

**EDEN VALLEY CYCLING UK - Runs List 1st Quarter 2018**

DAY	DATE	GRADE	TIME	START	LEADER	PHONE	MILES	11s	LUNCH	NOTES		
<b>FEBRUARY 2018</b>												
SUN	4-Feb	🚴🚴🚴	10:00	KESWICK - Swimming Pool <i>self guided ride to coffee</i>	Peter C	07745659704	50	Grasmere <i>Eden Gallery Tea Room Penrith 11.30</i>	BYO and/or cafe	Langdale		
WED	7-Feb	🚴🚴🚴	10:00	HESKET NEWMARKET car park	David H	017684 82055	47	Bothel Garden Centre	Newby Cross Garden C	Solway area		
		🚴🚴🚴	10:00	PENRITH - Cross Keys <i>self guided ride to coffee</i>	Alison	01768 881066	12+	Pot Place Plumpton <i>The Pot Place Plumpton 11:30</i>	UpFront, Unthank	Suitable for beginners - can adapt depending on the day		
SUN	11-Feb	🚴🚴🚴	10:00	LONGTOWN <i>self guided ride to coffee</i>	Janet	01228 561106	45ish	Langholm <i>Granny Dowbekins Pooley Bridge 11.30</i>	Newcastleton	Hilly, "touring pace"		
WED	14-Feb	🚴🚴🚴	10:00	CULGAITH - Geoff's	Geoff	01768 88444	50ish	one stop	Sally's Warwick Bridge	Up the fellside via C Carrock return via Ainstable Ruckroft etc		
		🚴🚴🚴	10:00	DALSTON - New Car Park <i>self guided ride to coffee</i>	Ian B	01228711832	40ish	Animal Refuge Wetheral <i>Mill Yard Cafe Morland 11.30</i>	Sally's Warwick Bridge	Gentle pace		
SUN	18-Feb	🚴🚴🚴	10:00	DALSTON - New Car Park <i>self guided ride to coffee</i>	Ian L.	01461339161	50ish	one stop only <i>Abbott Lodge 11:30</i>	Caldbeck	Tour of the Northern Fells - weather permitting !!		
WED	21-Feb	🚴🚴🚴	-	DALSTON - New Car Park <i>self guided ride to coffee</i>	Bill O	07921 297 045	48		Melmerby	A one stop ride!		
SUN	25-Feb	🚴🚴🚴	10:00	GREYSTOKE	John R	07879 436153	40	Mill Inn Mungrisdale	Granny Dowbekins Pooley Bridge	Hilly Ride 900m climb Matterdale End / Ullswater Shore /Celleron and Askham		
		🚴🚴🚴	10:00	WINTON <i>self guided ride to coffee</i>	Jen	01768 371916	20-25	Newbiggin-on-Lune <i>Brougham Hall 11.30</i>	Fairfield Mills			
WED	28-Feb	🚴🚴🚴	10:00	PENRITH Beacon Edge Cemetery layby	Phil B	01768868642	50	BYO	Orton Scar Cafe	One stop, hilly.		
		🚴🚴🚴	10:00	PENRITH Beacon Edge Cemetery layby <i>self guided ride to coffee</i>	Rosie B	01768868642	25	BYO <i>Mrs Millers Culgaith 11.30</i>	Mrs Millers at 12.00			
<b>MARCH 2018</b>												
SUN	04-Mar	🚴🚴🚴	09:30	Lazonby,River Bridge <i>self guided ride to coffee</i>	Bill H	01768892223	40	Animal Refuge Wetheral <i>Eden Gallery Tea Room Penrith</i>	Talkin Tarn	A bit of a hilly route in places, but nice quiet roads		
WED	7-Mar	🚴🚴🚴	09:30	SHAP, car park	David H	017684 82055	57	Newbiggin on Lune, Lune Springs	Farfield Mill	Longer more direct roads		
		🚴🚴🚴	09:30	PENRITH - Cross Keys <i>self guided ride to coffee</i>	Alison	01768 881066	12+	Pot Place Plumpton <i>The Pot Place Plumpton</i>	UpFront, Unthank	Suitable for beginners - can adapt depending on the day		
SUN	11-Mar	🚴🚴🚴	09:30	DALSTON - New Car Park <i>self guided ride to coffee</i>	Mike	01228 710110	42	Dirty Harry's, High Hesket <i>Granny Dowbekins Pooley Bridge</i>	Talkin Tarn	Out by Armathwaite, return via Wetheral so valleys to cross		
WED	14-Mar	🚴🚴🚴	09:30	OUSBY - Les & Ruth's <i>self guided ride to coffee</i>	Les	01768 881894	50ish	10.30's at Renwick church hall <i>Mill Yard Cafe Morland</i>	Brampton	Touring pace, usual fellside route		
SUN	18-Mar	🚴🚴🚴	09:30	DALSTON - New Car Park <i>self guided ride to coffee</i>	Parker	01228 561106	55	Wheyrigg <i>Abbott Lodge</i>	Mawbray			
