

Sunday, January 7, 2007

## Wheel Easy! Ride Report No. 36

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On yet another apparently globally warmed or at any rate remarkably mild winter Sunday, 18 Wheel Easy! cyclists set off from Hornbeam Park to enjoy the pleasures of their favourite form of sustainable transport.

We were very pleased to welcome three new riders, Jackie, Jane and Eric who were among a group of six taking the day's shorter route to Follifoot and Spofforth and then up the hill to Little Ribston. Turning left to Knaresborough they continued along Abbey Road to Calcutt and home, covering some 14 miles in two hours, which is what Wheel Easy! is all about.

The remaining 12, all Wheel Easy! 'veterans', took the same path to Spofforth and then went off road along the Sustrans track to Wetherby (except for one on a road bike who therefore kept to the road). This track, with a short break through a residential area of the town then goes under the A1 along the dismantled railway line towards Walton and a fine newly opened section, which one of the group took the opportunity to recce, now reaches Wealstun Prison and possibly beyond.

Turning left from Walton, Rudgate Lane follows the old Roman road across the Wharfe to Cattal, past the station and then over the A59 to climb up into Whixley. Here it joins another Roman road which runs north west past Little Ouseburn. The riders then took another left turn to skirt Marton and Grafton and eventually cross over the A1 to Arkendale, Ferrensby and Knaresborough. By this time several had taken direct routes home but the remainder stopped for a well earned break at a riverside cafe.

As the light began to fade the route was completed up the cycle path into Harrogate, with most riders achieving around 35 to well over 40 miles, depending on their final destination.

