

## ***Eden Valley Runs List - Notes***

Please check the blog ([evctc.blogspot.com](http://evctc.blogspot.com)) for ride updates, especially where the weather may require alterations

Normally there is at least one cafe stop except where marked BYO (bring your own) but please always bring rations, just in case

The phone number of the ride leader is there for a reason. You should ring the ride leader

- If planning to join the ride other than at the start
- If you are unsure whether the ride suits your style of cycling
- If you have any other queries

If you have not ridden with us before, you are very welcome to come and join us. You may find it useful to ring the ride leader before you arrive. After three rides as a guest, riders must join Cycling UK/CTC to ensure validity of third party and public liability insurance for all riders and the leader.


Leaders please note for Insurance cover you must record details of non CTC members on a Guest Rider entry form (on website) for any guests on your route. The form must be passed to Geoff (secretary) ASAP


Key to Grading Detail:


The table below can be used to classify rides in order Distance/Speed/Gradient eg L/L/H


<b><i>level</i></b>	<b><i>Distance</i></b>	<b><i>Speed</i></b>	<b><i>Gradient</i></b>
L(Low)	< 20 mi	10 mph or less	Predominantly Flat
M(Medium)	20 - 50 mi	10 - 11 mph	Undulating or Mixture of flat and hilly
H(High)	> 50 mi	>12 mph	Hilly (1000 ft per 10 mi) or steep!)

### Grading OVERVIEW

 least demanding (in terms of distance, speed, gradients and traffic - this should be suitable for those who do not cycle regularly. About 15 mi) eg LLM more Ls than Ms or Hs

 more demanding ( may involve some hilly sections - 20 - 50 mi) *mainly Ms*

 most demanding ( longer faster and/or hillier rides - 50mi or more) *HMH perhaps*

 Often indicates a self-led ride to a coffee stop. The cafes chosen are within 10mi riding of Penrith. You can make as little or as much of this as you wish by planning your own route or joining someone else who is going. The bonus is knowing that there will be good crack and cake at your destination. Check the blog nearer the time to see if someone else is going your way. You may wish to cycle together.

If the full ride doesn't suit you, you can 'pick and mix' to create your own ride, as long as this is not disruptive to other group members. Eg meet at 11s stop at Renwick and ride with the group to the lunch stop at Talkin tarn; then make your own way home.

'The coffee stop is 11 am February to October and 11.30 am November to January'.

