

Sunday, October 25, 2015

## Wheel Easy Ride Report 495

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### Short Ride

Eight of us opted for the short ride to Wetherby via Ruddington Park and the cycle track. Paul B left us at Spofforth to go to Mills Volvo in Knaresborough to get some fluorescent paint for his jacket. We think this was really for his Halloween outfit! Dennis left us at Wetherby to return for his Sunday lunch.

That left 6 of us. We arrived at the Gourmet cafe where over 6 various drinks and teacakes we explained to Aneta why Yorkshire is the best place in the country (or was it the world) in which to live.

Returned via the same route because we enjoyed it. John zoomed up the final hill - trying to burn off all the marshmallows, whereas Sue realised why caffeine laced coffee is better than decaff pumpkin spiced coffee! 20 miles of great company and lovely scenery. Bridget



### Medium Ride (1)

Having assembled at Hornbeam on a slightly chilly but fine Autumnal morning there were 24 volunteers for the medium Ride and after four decided to do their own variations to miss some of the hills we split into two groups with myself taking the first, but certainly not the faster and Liz, whom was kindly deputising for Paul B. the second. Apart from the good weather and the cafe stop at G & T's in Risplith the highlight of the day for the first group was a series of minor spills, which fortunately caused no permanent damage to those involved and some chains coming off, sometimes at inappropriate moments at the start of a hill. Despite this the group enjoyed a good ride down the Greenway, through Ripley and Markington and up to Fountains, where three decided to enjoy the delights of the Visitor Centre cafe and remaining seven pressed on through Aldfield and up the hill to G & T's for a well-earned caffeine stop. Liz's group arrived soon after us but the staff managed remarkable well and Liz kindly obliged with a photo of our group as I had once again forgotten to bring a camera and my phone is so old it won't take photos, although I am promising myself a shiny new one that will! Leaving G & T's the sun put in

a watery appearance and we pressed on over the tops to Brimham Rocks and then swooped down to the Toll bridge and back through Birstwith, Holly Bank and the Greenway to Bilton Lane where we took our leave of each other and made our several ways home. 34/5 miles with lots of climbing on a good day for cycling and in good company. Thanks to all who persevered with my slow climbing and for your company. James G.

### **Medium Ride (2)**

We were a group of 12 heading along the Greenway and up Scarah Bank but by the Drovers crossroads, Monica and Jen decided to do their own thing, which was a pity as they were only about a minute behind and some of us could have done with a longer stop! The route from Markington to Fountains has been little used in the past yet there are lovely views of How Hill and Fountains. Our first photographic session was in front of Fountains but we did have to include the dustbins! Peter B and Jill J took a short cut via Sawley while the rest of us went to Aldfield and tackled the notorious dip and subsequent steep rise on the B6265. All, including James's group met up at Risplith and enjoyed hot drinks, scones and bacon butties. The staff did really well serving us all and then a group of motorcyclists who arrived a few minutes later. Helen became very friendly with one of the motorcyclist's pillion passenger! The ride along the B6265 was hard especially with the wind and it was a relief to reach the Brimham turn off. From here Jill and Sur John went directly back to Harrogate while for the rest the reason for doing this ride in this direction became obvious as we enjoyed the fantastic views towards Harrogate passing by Brimham Rocks and over to the Hartwith Toll Bridge. Our return was via Birstwith, Clint, Hollybank Lane and the Greenway. The sun was shining but some of us were getting tired after a fairly hilly ride. About 34 miles. Thanks to Jill and Joe for back marking. Liz P







### **Medium Plus Ride (1)**

The ride title was Jill`s Hills and on this beautiful Autumn day our thoughts were with Jill who, who went up these hills like a ferret up a funnel. Martin Weeks was unable to co-lead, but his place was very kindly taken by Sue C and Gia. This was of great help on such a hilly route, where smaller sized groups are more manageable and far safer.

Dave P`s group consisted of Andy, Roy, Stephen and Tracey, and a steady away pace was maintained, a sort of slow, slow (without the quick quick) slow. All went well till Leathley when Roy`s gears who had been a little difficult up to now decided the winter wheels rear cassette didn`t like the bike`s rear mech and Roy had to return home via Beckwithshaw , and as found out later to take coffee at Harlow Car.

