



Wheel Easy on Tour

Four Wheel Easy members spent four day cycling in Majorca. Angela, using her excellent local knowledge, led the group on four rides covering over 200 miles in total. The group thoroughly enjoyed the cycling and stopped for refreshments more times than the EG's could even dream of!

Saturday Ride Report

5 of us set off after a minor wheel repair and a little discussion as to the route, myself, Robin, Mark and our new American friends Dina and Ritchie. Mark left us quite quickly as he needed to keep his heart rate up. It must have been almost at stop trying to keep my pace. This was my first time out as leader and I can only say I was leader because I knew the route. I was mostly the behinder, Never mind we all survived the trip to Wetherby via Follifoot, Spofforth and the Harland Way. We stopped for a cuppa at a the Epicurian Delicatessen on the High Street, a cafe/deli with nice ladies who kindly allowed us to take our bikes into their store as we had only 1 lock for 4 bikes. After teas and coffee were taken along with a plate of Wensleydale and cranberry cheese ordered by Ritchie, shared by all, we made our way back via Kirk Deighton, Little Ribston and Knaresborough. Not sure of an accurate mileage but Dina had 26.5 miles on her little thingy so I'm going with that. Jean Battison

Sunday Rides

Short Ride Report

Seven magnificent riders for the short ride including one new rider, welcome to Arthur. Follifoot and round trip via Plompton Hall, the poppy fields, and the off road track to the Lido at Knaresborough,

which made a change for those who'd never done this route. Back to Fodders for coffee and a simple pleasant mornings ride of about 13 miles. Paul R

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Medium Ride Report

The fine weather drew big crowds and the Medium ride was therefore split into two groups; steady and steadier still. Apparently the steady group were not stopping for tea and biscuits, so we left them to it. About 10 cyclists (the number seemed to fluctuate throughout the course of the day) sampled the delights of the gentle countryside between Ripon and Boroughbridge. The back marker initiated a splinter group, giving the rest of us the slip at some point, and arrived at the café at least half an hour ahead. After enjoying the hospitality of Boroughbridge's finest catering establishment, and discussing the merits of various Australian poisonous animals, we regrouped for the return journey which passed without incident (well not that I noticed any). A very convivial ride that finished just in time for the tennis fans to watch the match and for the leader to go home, cut the grass and fire up the barbie! Mileage : 36 (give or take). Riders: 10 (give or take). Punctures: 1. Chris Munsch

Nine riders started with me on the coffee shop free version of the medium ride. Using the usual route to Low Bridge and Abbey Road we were to lose two riders, surging ahead, never to be seen again. Then shortly after we lost Crawford who had decided to navigate the complexes of Hay-A-Park for the following group. The remaining seven followed the prescribed route out to Bishop Monkton. Then diverting out to Littlethorpe and crossing the canal to pick up the route again to Skelton and Langthorpe continuing on to Boroughbridge. Bye passing the temptation of the tea rooms, still sticking to the published route we returned via Roecliffe, Copgrove and Knaresborough. Seven x 35 miles on a perfect day for cycling. Home by one o'clock. Dennis B.

Medium Plus Touring Pace Ride Report

Having stepped in to lead the ride Martin had switched the route to enjoy the rural lanes of North Yorkshire in the sunshine. Ten of us set off for Boroughbridge being briefly joined by Norman on the way. The Bakery at Boroughbridge was the first stop and we were served coffee in the back garden. Several opted for the Yorkshire Rascal and it certainly seemed to provide an energy boost (the new EPO?).

Then Martin stopped briefly to check out that a new café was going to open on future Sundays in Boroughbridge and after a short chat set off at increasing high speed and panic as no-one was in sight. Then the phone went - they had all gone the wrong way - so the solo time-trial effort came to a grinding halt while everyone caught up. Momentum soon returned and Topcliffe, Catton and Skipton-on-Swale soon passed, but Sue had been fantasising about Ainderby Quernhow as some sort of Disneyland village and was distraught to hear that she had gone through it and missed the single pub and 3 houses.

Under the A1M and on to Snape and the temperature was rising in wall to wall sunshine, as was the gradient as we climbed up and over the hill to Masham and a took long welcome break in the square. Tea, bacon butties, chips and salad was consumed as we viewed the athletics race finishing in the square. Peter then left us to climb over to Lofthouse and visit family in Pateley.

For the rest of us then it was the highlight of the day, a long climb up past Swinton Hall and onto the tops with stupendous views before dropping to Grewelthorpe. A group of four of us had a blast from Grewelthorpe to Ripon and then we split up with two opting for more tea before following the rest heading homeward. Mileage? Well the route description said approximately 55 miles, but as it was such a nice day it got stretched a bit. Mileage 10 x 66 miles. Martin W.

Long Ride Report

It's not often in life that you get more than advertised but the long ride on Sunday was an exception to this rule delivering more miles, more hills and more hours out in the sunshine. Four riders (plus Dennis) left Hornbeam heading for Reeth in Swaledale. First stop was at Thornton Watlass for a banana break before tackling the long climb from Leyburn followed by the superb descent to Reeth. A hearty lunch at

one of the many cafes was perhaps not the best idea as the climb from Reeth to Redmire was both very long, very steep and seemed to be never-ending. It proved to be a real challenge to Eric who was testing out his mountain bike prior to riding the Himalayas but hopefully new forks will make a big difference. Further down the hill Eric's GPS proved its worth when we all zoomed past a left turn disguised as a farm lane - this tiny road turned out to be one of the highlights of the ride. The ride committee met at East Witton to decide on the best way to return to Harrogate. The section through Coverdale had proved harder than anticipated so we decided on a slightly longer less hilly route combined with an extra tea stop.

With the extra miles and extra tea stop we got home at quarter to eight, exhausted but happy to have spent all day out on a glorious ride through some stunning scenery. For the log 4 riders completed 100 miles. Total 400 miles. Phil

Coast to Coast 'Get Together' Ride

Next weekend fourteen Wheel Easy members are cycling from Workington to Sunderland. Today was an opportunity to ensure everyone knew each other, knew the programme and then to cycle a few hills in preparation for Whinlatter, Hartside and Allenheads. Some of the group rode with panniers and Dave P even filled his saddlebag with a brick! Unfortunately three members were unable to make the ride which went to Beckwithshaw, Fewston, Timble, Blubberhouses, Thruscross Reservoir and onto Hampsthwaite. After 30 miles the group stopped for refreshments at Sophie's where Terry used his charm to ensure he received the best cappuccino ever which caused great envy from a certain fellow rider.

Kathy and David extended their ride while the others returned home hoping the weather is the same next weekend. Paul

2011 Wheel Easy Miles (approx) Weekend 2501 YTD 91350



