


# Guided Cycle Rides – Autumn Timetable

**Welcome to the new autumn 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.


## Saturday 15th October – East York Autumn Leaves

An autumn ride that takes you east of York, using a mixture of country lanes and tracks to Sand Hutton then quiet roads through leafy canopies into Stamford bridge. After a refreshment stop at the Balloon Tree, the group heads back returning via Sustrans route 65. Allow approximately 3 hours for this ride. Suitable for fair to confident riders. Competent children aged 13 and upwards are welcome with a supervising adult. 20 miles.

**Meet:** Tang Hall Library, Fifth Avenue, York, YO31 OPR at 10am  +



## Tuesday 18th October – The French in York

A ride to the Yorkshire Air Museum, supplementing the programme of events which the Museum is arranging for 17 – 23 October to commemorate the Free French Air Force squadrons which flew from RAF Elvington in World War 2. The outward route will be via the N65 to Moor Lane Bridge, Naburn Lane, Wheldrake and Escrick. The return route will be via Wheldrake, Crockey Hill, Howden Lane and the N65. We intend to have 3 hours at the Museum. Admission is £7.00 for Adults, £5.00 for Seniors (60yrs +). Refreshments are available in the museum cafe (the NAAFI) or people can take a picnic to eat in the grounds. 28.5miles.

**Meet:** The Millennium Bridge, just off Butchers terrace, York, YO23 1LS at 09.30am  +


## Wednesday 26th October – Pedal to the Past

The last chance for you to join our history gurus on a mystery history ride for 2011. 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 

## Saturday 5th November – Cycle out to Huby

Cycle into idyllic countryside on a mixture of cycle paths and mostly quiet roads via Haxby before stopping to enjoy refreshments in this beautiful village before returning via Strensall. Suitable for fair to confident riders. Competent children aged 13 and upwards are welcome with a supervising adult. Allow approximately 3 hours for this ride. Bring your own picnic or money for lunch. 25 miles.

**Meet:** Tang Hall Library, Fifth Avenue, York, YO31 OPR at 10am  
**or** New Earswick Explore Library, Haxby Road, York, YO32 4BY at 10am  +

## Saturday 26th November – Winter Warmer

Get yourself warmed up with this 12 mile cycle ride and admire the winter scenery that the countryside has to offer. This ride passes through Colton, over the railway bridge before stopping at Bolton Percy for refreshments and to admire Tom Denny's inspirational Millennium Window in Bolton Percy Church. The homeward journey takes you via Appleton Roebuck. Suitable for fair to confident riders. Competent children aged 13 upwards are welcome with a supervising adult. Allow 2 hours for this ride.

**Meet:** Copmanthorpe Library, Main Street, York, YO23 3SU  +

## Fancy a shorter ride?

**If you prefer a more leisurely ride then why not download a leisure ride map and discover more of York's green spaces by bike with family or friends.**

Each map in the series illustrates a short scenic cycle ride that takes around one to one-and-a-half hours to complete at a comfortable, leisurely pace but allow extra time for a picnic or cafe stop on route. Rides use a combination of off-road paths, quiet country roads and on-road cycle lanes. They are usually suitable for cyclists of most ages and abilities, including families with younger children over the age of around six. Children younger than this are probably best on a tagalong bike, a child trailer or child seat according to their age and size. Visit [www.cyclingcityyork.org.uk](http://www.cyclingcityyork.org.uk) to download a copy and get cycling!



 = **Short Rides:** 30 – 45mins

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

 = **Long Rides:** 1hr 15mins – 2hrs



- a social and healthy activity which is absolutely free!
- haven't visited before
- meeting new people who also like cycling
- discovering surrounding areas of York which you haven't visited before
- reduces stress and risks of heart disease
- firms the bottom and helps tone tummy muscles.

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

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 autumn include 'Seaside Stride', 'Pocklington Parade' and 'Princes and Poets'.

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

## Enjoy the outdoors?

### Want to know more? Contact me!

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**Email: [fiona.barker@york.gov.uk](mailto: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 553377 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 (Polish)  
własnym języku.

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

**☎ 01904 551550**



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**Guided Cycle Rides**  
Delivered by  
**Sport & Active Leisure**

## 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 happy, 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?

Whatever your age or fitness level we have rides to suit you. Come along to a guided cycle ride and you'll enjoy...

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



**Led by trained leaders**

## Guided Cycle Rides

October November December 2011