The four then continued to Askwith ready for the right turn to climb to Langbar and Beamsley, however a rider requested (and that`s what it is all about) that could they please make contact with some calories sooner rather than later.

So it was straight into Ilkley and Avanti`s cafe, where they are very good concealing calories in food so that it puts energy in your legs and inch`s (yes I am that old) not mm`s on your waistline.

Due to the wonders of modern technology communication was made with Sue C and Gia, who were like as not hitting the caffeine and calories at Bolton Abbey. The fed four then returned via Otley and Castley where Stephen broke a rear spoke, fortunately this was not a problem, both ends being secured, then on to Dunkeswick and Kirkby Overblow, where we were caught up by two riders from the Medium Plus ride who were themselves in need of calories, but they preferred theirs in liquid form and vanished in to the pub. Then it was downhill for Tracey, Andy and Stephen and uphill (Church Bank aagh) for Dave P.

Superb cycling weather again we are certainly lucky. Once again thank you Sue and Gia.  
Dave P.

### **Medium Plus Ride (2)**

Eleven riders set off to tackle Jill's Hills in weather far superior to the forecast. Up to North Rigton with super views from the ridge a new route for several riders. Passing the striking Almscliffe Crag we descended to Leathley and then onto Otley and Askwith. The back road to Ilkley was teeming with cyclists. The advance cafe party was rather too advanced and missed Carter's Lane the turn up to Langbar. We met up on the top and enjoyed the view across the Wharfe Valley to Ilkley Moor. The stunning autumn colours of numerous trees and hedges made the climb worthwhile. Exciting descent to Bolton Abbey to the Abbey Tearooms where we enjoyed much needed refreshment. Two new and young members Ann and Katie kept the pace up on our homeward journey as we sped back to Otley. We fairly whizzed along to Pool and then on to Kirkby Overblow via Dunkeswick. Walton Head Lane and finally Burn Bridge. 52 pleasant but hilly miles in very good company Sue C



### **Medium Plus Ride (3) Faster Group**

Seven of us set off initially from Harrogate at a relatively fast pace (for me) and in no time at all, your truly was hanging on at the back. When we got to Leathley Michael headed back to Harrogate due to a prior commitment and the rest of us headed towards Langbar. After a long grind up Langbar the "easy" way we were rewarded with stunning views of Ilkley, blue skies and a cool breeze at the top. We raced down the other side and on to Bolton Abbey tea rooms for carrot cake, tea cakes, scones and a flapjack washed down with Tea and Coffee. On the way back Dave no.1 and Mark decided to tackle Timble Hill while Dave no.2, Andy and I decided to stick to the flats and headed in to Otley, along the river wharf and home via the busy Harrogate road. It was nice to see so many other cyclists out enjoying the nice weather and beautiful countryside.

Dave continued directly to Harrogate while Andy and I went via Weeton. We bumped into a few more Wheel Easy members in Kirby Overblow who had stopped in front of the pub The Shoulder and Mutton. After a quick chat the other group departed and Andy and I decided it would be really rude not to pop into the pub and rest our weary legs. It was a nice end to a really nice but tough day. Thanks Dave no.1, Dave no.2, Mark, Andy and Michael for a wonderful day in the hills. Sorry but we were not organised enough to get a photo. Declan M

### **Long Ride**

We few, we happy few, we band of brothers set off to do battle on the Long Ride. At Knox Bridge Peter R decided to tie a knot into his chain. The problem was sorted with a bit of brute force and ingenious use of various tools. Following this we made good time heading towards Masham. Flying down the hill towards Masham Peter J's water bottle decided to part company with his bike and it caused David S a few anxious moments. At the cafe Phil S was quick of the mark and went into the cafe to get his order in, the others took up their position outside the cafe, and waited, and waited. Eventually we were all served including Peter R who at one point was neither an "insider" nor an "outsider". As usual the subjects for discussion at the cafe stop ranged from, sleeping standing up, travelling in South Africa, and the best way to fly to New

Zealand. Now it was off to Fearby and Ellinstring to start the return leg to Harrogate. As it was such a pleasant afternoon three riders decided to have an extra cafe stop at Spa Gardens to take in the last of the afternoon sun. Peter J

