

## Pedal to the Past

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 around four 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.

**Tuesday 5 April, meet:** Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am



**Tuesday 5 April, meet:** Cycle Hub Station, Wellington Row, York, YO1 6HY at 10.30am



**Tuesday 3 May, meet:** Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am



**Tuesday 3 May, meet:** Cycle Hub Station, Wellington Row, York, YO1 6HY at 10.30am



**Tuesday 7 June, meet:** Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am



**Tuesday 7 June, meet:** Cycle Hub Station, Wellington Row, York, YO1 6HY at 10.30am



## Bikes Not Barriers

Cycling City York, City of York Council and Get Cycling are holding a series of FREE guided cycle rides for people with physical or learning disabilities, and mobility or balance problems. For information or to book a place, telephone Get Cycling on 01904 636812 or email [nobarriers@getcycling.org.uk](mailto:nobarriers@getcycling.org.uk)



## Want to know more?

### Contact

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**You only need 30 minutes of moderate exercise a day to boost your happiness and health.**

As long as it is done in 10 minute bursts or more, this exercise can be things like cycling to work, playing outside with family or even walking briskly to the shops.

Like a lot of people in York you're probably close to hitting your target of 30 minutes a day.

If you would like some suggestions on easy ways you can get your 30 minutes in York then visit [www.justafewminutesmore.com](http://www.justafewminutesmore.com)



If you would like this information in an accessible format (for example in large print, on tape or by email) or another language please phone: 01904 553440 or email: [sportandactiveleisure@york.gov.uk](mailto: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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City of York Council, and Cycling City York are in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) or call 0300 123 4567 for more information.

# GUIDED CYCLE RIDES

## in and around York

Led by trained leaders



April to June 2011

# Be part of it!



# GUIDED CYCLE RIDES - The Spring Timetable

**Welcome to the new spring 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, please call 01904 553440 to discuss the suitability of the ride. For more information, visit the Cycling City York website - [www.cyclingcityyork.org.uk](http://www.cyclingcityyork.org.uk)

## Sunday 10 April - Cycle Chic™ Sunday - A trip to a fabulous ice cream parlour

Take part in our latest Cycle Chic™ Sunday ride exclusively for women. We'll cycle to the Cycle Hub Station and, from there, we'll walk to LICC at 20 Back Swinagate, where you can choose from a wide variety of tempting ice creams and sorbets, all of which are handmade on the premises using natural ingredients. Participants will be entitled to a special discount. You can choose when you'd like to return home. This ride is suitable for ladies of all levels of cycling ability. For more information see: [www.liccYork.com](http://www.liccYork.com)



**Meet:** Askham Bar Park & Ride Office, Tadcaster Road, York, YO24 1LW at 10am

## Saturday 14 May - Guided Ride to Askham Bryan

This ride is part of a free community cycle try-out event at Energise on Cornlands Road between 9am and 2pm. As well as having the opportunity to try a wide variety of different bikes, you can also take your own bikes along to a Dr Bike session for help and advice with repairs and maintenance. The guided ride will set off at 11am and is suitable for people who can cycle confidently on quiet roads.



**Meet:** Energise, Cornlands Road, York, YO24 3DX at 11am

## Saturday 21 May - A ride through meadows and along riversides

You can choose whether to visit Beningborough Hall and Gardens or continue to the Blacksmiths Arms at Newton-on-Ouse for a pub lunch as part of this scenic ride. Admission charges apply at Beningborough Hall - see [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk) for more information. This ride is suitable for cyclists who can ride confidently on quiet roads.



**Meet:** Clifton Bridge, Water End, York, YO30 6LP at 10.30am

## Sunday 22 May - Cycle Chic™ Sunday - A trip for female fashionistas

In the historic setting of Grays Court, Jacey Lamerton of the Get Your Frocks Off dress agency will share the secrets of credit crunch chic. Then it's off to Get Your Frocks Off itself to browse through designer brands at a fraction of their original cost. See [www.getyourfrocksOff.co.uk](http://www.getyourfrocksOff.co.uk) for more information. You can choose when you'd like to return home. This ride is suitable for ladies who can cycle confidently on quiet roads.



**Meet:** Rawcliffe Bar Country Park Office, Shipton Road, York, YO30 5XZ at 10am

## Saturday 11 June - Ride to Breezy Knees Gardens and Nursery

Join us on a leisurely-paced ride along cycle tracks and quiet roads as we pass through villages and woodland. Enjoy the gardens and refreshments at the café before returning. Garden admission charge £4 for adults – see [www.breezyknees.co.uk](http://www.breezyknees.co.uk) for more information. This ride is suitable for cyclists who can ride confidently on quiet roads.



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

## Sunday 12 June - Ride to the Cold War bunker at Acomb

Enter the blast-proof bunker doors and uncover the secret history of Britain's Cold War on a guided tour. Admission charges apply - see [www.english-heritage.org.uk](http://www.english-heritage.org.uk) for more information. This ride is suitable for cyclists who can ride confidently on quiet roads.



**Meet:** Cycle Hub Station, Wellington Row, York, YO1 6HY at 10am

## Guided mountain bike rides at Dalby Forest

**Saturday 30 April – Beginners.** This ride is suitable for people who are able to ride a bike confidently and would like to learn how to ride in mountain bike terrain.

**Saturday 4 June – Improvers.** This ride is suitable for people who are able to ride a bike confidently in mountain bike terrain and would like to improve their skills and confidence.

Transport and equipment is provided at a cost of £25 per person. Advance booking is essential. For more information or to book a place, telephone 01904 553440 or complete an application form, which can be downloaded from [www.cyclingcityyork.org.uk](http://www.cyclingcityyork.org.uk)



**Meet:** Energise, Cornlands Road, York, YO24 3DX at 9am arriving back at approximately 4.30pm



**Long Rides:** 1hr 15mins - 2hr



**Medium Rides:** 45mins - 1hr 15mins



**Short Rides:** 30 - 45mins