

## Bike 50 Rides Schedule July to September 2019

Cycling with others is fun - socialising as you exercise adds significantly to the beneficial effects. Regular exercise can: improve balance and flexibility; lower blood pressure; defend against heart disease, stroke and type 2 diabetes; help maintain cognitive function; reduce depression and anxiety. The rides are free. No advanced booking required - just turn up at the start and join in. No children or dogs, please. **Use pub car parks only if you intend to have a meal or a drink at the pub afterwards.** Please be aware of your own fitness levels and, if in doubt, consult your doctor before starting a new exercise programme. Postcodes given are nearest available to the start and may not correspond to the exact starting point. (T) indicates accessible by public transport. Travel information available from Traveline on 08712002233. We recommend that all participants carry contact details with them in case of emergency.

This is a programme of off-road, mountain bike rides. **All rides meet 10am, start 10.15am and last approximately three hours.** For your own safety and comfort please bring a bike suitable for off-road cycling. Wear suitable clothing. Bring waterproofs, a drink and a snack. Ride lengths are between 10-20 miles. Grading: (1) = Easy, (2) = Intermediate, (3) = Challenging.

Grade 1 rides are ideal for those who want a relaxing, social ride. usually along tow paths and in parks (e.g. Richmond). There may be some slight hills. Suitable for those with some previous experience and a reasonable level of fitness. The rides are typically 12-16 miles. We also run easier rides occasionally, these are marked 'Suitable for beginners'. If you have any doubts about your off-road cycling ability, we recommend you try a Grade 1 ride first.

Some rides are designated 3+. These will involve a high pace and/or technical difficulty.

Please note the following guidelines:

- Off road cycling can be dangerous. Please remember that you are taking part in these rides at your own risk.
- We have a few incidents per year where riders have injured themselves including broken collar bones and arms.
- Only go on rides where you know that you have the technical expertise and fitness to complete them.
- If you have not done a level 3 ride before and plan to do one, get in touch with either the leader, if you have their contact details, or Gwyn and they will discuss it with you.
- In a very few cases a leader may decide on the day that they consider a rider unsuited to the demands of the ride and will advise you accordingly. This is for your own safety.
- If you are one of those unsung heroes or heroines – a volunteer back marker, please ensure that you have the leader's mobile phone number and that they have yours before you set off on the ride.
- During the ride, the ride leader will explain where sections can be technical and/or difficult – always make sure that you listen carefully and understand.
- On a ride, if you are uncomfortable or are losing confidence, tell the ride leader so that you can work out a strategy to avoid difficult sections or to get you back to the starting point safely.
- Don't overtake on technical sections or narrow paths. The person in front of you needs as much room as possible. If you are planning to overtake, ensure that

the person in front knows that you are behind them and that you would like to come past.

- If you are asked by the leader during the ride to mark a turning or junction, ensure that you have seen everyone, including the back marker and that they have seen you, before you continue on the ride.
- If you are planning to try a level 3 ride for the first time after acquiring an e-bike to help you on the hills, please be aware that most level 3 and 3+ rides have other hazards which you will need to be able to deal with, including steep descents with uneven and rutted surfaces. Electric bikes may be able to get you up hills more easily, but they can be more difficult to control due to the extra weight. Because of their speed you could find yourself in an awkward situation.
- Improve your skills by going on one of our off-road riding courses led by Toby or get tuition from any of the other mountain bike training groups in the local area.

Please note that on some days there are two rides scheduled. You will need to choose which one you want to do.

There will be occasional updates to the ride programme and we will do our best to keep you informed of any changes. You can see the latest programme on the Google calendar by using the following link:

<https://calendar.google.com/calendar/embed?src=nq5bpcnlo8gk8co3en0qtd5544%40group.calendar.google.com&ctz=Europe/London>

### **Mon 1 Jul 2019**

**John Park Memorial Ride - 2 rides.** PLEASE LET JOHN KNOW ASAP IF YOU INTEND TO HAVE A MEAL AT THE PUB. (John Johns: john@maximp.co.uk 01252 792 407) as the pub needs numbers at this busy time of year. There will be a ROAD RIDE (approx 25 miles) with John's daughter Louise led by Richard West and a L2 (non technical) OFF-ROAD ride led by John J. Both will meet for coffee at Alice Holt Forest and then a late lunch at The Duke of Cambridge, Tilford. Meet **John and Richard** at 10 for a 10:15 start at the Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427. Please note that Tilford East Bridge may be closed. Approach from Tilford Road, not Tilford Street. (Details in separate email)

### **Tue 2 Jul 2019**

**Sidney Wood (1) 15m** A mainly level ride on woodland tracks, canal towpath, a section of the Downs Link and quiet lanes. There is one significant climb but there is no shame in walking up if necessary. Meet **Gerry** at 10 for a 10:15 start at the Forestry Commission car park at Sidney Wood off Dunsfold Road. Look out for the Bike50 sign marking the entrance to the car park. Lunch at the Three Compasses.

