

EDEN VALLEY CYCLING UK - Runs List 4th Quarter 2017

DAY	DATE	GRADE	TIME	START	LEADER	PHONE	MILES	11s	LUNCH	NOTES	
<b>NOVEMBER 2017</b>											
				<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>							
WED	1-Nov	10:00	10:00	DALSTON - New Car Park	Janet	01228 561106	50-55	Wheyrigg Hotel Wigton	Mawbray, Bank Mill Garden Centre		
		10:00	10:00	PENRITH - Cross Keys	Alison	01768 881066	min 12	The Pot Place, Plumpton	Upfront Gallery, Unthank	Suitable for beginners - can adapt depending on the day	
				<i>self guided ride to coffee (11.30)</i>							
SUN	5-Nov	09:00	09:00	COTEHILL - cross roads	Parker	01228 561106	52	Eden Gallery Tearooms, Penrith	Upfront Gallery, Unthank		
				<i>self guided ride to coffee (11.30)</i>							
WED	8-Nov	10:00	10:00	GREYSTOKE - car park	Geoff	01768 88444	60	One stop	Orton	More undulating ride around Penrith (weather permitting)	
		10:00	10:00	GREYSTOKE - car park	Ernest	01539 734197	40	Mill Yard cafe, Morland	Upfront Gallery, Unthank	Ullswater and circuit of Penrith	
				<i>self guided ride to coffee (11.30)</i>							
SUN	12-Nov	10:00	10:00	RAUGHTON HEAD	Bill O	016974 76407	45ish	One stop	Pooley Bridge	One stop only - route will depend on the weather!	
				<i>self guided ride to coffee (11.30)</i>							
WED	15-Nov	10:00	10:00	GREYSTOKE - car park	David H	01768482055	45	Caldbeck, Old Smithy	Plumpton, Pot Place	Undulating	
		10:00	10:00	GREYSTOKE - car park	Alison	01768 881066	35	Melmerby stores and tea room	Plumpton, Pot Place		
				<i>self guided ride to coffee (11.30)</i>							
SUN	19-Nov	9.30	10:00	GREYSTOKE - car park	Ian L	07709710301	50ish	Glennidding	Bilbo's cafe, Ambleside	Kirkstone, Dunmail Raise, Threlkeld	
		10:00	10:00	Langwathby - village green	Peter M	01768 881773	34	Mill Yard Cafe, Morland	Cafe of Choice, Appleby	Short Eden Valley Wander	
				<i>self guided ride to coffee (11.30)</i>							
WED	22-Nov	10:00	10:00	BURNESIDE - Church	Keith G	01768 881066	50ish	One stop only	Eden Gallery Tearooms		
		10:00	10:00	DALSTON - New Car Park	Ian & Dallas	01228711832	45/35	Port Carlisle Chapel	Highland Laddie Glasson	Easy and easier Solway ride	
				<i>self guided ride to coffee (11.30)</i>							
SUN	26-Nov	10:00	10:00	DALSTON - New Car Park	Mike	01228 710110	40	Upfront Gallery, Unthank	Mill Inn, Mungrisdale	Easy paced on country lanes	
				<i>self guided ride to coffee (11.30)</i>							
WED	29-Nov	10:00	10:00	PENRITH - Beacon Edge Cemetery	Phil B	01768868642	50	BYO	Pooley Bridge		
		10:00	10:00	PENRITH - Beacon Edge Cemetery	Rosie B	01768868642	25	BYO	Pot Place Plumpton		
				<i>self guided ride to coffee (11.30)</i>							
<b>DECEMBER 2017</b>											
SUN	3-Dec	10:00	10:00	APPLEBY - The Cloisters	Nigel	01768 881066	40	One stop only	Melmerby Village Bakery	To include Great Dun Fell - weather permitting	
		10:00	10:00	APPLEBY - The Cloisters	Alison	01768 881066	30	One stop only	Melmerby Village Bakery	Without Great Dun Fell	
				<i>self guided ride to coffee (11.30)</i>							
WED	6-Dec	10:00	10:00	BURTON in KENDAL - Tarn Lane	Keith G	01539 728617	50ish	One stop only	Booths, Garstang		
		10:00	10:00	PENRITH - Cross Keys	Alison	01768 881066	min 12	The Pot Place, Plumpton	UpFront Gallery, Unthank	Suitable for beginners; can adapt depending on the day	
				<i>self guided ride to coffee (11.30)</i>							
SUN	10-Dec	10:00	10:00	GREYSTOKE - Car Park	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	10:00	PENRITH - Cross Keys	Bill H	01768 892223	38	Upfront. Unthank	Wetheral Animal Center	Couple Of Unusual Hills. Back Along Cumwhitton & Lazony.	