EDEN VALLEY CYCLING UK - Runs List 3rd Quarter 2017

27/07/2017

DAY	DATE	GRADE	TIME	START	LEADER	PHONE	MILES	11s	LUNCH	NOTES
<p><b>NOTE: Check BLOG ( on 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</b>  <b>Normally there's at least one café stop except where noted BYO, always bring rations especially during the winter months. Riders should carry maps and lights if likely to be out after dusk</b></p>										
<b>AUGUST 2017</b>										
WED	2-Aug	♂♂♂♂♂♂	09:30	LANGHOLM	Geoff	01768 88444	75	BYO(Newcastleton if wet!)	Hawick	Ice-creams at Etrick (Quite hilly!)
		♂♂	-	<i>self guided ride to coffee</i>				<i>The Pot Place, Plumpton</i>		
SUN	6-Aug	♂♂♂♂♂♂	9.00	ANNAN	Parker	01228 561106	80	Dumfries	Moniaive	Generally flattish, 'touring' pace, quiet lanes. NOTE start time
		♂♂	-	<i>self guided ride to coffee</i>				<i>Greystoke cycle cafe</i>		
WED	9-Aug	♂♂♂♂♂♂	09:30	HESKET NEWMARKET - car park	David H	017684 82055	60	Moota Garden Centre	Silloth	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mill Yard cafe, Morland</i>		
SUN	13-Aug	♂♂♂♂♂♂	08:30	GREYSTOKE carpark	Geoff	01768 88444		Details to follow		starting from 8:30 onwards (8:30,9:00,10:00)
		♂♂	-	<b>100km, 100mi, 200km Audax</b>						
		♂♂	-	<i>self guided ride to coffee</i>				<i>Maulds Meaburn Village Institute</i>		
WED	16 Aug	♂♂♂♂♂♂	09:00	BURNESIDE - Church	Keith G	01539 728617	80+	Dunsop Bridge	Wray	Forest of Bowland. Note earlier start.
		♂♂	-	<i>self guided ride to coffee</i>				<i>Abbot Lodge</i>		
SUN	20-Aug	♂♂♂♂♂♂	09:30	BEACON EDGE cemetery Penrith	Phil/Rosie	01768868642	32	BYO	Maulds Meaburn Sunday Cafe	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Melmerby stores and tea room</i>		
WED	23-Aug	♂♂♂♂♂♂	09:30	LANERCOST tea room - Abbey Farm	Nigel	01768 881066	55	Bewcastle	Newcastleton	Pre-cross border sportive recce ride
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mrs Miller's Culgaith</i>		
SUN	27-Aug	♂♂♂♂♂♂	09:30	OUSBY	Les	01768 881894	55ish	Orton	Bampton or Shap	Orton and Shap area
		♂♂	-	<i>self guided ride to coffee</i>				<i>Brougham Hall</i>		Bank Holiday weekend
WED	30-Aug	♂♂♂♂♂♂	09:30	SEDBERGH Church Gates	Ernest	01539 734197	60	Horton in Ribblesdale	Wray	Dentdale, North Craven, and Lunesdale.
		♂♂	-	LANGWATHBY - the Green	Alison	01768 881066	35-40	Melmerby shop and cafe	Staffield Farm	Fund-raising lunch for Genesis - Anne Faulder's charity
		♂♂	-	<i>self guided ride to coffee</i>				<i>Up Front Unthank</i>		
<b>SEPTEMBER 2017</b>										
SUN	03-Sep	♂♂♂♂♂♂	09:30	WINTON	Jen	01768 371916	40+	Sedburgh	Dent	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Greystoke Cycle cafe</i>		
WED	6-Sep	♂♂♂♂♂♂	09:30	SHAP - car park	David H	017684 82055	60	Newbiggin on Lune, Lune Springs	Sedbergh,Farfield Mill	Malerstang valley & Lune gorge, hills
		♂♂	-	CARLETON - Cross Keys	Alison	01768 881066	10 +	Pot Place, Plumpton	Up Front Gallery, Unthank	Suitable for beginners; can adapt depending on who turns up
		♂♂	-	<i>self guided ride to coffee</i>				<i>The Pot Place, Plumpton</i>		
SUN	10-Sep	♂♂♂♂♂♂	09:30	DALSTON - New Car Park	John R	01228 548975	48	Greystoke, Annie's Cycle Cafe	Armathwaite, Fox & Pheasant	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Granny Dowbekins, Pooley Bridge</i>		
WED	13-Sep	♂♂♂♂♂♂	09:30	LANGHOLM - Riverside Car Park	CJ	01768 885806	60	Newcastleton	Bonchester Br or Hawick	Return via Newcastleton or Hermitage / A7
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mill Yard cafe, Morland</i>		
