

Sunday, August 5, 2018

Wheel Easy Ride Report 635

Short Ride

Sixteen riders for the short ride today. We split into two groups of eight. Two Jills taking on leading the second group and back marking too. Thank you very much for a great job.

From Hornbeam we rode to Leadhall Lane where Sue joined the ride. Onwards via Church Lane to Pannal, Follifoot Road, Hags Road to Spofforth, then on to North Deighton, Wetherby, the Harland Way back to Spofforth and a cafe stop at Redhill Farm where four of the group left to head home sooner.

After various cakes, scones and toasted tea cakes the remainder of the group headed back via Follifoot, Rudding, most of the group took the hill in the showground and we then dispersed to our various routes.

Welcome to new rider Jamie and welcome to returning couple Chris and Chris back from travelling. Thanks to Mrs Chris for being an excellent mind the gap monitor today.

A ride of around nineteen miles. Jean B



Medium Ride

Another lovely day, little wind, sunshine but not too hot. The route on the website was very hilly, so we planned a few changes to reduce the pain. None of the roughly sixteen of us objected to the proposed changes. John Pocklington (of Spa Cycles) joined us, with a couple of Pauls and Neils, Al, Margaret, Marion and some others, who, I hope, will forgive me for not knowing/forgetting their names.

Through the town centre and along the ASDA cycle path and on to Ripley, where Neil and Caroline joined us. The roads were pleasingly quiet, but there was some function or other on at Ripley. Hollybank Wood (where Marion left us with an impending migraine), on to Birstwith and steadily up the Nidd valley to Darley, where we turned right and up to Dacre. One member (Dave?) had just acquired an electric bike, and he occasionally zoomed up the hills to taunt us.

In Dacre we stopped for a group photo, and John P left the group to return. Left up Dacre Lane, a road we don't often cycle on (note the repeated use of the preposition 'up'). There was a brief downhill near Bents Farm before we resumed the unrelenting uphill to the Stone House Inn, near the water tower (a good sign of being at the top of a hill, as they do not usually put water towers at the bottom of hills).

We regrouped in the shade of the pub wall, and everyone was reassured that it was now essentially downhill all the way to Hampsthwaite and Sophie's (unless anyone wanted to do

the published route down into Kettleasing and back up and down again to Hampsthwaite : no-one did).

After refreshments at Sophie's, Sarah Cross (who has been unable to cycle for many months) took the (tough) published route back up Rowden Lane, but the rest of us went up Hollins Lane (where we spied Malcolm M heading down, presumably to Sophie's), across Otley Road and the A61 and back via Knox and Hill Top Avenue.

About 30 miles. Joe S



Medium-plus Ride

Steady Group

A fine morning and Langbar on the agenda attracted quite a few riders for this Medium Plus Ride. Gia and Paul also offered the option of Bolton Abbey and Appletreewick. A final division of four groups set off at different intervals from Hornbeam.

At the top of Brackenthwaite Lane, we saw Peter's group carrying on straight over the crossroads on a different route to Otley, and later spotted them cycling past us in the Station cafe in Ilkley. I hope they all enjoyed their ride - also the other two groups. Our group of six followed the published route to North Rigton, Leathley and Otley.

Jeanie decided to leave us at the beginning of Weston Lane as her brakes were not up to optimum performance for the steep descent at Langbar. Hopefully Chevin cycles sorted them out. Five of us continued onto Asquith and the gradual ascent up through Middleton to Langbar.

The views were delightful as we climbed up. After our descent into Beamsley, we were all keen to get to the Station cafe at Ilkley where we had the usual excellent service and fayre. Suitably refreshed it was onwards and upwards back to Asquith and Otley where we opted for the main road to Pool. The afternoon heat was felt by all on the road to Castley and Weeton and eventually we arrived at Kirkby Overblow. Sue was keen to head off quickly to catch the Womens Hockey World Cup final and James to Knaresborough which left Jill, Debby and myself to meander pleasantly homewards. Thanks to all for your good company on a super day out.

About 52 miles. Monica W





Faster Group

Eight gents and a lady opted for the MP faster group this morning, but, by the time we reached the junction at the end of Brackenthwaite Lane, we had been joined by Trefor, who had thought better of joining the long ride, making it a round ten.

It was a glorious morning for a bike ride and the views over Wharfedale, as we progressed towards Ilkley and up to Langbar, were stunning. After stopping for a group photo at the highest point, we were soon swooping down round the somewhat gravelly bends of Lanshaw Bank to Beamsley and on to an unusually busy Ilkley.

The Stazione cafe looked full outside, but we found space indoors and were soon served and satisfied. There was a suggestion that we then included the Cow and Calf and Chevin in our return route, but mercifully the consensus was that it was too hot for that, so we retraced our route through Askwith and Farnley and on towards Weeton and Kirkby Overblow.

The heat and the hills were beginning to take their toll by now and it was with a sense of relief that we all eventually strained up and over the dreaded Showground hill and home.

From the back, my Strava made it 56 miles in 4 hours with an elevation gain of 4073 ft, averaging 13.8mph. Kudos to all! David W.



Paul's Group

For some unknown reason I fancied doing the Bolton Abbey route and was prepared to ride it myself. However, I was really pleased that Gia, Maris, Colin and John decided to come along as well. We set off to Abbey Tea Rooms at Bolton Abbey via Beckwithshaw, Fewston, Timble, Askwith and Ilkley.

It was lovely on the tops as the heather was out and you could see for miles. After over indulging at the Tea Rooms we continued through a very busy Bolton Abbey, Barden, Appletreewick to Stumps Cross where we stopped for a topping up of our water bottles and ice cream.

The hills were challenging but the views made up for it and Colin pointed out all the landmarks on the horizon as well as the wildlife. The wind was behind us going down Duck Street. We were doing 25mph with only the occasional turn of the peddles. It was certainly a really enjoyable 53 mile ride with great company. Paul T





Other Medium Plus Ride





Long Ride

Four riders opted for the long ride billed as a tour of Wharfedale with exact route to be developed on the go.

We road out in lovely sunshine via Fewston and Asquith to pick PeterR up at Ilkley. Soon we arrived at Bolton Bridge for the first stop. We continued up to Barden Tower where PeterJ elected to follow a direct route back to Harrogate via Stump Cross.

By this stage of the ride Littondale was the agreed target and we continued up the valley to Kilnsey where we turned west into Littondale, riding one side to Arncliffe and then crossing the river to go back to Wharfedale on what is a delightful and quiet lane, slightly spoilt by a very gravelly surface from recent repair.

We crossed over to Conistone and the Grassington at which point we decided upon Hebden tea rooms for our second stop. Refreshed we made our way up to Greenhow and back to Harrogate via Duck Street.

A great ride of just under 75 miles, 1600M climbing and an opportunity to enjoy some of the best of the Yorkshire Dales. Martin D