				<i>self guided ride to coffee (11.30)</i>							
WED	13-Dec	10:00	10:00	CULGAITH - Station House	Geoff	01768 88444	50ish	One stop	Newbiggin on Lune	Fellside, Whygill, N-on-L, Orton and back for tea	
		10:00	10:00	WINTON	Jen	01768 371916	20-25	One stop	Newbiggin on Lune (early)	Festive tea at Yew Tree House, phone if weather bad as it can be colder in the hills. If frosty a walk.	
				<i>self guided ride to coffee (11.30)</i>							
SAT	16-Dec	12:30	12:30	<b>Club Christmas Lunch</b>							
SUN	17-Dec	10:00	10:00	PENRITH - Beacon Edge Cemetery	Phil/Rosie B	01768868642	30	One stop	Old Smithy Caldbeck	All welcome for mince pies at the end of the ride	
				<i>self guided ride to coffee (11.30)</i>							
WED	20-Dec	10:00	10:00	TEBAY - sports ground	David H	01768482055	45	Sedbergh, Far Mill	Newbiggin on Lune	Mainly A or B class roads	
				<i>self guided ride to coffee (11.30)</i>							
SUN	24-Dec	10:00	10:00	CHRISTMAS EVE - nothing planned							
				<i>self guided ride to coffee (11.30)</i>							
WED	27-Dec	10:00	10:00	DALSTON - New Car Park	Ian L.	07709710301	45ish			Route to be published on the blog a few days beforehand.	
				<i>self guided ride to coffee (11.30)</i>							
SUN	31-Dec	10:00	10:00	NEW YEAR'S EVE - nothing planned							
				<i>self guided ride to coffee (11.30)</i>							
<b>JANUARY 2018</b>											
WED	3-Jan	10:00	10:00	BURTON in KENDAL - Tarn Lane	Keith G	01539 728617	50ish	One stop only	Gt Ecclestone		
		10:00	10:00	PENRITH - Cross Keys	Alison	01768 881066	min 12	The Pot Place, Plumpton	UpFront Gallery, Unthank	Suitable for beginners; can adapt depending on the day	
				<i>self guided ride to coffee (11.30)</i>							
SUN	07-Jan	10:00	10:00	DALSTON - new car park	Mike	01228 710110	42	Dirty Harry's, High Heskett	Talkin Tarn	Out by Armathwaite, return via Wetheral so valleys to cross	
				<i>self guided ride to coffee (11.30)</i>							
WED	10-Jan	10:00	10:00	LAZONY BRIDGE Car Park	James	01228 561561	55	One Stop BYO	Appleby	Classic Fell side and Eden valley cycling	
		10:00	10:00	KENDAL - Morrison's Car Park	Ernest	01539 734197	40	Arnside	Grange	A flat and hopefully frost free ride around Morecambe Bay	
				<i>self guided ride to coffee (11.30)</i>							
SUN	14-Jan	10:00	10:00	GREYSTOKE - Carpark	Phil/Rosie B	01768868642	30	One stop	Lowther Castle		
				<i>self guided ride to coffee (11.30)</i>							
WED	17-Jan	10:00	10:00	PENRITH - Frenchfields	Geoff	01768 88444	40	Melmerby Stores and tea room	Appleby?	Steady 2 bike ride depending on the weather	
				<i>self guided ride to coffee (11.30)</i>							
SUN	21-Jan	10:00	10:00	WETHERAL	Ian L.	07709710301	50ish	one stop only	Greenhead	Hadrians wall country	
				<i>self guided ride to coffee (11.30)</i>							
WED	24-Jan	10:00	10:00	DALSTON - new car park	Ian & Dallas	01228711832	45/35	Watchtree	Highland Laddie Glasson	Two lengths two paces	
				<i>self guided ride to coffee (11.30)</i>							
SUN	28-Jan	10:00	10:00	COTEHILL - Crossroads	John R	07879 436153	40	Duke of Cumberland, Castle Carrock	Lanercost Tea Rooms	Circuit of Brampton! Hilly Ride round quiet lanes.	
				<i>self guided ride to coffee (11.30)</i>							
WED	31-Jan	10:00	10:00	DALSTON - new car park	John P	01228561725	46	Brougham Hall	Plumpton		
				<i>self guided ride to coffee (11.30)</i>							

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.