SUN	17-Sep	♂♂♂♂♂♂	09:30	WARWICK ON EDEN	John P	01228 561725	58	Brampton	Haltwistle	Parking available on Warwick Farm (near Queen's Inn)
		♂♂	-	<i>self guided ride to coffee</i>				<i>Melmerby Stores and tea room</i>		
WED	20-Sep	♂♂♂♂♂♂	09:30	BROUGH	Geoff	01768 88444	75	Stanhope	Blanchland	As last year - a spectacular route - details on request
		♂♂	-	GREYSTOKE	Mike	01228 710110	40	Mill Inn, Mungrisdale	Pooley Bridge	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Abbott Lodge</i>		
SUN	24-Sep	♂♂♂♂♂♂	09:30	LONGTOWN	Ian L.	016974 76435	60ish	Langholm	Brampton	
		♂♂	-	BEACON CEMETERY - Penrith	Phil/Rosie	01768868642	40	BYO	Appleby	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Brougham Hall</i>		
WED	27-Sep	♂♂♂♂♂♂	09:30	GRASMERE - Quarry Car Park	Keith G	01539 728617	70+	Keswick	Portinscale	First half of the Fred Whitton to Braithwaite + return to G'mere
		♂♂	-	DALSTON - new car park	Ian B & Dallas	01228 711832	40 / 50	Watchtree	Highland Laddie	Solway. Will offer 2 routes and 2 paces.
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mrs Miller's Culgaith</i>		
<b>OCTOBER 2017</b>										
SUN	01-Oct	♂♂♂♂♂♂	10:00	GREYSTOKE	Len	01697 342578	30	Eden Gallery Tea Rooms	Gt Strickland or Morland	UNsteady ride due to undulations
		♂♂	-	<i>self guided ride to coffee</i>				<i>Eden Gallery Tea Rooms, St Andrew's Churchyard, Penrith</i>		
WED	4-Oct	♂♂♂♂♂♂	09:30	COTEHILL - Glendale	James	01228 561561	50+	Booths Penrith	Mill Inn, Mungrisdale	
		♂♂	-	CARLETON - Cross keys	Alison	01768 881066	10 plus	The Pot Place, Plumpton	Up Front Gallery, Unthank	Suitable for beginners; ride will be adapted depending on who turns up
		♂♂	-	<i>self guided ride to coffee</i>				<i>The Pot Place, Plumpton</i>		
SUN	8-Oct	♂♂	09:30	NOTHING PLANNED - may be on blog						
		♂♂	-	<i>self guided ride to coffee</i>				<i>Granny Dowbekins, Pooley Bridge</i>		
WED	11-Oct	♂♂♂♂♂♂	09:30	ANNAN - Public Car Park	CJ	01768 885806	62	Lockerbie	Dumfries	
		♂♂	-	KIRKBY STEPHEN	Rachel	07763032740	35	BYO	Hawes	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mill Yard cafe, Morland</i>		
SUN	15-Oct	♂♂♂♂♂♂	09:30	DALSTON New Car Park	Ian L.	07709710301	55	Caldbeck	Upfront Gallery	
		♂♂	-	GREYSTOKE	Bill H	01768892223	48	Caldbeck	Keswick	Uldale fells, Mungrisdale, Berrier. Reasonable Pace.
		♂♂	-	<i>self guided ride to coffee</i>				<i>Melmerby Stores and tea room</i>		
WED	18-Oct	♂♂♂♂♂♂	09:30	DALSTON New Car Park	Mike	01228 710110	60	Maes Cafe, Uldale	Mawbray	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Abbott Lodge</i>		
SUN	22-Oct	♂♂♂♂♂♂	09:30	BEACON EDGE cemetery Penrith	Phil	01768868642	50	BYO	Acorn Bank	
		♂♂	-	BEACON EDGE cemetery Penrith	Rosie	01768868642	30	BYO	Pot Place Plumpton	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Brougham Hall</i>		
WED	25-Oct	♂♂♂♂♂♂	09:30	KIRKBY LONSDALE - Devils Bridge	Keith G	015398728617	60ish	Horton in Ribblesdale	Ingleton	A grand day out in The Dales
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mrs Miller's Culgaith</i>		
SAT	28-Oct		14:00	AGM LANGWATHBY VILLAGE HALL						
				CLOCKS GO BACK						
SUN	29-Oct	♂♂♂♂♂♂	09:30	DALSTON New Carpark	Ian B	01228 711832	55	Dirty Harry's High Hesket	The Smithy, Caldbeck	
		♂♂	-	DALSTON New Carpark	Dallas	01228 711832	40	Dirty Harry's High Hesket	Upfront	Easy Pace. Tea at Dalston
		♂♂	-	<i>self guided ride to coffee</i>				<i>Booths Penrith</i>		
<p>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..</p>										