lovely 'swoop' down to the Drovers crossroads and Ripley. We lost Richard for a bit but he reappeared clutching an ice cream! Declan then had a puncture - repaired in double quick time, ably assisted by Richard and Dave. The Greenway was remarkably quiet for a change. Back in time for the tennis and then the football (if you must) Lovely ride - thank you Richard for keeping me on course. 40 hilly miles - 3000 feet of climbing. JanetG



### **Medium Plus Ride with Tony**

So on yet another fine Summer's day a rather depleted number of cyclist's..err 3 to be exact set off for the Nidderdale hills, Martin, Trevor and myself. having passed through Beckwithshaw we reached Norwood lane no great thing in itself we decided to alter the route and ride up Kexgill..excitedly we cycled on but upon reaching the main road and down past the The Hopper Inn it was clear that the road was now back open so a quick right hander at Fewston took us towards West End and along through the cool Pine wood passing the river and up a sharp 16% hill, our little detour was proving hot work.

Instead of turning right up reservoir rd we continued on along on to Bank Dike Hill and another sharp climb at Capelshaw beck, a maise of roads and Hoodstorth lane and another climb brought us up to Duck hill a welcome breeze. Eventually Greenhow village came into view and finally down towards Pateley via Peat lane one lunatic motorist latter we were watching trevor fix his puncture at the hill bottom. We changed cafe and went to Top house with its lovely suntrap at the back, complete with two friendly Black labradors on cake watching duty and very committed they were to despite the warning not to feed them...they operated in pincer movements visiting all tables to hunt unsuspecting cake eaters. So sustained and watered we set of back to Harrogate back via Bewerley and Glasshouses we caught up with the other medium plus group at Smelthouses and the climb up to Brimham Rocks and before we knew it we parted company with Martin at the Drover's Inn crossroads and the remaining two of us cycled down to Ripley and Home. A fun day and sticking to tradition no photo's of this event exist!.

Happy Cycling Tony p

### **Short Ride**

14 riders at Hornbeam this morning with a new rider Ruth.

We split into two groups and set off via the showground to the tip and then on to Forest Lane, where sadly Ruth left us. Hope you are okay after your mishap Ruth.

We then rode on via Beryl Burton to the High Bridge in Knaresborough where we regrouped and split into 2 separate to help us maintain 4s and 3s on busy roads.

Next on your Scriven Lingerfield Farnham Ferrensby Arkendale Staveley Copgrove and Burton Leonard.

At Burton Leonard we met the 10k and their last couple of k on the way down your the beck. We shouted encouragement to them all which they seemed to appreciate.

At the ford we had to go through the water and this is where I understand one of our earlier riders who rode through came a cropper. No injuries.

On to Montgarret Nidd and Ripley where we caught up with 3 of the earlier group in the cafe . We had a leisurely time and good conversation that was so good the earlier group stayed with us longer.

Back home via the Greenway where we saw lots of children on their bikes.

Distance was around 25 miles. Jean



### **Medium Ride**

It was forecast to be hot and even by 9.30 it was hot ! However, 14 riders were keen to head out towards Thorner. We set off in small groups for Burnbridge and Kirkby Overblow. From there we could enjoy the lovely ridge ride along to Sickinghall. Not far along here, we

caught up with Paul B who'd given up waiting for us. From Wetherby, the directions told us to head to the first roundabout and then take the road to the motorway bridge at Bramham. This turned out to be a real opportunity for those with carbon bikes to 'fly', thanks to the smooth surface. The route to Thorner was new to me and to most of the others. However, we toiled along to Thorner, glad of the shade. Here, a quick check of the map confirmed that Mike P. knew where he was going. It was a lovely ride out of Thorner and along another lovely ridge. At the top of Jewitt hill Peter left us to get back to Harrogate At Bramham, the consensus was to head for Thorpe Arch as soon as possible for much needed refreshment. Coming into Boston Spa we were welcomed by a band. Of course, we rode by in tight formation while saluting. Thorpe Arch café provided us with a 'pit stop'. Then it was straight to Wetherby along the cycle path. Here, 3 of the group headed off towards Knaresborough while the rest of us chose the shadier, flatter Harland Way. At Spofforth we again 'lost' 3 who were happy to do the 'last leg' at their own pace. Then it was the challenge of the Showground hill and home for a much needed cold drink and shower. Welcome back to Vanessa and Rachel. Good to see Mike from Ilkley and Richard on the Medium Ride. A lovely route for a hot day with the usual Wheeeasy friendly chat and banter. Thanks to Chris R for back marking. Alison N



## Long Ride

4 of us set off from Penny Pot, on the day before the terrible road surface receives some much needed attention. I had selected Cracoe farm shop as the first café stop, where we were advised that there was a delay of up to an hour for cooked food. So, it was tea and cake only. A big disappointment to those fancying a bacon buttie.

Peter left us at Hetton opting for an easier! return via Gargrave, Skipton and Embsay. The rest of us carried on towards Malham which, of course, was bound to be quiet as all the world be watching the world cup. Unfortunately, the lure of a dry Janet's Foss was more appealing than France vs Croatia; the place was heaving. Malham to Arncliffe was a real delight in the warm sunshine but, I don't think Dave and Andy believed me when I tried to convince them that I wasn't struggling, just enjoying the spectacular scenery. The next café stop was at Kilnsey Crag where we enjoyed speedy service and good food. Back on the bike, I spent some more time enjoying the views as we passed through Hebden, Appletreewick and Stump Cross. A great day out, thanks to Andy and Dave for patiently dragging me back to Harrogate. Phil.



## Tour de France Report

The Appleyards and the Grahams met at Marchionnes to watch stage 9 of the Tour de France. We set off to find a section of pave but came up against blocked roads. Caroline, in her best French managed to get us cycling on the pavement, and then Glyn, using the trusty Garmin devise found a way along a voie vert and a canal to get us to a good viewing point. Max produced a piece of tarpaulin, and voila..with the use of the 4 bikes we had a shady den in which to await the cyclists. They finally arrived, pounding along the cobbles at great speed, sending clouds of dust our way. It was a leisurely ride back to a bar for a beer and a dip in the swimming pool. 9 miles ridden in great company on an exciting day. Jen Appleyard