### **Wed 3 Jul 2019**

**Aldershot (2) 13m** Meet **John D** at 10 for a 10:15 start at the Aldershot Garrison Church car park, just off Farnborough Rd (SU853511 / GU11 1QA). This is an easy level-2 ride, though it starts with a steady climb up to 600 feet. We then visit Ewshot village, Fleet Pond, the Basingstoke canal and a mystery route through Wellesley Woods. Enjoy your lunch at the Royal Arms, Heath End, GU9 9AX.

### **Thu 4 Jul 2019**

**Swinley L3.** Riding along man-made and natural single trails of Swinley and Crowthorne Forest at a moderate pace. The ride includes: Blue Trail, Red Trail, Labyrinth, Baby Maker and more. This ride is for technically confident riders and for those aspiring to improve their skills. Meet **Nikolay** at 10 for a 10:15 start at The Forester's Arms CP, Bagshot GU19 5DH, SU906626

### **Mon 8 Jul 2019**

**Ripley (1) 14m** Easy ride along the River Wey and Basingstoke canal. Wonderful views. Meet **Tony** at 10 for a 10:15 start at The Saddlers Arms GU23 6JQ

### **Tue 9 Jul 2019**

**Epsom (2)** A ride taking in parts of Epsom Common, Ashtead Common, Princes Coverts, Oxshott Heath and Esher Common, with wooded paths and potentially muddy after rain. About 14-15miles. Coffee stop at garden centre in Stoke D'Abernon (lock recommended). Meet **Barry Toogood** at 10 for a 10:15 start at The Cricketers Inn, 1 Stamford Green Road, Epsom, Surrey, KT18 7SR. No pub car park, but ample parking on-road in front or nearby. Try to avoid parking right outside as beer deliveries can occur! KT18 7SR, Stamford Green Rd, Epsom KT18 7SR, UK (map). HELMET MANDATORY.

### **Wed 10 Jul 2019**

**St. Leonard's Forest (3+) 11m with 900' of ascent.** A ride consisting of mainly technical, but not too steep, single tracks. Long twisty sections, requiring good bike handling skills to maintain a pace that flows. Must be comfortable with roots, dips, and rollable drop-offs. Meet **Raoul** at 10 for a 10:15 start at The Dragon, Forest Rd, Colgate TQ229327 / RH12 4SY.

### **Thu 11 Jul 2019**

**Stoke D'Abernon (1) 11m** easy ride via Oxshott and Esher Common. Meet **Geoff S** at 10 for a 10:15 start at the Running Mare, Cobham KT11 3EZ

### **Fri 12 Jul 2019**

**Broadmoor L3+.** Climbing up Leith Hill and exploring slippery and rooty single trails including Summer Lightning and others. This ride is designed for confident riders with advanced MTB skills. Dropper post is advisable for your own safety. Coffee break at the Leith Hill cafe. Meet **Nikolay** at 10 for a 10:15 start at Broadmoor CP Sheephouse Ln, Dorking. At Wotton, just west of Westcott on the A25 turn into Hollow Lane. After 1m turn sharp left into Friday Street Rd. Continue past the pond on your right into Noons Corner Road then bear right into Sheephouse Lane (signpost Leith Hill). Broadmoor Car park will be on your left (watch out for low entrance height). Lunch in the Stephan Langton afterwards RH5 6JR.

### **Mon 15 Jul 2019**

**Puttenham Common (2) 11m** An undulating ride around the 'Puttenham Loop'. A mostly off road ride to Puttenham, Compton and Eashing. Some tracks are narrow and the presence of brambles and nettles could result in bleeding and stings so covered legs are recommended. Meet **Gerry** at 10 for a 10:15 start at Puttenham Common Top Car Park (1.95m height restriction and potholed approach). Nearby postcode GU3 1BQ. Lunch at the Good Intent pub in Puttenham, GU3 1AR.

### **Tue 16 Jul 2019**

**Dorking (3) 17m** Heading to Peaslake, Abinger Hammer, Westcott and back. Meet **Gwyn** at 10 for a 10:15 start at the Milton Heath & the Nower Car Park, RH4 3EE. Coming East out of Westcott on the A25 look for the brown sign for Bury Hill Fisheries and turn right up the lane and then first left into the car park (watch out for low entrance height). Coming West out of Dorking on the A25, look for the brown sign for Bury Hill Fisheries. Turn left up the lane and then first left into the car park (watch out for low entrance height). (Lunch at the Prince of Wales in Westcott RH4 3QE afterwards.)

