

Guided Cycle Rides – Summer Timetable

Welcome to the new summer timetable of free guided cycle rides. All you need is a roadworthy bike, a pump, a spare inner tube, lock, suitable clothing and a drink. Children under 16 years of age must be accompanied by an adult. If you're bringing children under seven, or for more information contact Fiona Barker.

Tuesday 19th July – Pedal to the Past

The fourth in our new series of local history-themed rides. Join our local tour guides for a fresh look at York's history. The tour will take you to some historical sites, where you can jump off the bike and explore. It will follow cycle tracks and city centre roads, therefore riders must feel confident cycling in traffic.

Meet: Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am
or Hub Station, Wellington Row, York, YO1 6HY at 10.30am



Saturday 6th August – Cycle for Coffee

Join the famous duo Colin and Jenny on a leisurely ride to Crockey Hill for mid morning coffee and refreshments break at the café. This 12 mile ride is suitable for confident riders who are happy to cycle on quiet roads, tracks and cycle paths. Allow 2 1/2 hours for this ride.

Meet: Tang Hall Library, Fifth Avenue, York, YO31 0PR at 10am



Tuesday 9th August – Another Battle of 1066

Bike your way through history on this 20 mile ride using the disused railway and visiting the battle ground of Stamford Bridge before stopping for refreshments in the village. The ride takes you on minor roads, cycle lanes and off road tracks therefore confidence with traffic is required at times. Allow 3-4 hours for this ride.

Meet: Morrisons near the chimney in the car park, Foss Islands Road, York, YO31 7UL at 11am



Monday 22nd August – Solar Expedition

Summer evening cycling around the whole of York. This 2 hour exploration will take you along the recently improved Orbital route on a mix of on and off road routes. Ride suitable for those who are confident on roads and in traffic. Ride not suitable for trailers or recumbent cycles. Please ensure you bring lights as the ride will finish in the dark.

Meet: Under Clifton Bridge, Water End, York YO30 6LL at 6.45pm



Tuesday 23rd August – Pedal to the Past

The fifth in our series of mystery themed history rides. Join our resident enthusiasts for a fresh look at York's history. The tour will take you to some historical sites, where you can jump off the bike and explore. It will follow cycle tracks and city centre roads, therefore riders must feel confident cycling in traffic.

Meet: Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am
or Hub Station, Wellington Row, York, YO1 6HY at 10.30am



Saturday 10th September – Brunswick Bike Bonanza

Join our leaders for a gentle ride (11 miles) to Brunswick Organic Nursery for an open day. Sample and buy organic home grown produce, explore the nursery and the wide range of plants they have to offer. Ride includes cycling on quiet roads and cycle paths. Suitable for those who can cycle confidently on quiet roads. Allow 3 hours for this ride.

Meet: Tang Hall Library, Fifth Avenue, York, YO31 0PR at 10am



Saturday 24th September – Skipwith Challenge

Our annual long distance ride of approximately 29 miles to lunch at the Drovers Arms in Skipwith. Route includes quiet roads and cycle paths to Riccall and tracks to Skipwith with the return journey via quiet roads and tracks via Thorganby and Wheldrake. Suitable for confident cyclists with suitable bikes. Allow 5 hours for this ride.

Meet: Tang Hall Library, Fifth Avenue, York, YO31 0PR at 10am



Tuesday 27th September – Pedal to the Past

Another chance for you to join our history gurus on a mystery history ride. The ride will take you to some historical sites, where you can jump off the bike and explore York's history in a healthy way! It will follow cycle tracks and city centre roads, therefore riders must feel confident cycling in traffic.

Meet: Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am
or Hub Station, Wellington Row, York, YO1 6HY at 10.30am



 = **Short Rides:** 30 – 45mins

 = **Medium Rides:** 45mins – 1hr 15mins

 = **Long Rides:** 1hr 15mins – 2hrs



- a new, free, social and healthy activity which is absolutely free!
- discovering surrounding areas of York which you haven't visited before
- meeting new people who also like cycling
- Whatever your age or fitness level we have rides to suit you. Come along to a guided cycle ride and you'll enjoy...
- reduces stress and risks of heart disease
- firms the bottom and helps tone tummy muscles.

For more information contact Fiona (details on the reverse) or visit www.york.gov.uk and search 'York Health Walks'.

York Health Walks programme offers free guided walks from several locations across the city from 30 mins to 2 hours. If you still want more then why not join our 'Days Out' walks which range from 4 – 8 miles. Walks planned for this summer include 'Castle Howard', 'Scoreby Scramble' and 'Park to Palace'.

Enjoy the outdoors?

Why not join an informal walking group and explore the local countryside by foot as well?

Want to know more? Contact me!

Fiona Barker, Active Living Officer
City of York Council, Sport and Active Leisure

Tel: (01904) 553440

Email: fiona.barker@york.gov.uk

If you would like this information in larger print or in an accessible format (for example, in Braille, on CD or by email), please telephone 01904 553440 or email sportandactiveleisure@york.gov.uk

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

☎ 01904 551550



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Led by trained leaders

Get on your bike!

There's never been a better time to cycle!

It's good for you, good for your purse and good for the environment at the same time. Remember, cycling...

- helps you to improve your fitness and live a happier, healthier life

- raises your heart rate, helping to keep weight off
- reduces stress and risks of heart disease
- firms the bottom and helps tone tummy muscles.

Why join our rides?

- meeting new people who also like cycling
- discovering surrounding areas of York which you haven't visited before
- a new, free, social and healthy activity which is absolutely free!



Guided Cycle Rides
Delivered by
Sport & Active Leisure



Guided Cycle Rides

July August September 2011

