



Wheel Easy Abroad. Sarah & Sue's Spanish Sojourn!!

Our holiday included walking, horse-trekking and cycling in Spain - our base was in our tour leader's lovely spanish house "Posada del Castano" in a remote village called Castano del Robledo in the Sierra de Aracena National Park. (The 2nd half of the holiday resort in Mertola, Portugal we did more walking and canoeing down the River Guadiana!)

It was from CdR that we were taken for our cycling day - which is where the photos of us were taken. It was a great day and I completed all 4 sections of the route - one being really off road stuff and quite scary but still had in the back of my mind, my "incident" last time I was in Portugal 2009 riding a cycle off road. I was pleased to finish the ride with not a drop of blood shed on the road, or anywhere else for that matter. We both had a great day out.

[Click on slide show for holiday photos](#)

Short Ride Report

Four takers for the short ride this week and a welcome back for Bob after a period of absence. Route took us to Knaresborough, where we lost Sue - careless! (Only kidding! Time restrictions took her back sooner).

We managed a gentle jaunt around the surrounding villages of Farnham, Lingerfield, and Scriven which began to look increasingly spring like in the sunshine which arrived before we looped back to Knaresborough for a 'mocha' in the Riverside Cafe. (A first for Bob!) Paid homage to Beryl B, yet again, as we followed the bike track back to ASDA and town/home. Enjoyable time. Four daffodils and some

forsythia spotted, proving that it is on its way! 16 miles. Sarah E

Click on slide show for all today's photos

Medium Ride Report

On a busy Sunday at Hornbeam, 20 people opted for the medium ride. We split into 2 groups and agreed to rendez-vous in Boroughbridge. As usual, the best laid plans don't always quite work. Paul's group carefully followed the prescribed route to Low Bridge, while the rest of us were on automatic pilot and took the usual route. Consequently, we met with 2 of Paul's 'stragglers' at Low Bridge. A phone call from Paul, persuaded them to wait. We then tootled along 'Crawford's loop' by the gravel pits to the edge of Knaresborough and thence to Farnham, where who should be waiting but the 2 'stragglers'. By this time the sun was bright, the country side delightful and we whistled along to Littlethorpe- despite some of the medium plus riders 'enticing' us to go another route to Boroughbridge. It was a beautiful ride at a pleasant pace. We'd not long settled in at 'The Laden Table' when Paul and co arrived. By this time we were already 'shrinking'. Dennis and Trevor had kept going without a stop. 4 more decided they needed to get home after the cafe. As Callum had left Paul at Knaresborough, we were down to 13. Paul suggested an alternative route home which took us back to Burton Leonard, along the bridleway, over the stream and back to Ripley. It was a beautiful route- perfect for such a day. From Ripley, we had to negotiate all the Sunday traffic before turning off into Killinghall thence to Knox and Hornbeam. It was lovely to welcome some new riders and to see some familiar ones return. 13 riders did 39.4miles, 6 did 34 ish and 1 did 10. Paul and Alison

Medium Plus Slow Pace Ride Report

The long-awaited "leisurely" ride to Lotherton Hall set off with Caroline, Liz, Lynda, myself and Crawford, who had a 'pass' to stay out till dark! We breezed along, in a sedate way, to Knaresborough, Wetherby and Boston Spa, via the Harland Way. At Rudgate we found Alec waiting for us, having had a last minute change of plan. At Towton we stopped at the famous battle site, to read the sign and take photos, as instructed on the web site. However, we were surprised to see part of the 'touring' pace group whizzing by without stopping, no doubt in haste to avoid the ignominy of being pipped by the poddlers! At Lotherton Hall we met up with Max, daughter and grandchildren, and the bacon sandwiches and cakes were worth the long wait in the cafe queue. Just as well, as then Lynda discovered she had mislaid her car keys and Alec had a puncture. Tube quickly changed, Max kindly volunteering to search at Hornbeam for missing keys. On the return route via Aberford, Barwick, Scholes and Thorner, the sun shone and we were all glad we made the effort to go a bit further. Alec left us to cycle home and we returned through Collingham and Linton. At Follyfoot, our energy levels were topped up courtesy of Liz and Crawford's secret chocolate supplies! All arrived back before dark, keys found, surprised to find we had covered 50 miles x 5, 30 miles x 1. Lovely day. Sue W