WED	21-Mar	🚴🚴🚴	09:30	GREYSTOKE <i>self guided ride to coffee</i>	Bill O	07921 297 045	47	Keswick <i>Melmerby Tea Room</i>	Caldbeck	A clockwise trip around Blencathra & Skidaw		
SUN	25-Mar	<b>CLOCKS GO FORWARD</b>										
		🚴🚴🚴	09:30	SHAP carpark	Phil B	01768868642	60	Kirkby Stephen	Sedburgh			
		🚴🚴🚴	09:30	SHAP car park <i>self guided ride to coffee</i>	Rosie B	01768868642	30	BYO <i>Brougham Hall Penrith</i>	Kirkby Stephen			
WED	28-Mar	🚴🚴🚴	9:30	WETHERAL	Ian L.	01461339161	60ish	Longtown garden centre	Greenhead	Gently undulating.		
		🚴🚴🚴	09:30	DALSTON - New car park <i>self guided ride to coffee</i>	Dallas	01228711832	40	Animal Refuge Wetheral <i>Mrs Millers, Culgaith</i>	Sally's Warwick Br.			
<b>APRIL 2018</b>												
EASTER SUN	1-Apr	🚴	09:30	No ride planned - see blog nearer the time <i>self guided ride to coffee</i>				<i>Easter Sunday - venue tba</i>				
WED	04-Apr	🚴🚴🚴	09:30	PENRITH - Cross Keys <i>self guided ride to coffee</i>	Alison	01768 881066	12+	Pot Place Plumpton <i>The Pot Place Plumpton</i>	UpFront, Unthank	Suitable for beginners - can adapt depending on the day		
SUN	8-Apr	🚴🚴🚴	09:30	GRETNA <i>self guided ride to coffee</i>	Ian L.	01461339161	50ish	Langholm <i>Granny Dowbekins Pooley Bridge</i>	Lockerbie	My Country !		
WED	11-Apr	🚴🚴🚴	09:30	CATTERLEN - near the telephone box <i>self guided ride to coffee</i>	Geoff	01768 88444	70ish	Wigton <i>Mill Yard Cafe Morland</i>	Bank Mill Mawbray	To the seaside!		
SUN	15-Apr	🚴🚴🚴	09:30	GREYSTOKE <i>self guided ride to coffee</i>	Mike	01228 710110	40	Mungrisdale <i>Abbott Lodge</i>	Pooley Bridge	Up and down at a gentle pace		
WED	18-Apr	🚴🚴🚴	09:30	BURNESIDE - Church	Keith G	01539 728617	60	Glenridding	Grasmere	Lakeland ride inc. Kirkstone, Matterdale and St Johns		
		🚴🚴🚴	09:30	GREYSTOKE <i>self guided ride to coffee</i>	Ernest	01539734197	40	Glenridding <i>Melmerby Tea Room</i>	Mungrisdale or Unthank	Lunch stop to be decided on the day		
SUN	22-Apr	🚴🚴🚴	09:30	LANERCOST - Abbey Bridge Car Park	John R	07879 436153	50	Newcastleton Tea Room	Sycamore Cafe Longtown	Bewcastle / Newcastleton / Longtown		
		🚴🚴🚴	09:30	PENRITH Beacon Edge Cemetery layby <i>self guided ride to coffee</i>	Phil/Rosie B	01768868642	40	BYO <i>Brougham Hall</i>	Talkin Tarn			
WED	25 Apr	🚴🚴🚴	09:30	AMBLESIDE - Under Loughrigg	Steve D	07711026882	60ish	Torver	Cartmel	Not something my mother would do		
		🚴🚴🚴	09:30	GREYSTOKE <i>self guided ride to coffee</i>	Ernest	01539734197	45	Glenridding <i>Mrs Millers, Culgaith</i>	Howtown	Circuit around Ullswater		
SUN	29-Apr	🚴🚴🚴	09:30	KESWICK - Swimming Pool <i>self guided ride to coffee</i>	John P	01228561725	40	Buttermere <i>Booths Penrith</i>	Cockermouth	Newlands out, Whinlatter return		

WOULD THOSE WHO RODE ANY SELF LED RIDES PLEASE ADVISE CJ TO RECORD ATTENDANCES

After THREE Guest rides, riders must join CTC / Cycling UK to ensure validity of third party and public liability insurance for all riders and the leader

Leaders please note for Cycling UK insurance cover you must record details of non Cycling UK members on a Guest Riders entry form for any Guests who come on your ride. The form must be passed to Geoff A.S.A.P.

NOTE : Check BLOG ( on [www.edenvalleyctc.org.uk](http://www.edenvalleyctc.org.uk) ) regularly for ride updates. If not coming to Start, phone leader to advise on your plans and for information on amendments to ride