Medium Plus Touring Pace Ride Report

As we assembled at our designated spot in car park B I was pleasantly surprised to find that we had a total of 16 riders but then one of our two visitors from Otley asked how long this ride would be and I answered 45-50 miles they jumped ship and joined the medium ride. At this point before we got too involved as to where and how we would be going I called upon the vast knowledge of Dave Preston to try and keep us on the straight and narrow, we had a new rider with us another Dave on his brand new Van Nicholas and it was quite obvious that he was going to be the speedster of the group. Due to the number of riders in the group we split into 2 many thanks to Martin for taking care of that group, we soon settled into what was a decent touring pace with everyone keeping together we soon got to Spofforth and Bill decided that he didn't want to get his bike dirty so he went via the road but I count myself lucky when my bike gets dirty I have valeters that clean and polish my bike on a Monday morning. when we got to Wetherby we collected yet another Dave then off we went in the general direction of Tadcaster but at Wighill Martin got the only puncture of the day and to show club sodidarity most of us left him and rode off to Towton where we stopped at the battle field for a photo shoot. As we left the battle field certain members of the ride must have been able to smell coffee because the pace seemed to increase some what, unfortunately the pace of the staff had not got any

quicker and it seemed to take quite a long time for us all to get served. Aberford, Barwick-in-elmets and Scholes came and went but then it was time to run the gauntlet trying to cross the A64 but despite been a little scary we all made it unscathed, the road from Thorner to Collingham contained quite a few junctions at none of which I knew where to turn but the sun was shining by this time so I wasn't really that concerned, Paul, Sue and Sarah left us here and Mr Preston then guided us back to the cycle path over some waste ground and through some trees and bushes as he would. A very good ride made even better by the company and the fact that we had sunshine for the first time this year my thanks to every one. 15 riders 48 miles 720 miles for the log. Terry

Medium Plus Ride Report

Glyn was leading our group of six today but on the way back, when we reached Collingham, he was nowhere to be seen as four of us had picked up the pace and had shot off. I was on my new bike which is unbelievable to ride and I love it! We waited for Glyn and William but they were nowhere to be seen. We decided we had taken (or not) a wrong turn so continued to Wetherby, Linton, Kirkby Overblow, Ridding and home. Must say well done everyone on today's ride as we had nothing left in our legs. Total 4 x 55 miles and back for 1.30pm = 220 miles total. Darren

Long Ride Report

There were fifteen riders turned up for the long ride to Masham so the group split with Eric agreeing to lead a second group. Just after leaving Hornbeam we were joined by late arrival, Ben. Our outward trip took the familiar route through Hampsthwaite, Burnt Yates & up to Brimham Rocks. Just after this Geoff, on his first Wheel Easy ride for some weeks following an injury left to return home while the group continued on towards Dallow Moor where Dave A decided to follow another group of cyclists instead of Wheel Easy & put in a few extra miles before deciding to rejoin the main group! A road closure by Skell Gill didn't stop us, but did involve having to push & carry our bikes to get past the roadworks. The two long ride groups met up briefly as we went through Dallowgill allowing for a group photo before we continued on through Kirkby Malzeard & then taking another scenic loop through Ringbeck & Swinton Park before arriving at the café in Masham. As ever, there were a few of the group that couldn't resist the lure of the climb to Lofthouse while the rest of the group took the planned route back via West Tanfield, Wath & Ripon, arriving back in Harrogate having completed approx 60 miles, much of it in very welcome sunshine. Jill

2011 Wheel Easy Miles (approx) Today 3198 YTD 27892