### **Wed 17 Jul 2019**

**Peaslake L3+**. Climbing up Holmbury Hill and traversing slippery and rooty single trails including Yogurt Pots, Telegraph Road, Barry Knows Best and more. Going up Pitch Hill for more singletracks: Roller Coaster, Proper Bo, Fork Right and more. This ride is designed for confident riders with advanced MTB skills. A dropper post is desirable for your own safety. A coffee break in the middle of the ride in the village shop. Meet **Nikolay** at 10 for a 10:15 start at Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

### **Thu 18 Jul 2019**

**Bushy Park: (1) 16m:** An easy 16 mile ride along the towpath at Hampton Court Palace to Kingston, Ham and Richmond Park returning via Teddington. Coffee stop at Pen Ponds Richmond Park. Lunch at the White Hart Kingston Bridge or the Pheasantry. Meet **Izzy** at 10 for a 10:15 start at the Diana Fountain car park in Bushy Park TW11 0EW / TQ159693

### **Fri 19 Jul 2019**

**Bookham Common (2)** A ride across Bookham Common visiting Polesden Lacey and views across Box Hill, before returning. Meet **Geoff S** at 10 for a 10:15 start at The Windsor Castle, Little Bookham Street, Bookham. TQ125545 / KT23 3AA

### **Mon 22 Jul 2019**

**Thursley (3+) 15miles with 1,800' of ascent.** This ride is designed for confident riders with advanced MTB skills. To the PunchBowl and back, taking in some technical single tracks on the way. Meet **Raoul** at 10 for a 10:15 start at the cricket ground car park on Dyehouse Rd, Thursley, GU8 6QD. Lunch at the Three Horseshoes.

### **Tue 23 Jul 2019**

**Two rides L2 & L3: Tilford. Maggie L2: 15 miles.** Undulating terrain over local commons and woodland trails. Steady climbs but none severe. **John L3: A traditional L3: Up to 20 miles**, comprising mixed terrain with moderately technical and challenging climbs and descents. Meet **Maggie & John J** at 10 for a 10:15 start at the Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

### **Wed 24 Jul 2019**

**Ripley: (1) 18m** around Horsley, Effingham, Wisley and using tracks, tow paths, quiet roads, shared paths and bridleways. Meet **Phil L** (07766 424032) at 10 for a 10:15 start at the Jovial Sailor, Ripley GU23 6EZ. Please park furthest away from the actual pub. If not staying for a drink please park in nearby Maple Road off Send Marsh Road.

### **Fri 26 Jul 2019**

**West Horsley (2) 15m** A ride round the woods along tracks and some quiet roads taking in Sheepleas & North Downs. Some undulations that will be taken slowly and gently. Meet **Tony** at 10 for a 10:15 start at the King William IV pub, The Street, W Horsley KT24 6BG. Mon 29 Jul 2019

### **Mon 29 July**

**Horsell L2.** The ride takes us through Horsell Common, Chobham Common and Sunningdale Heath Golf Club. It is off road along well established bridleways and single tracks with some moderate climbs and descents. Meet **Nikolay** at 10 a.m. for 10:15 ride at The Cricketers CP (at the rear of the pub), Horsell, Woking GU21 4XB

### **Wed 31 Jul 2019**

**Polesden Lacey & Ranmore (2):** No big hills, no technical sections! Includes a lovely long descent through Norbury Park. Tea stop at Pilgrims Cycles. Meet **Kevin** at 10 for a 10:15 start at Ye Olde Windsor Castle, Little Bookham Street, TQ125545/ KT23 3AA

### **Thu 1 Aug 2019**

**Ranmore (3+) 12m with 1,500' of ascent.** A ride for confident riders with advanced MTB skills exploring single track trails on the West side of Ranmore. Meet **Raoul** at 10 for a 10:15 start at the West Hanger Car Park at the top of Staple Lane (nearest post code) GU5 9TE, TQ070493. Lunch at Queens Head in East Clandon GU4 7RY

### **Fri 2 Aug 2019**

**Ashted Common (2) 16m** Mainly easy ride across Ashted Common, Ashted Park, Langley Vale then some hilly stuff to Tattenham Corner returning across the Downs and Epsom Common. Meet **Barry Taylor** at 10 for a 10:15 start at The Star pub A243 Kingston Road TQ166600 / KT22 0DP

### **Mon 5 Aug 2019**

**Forest Green: (1) 14m** taking in Ockley, Walliswood on a mixture of bridleways and minor roads/tracks and passing through open countryside and farmland. Meet **Nick** at 10 for a 10:15 start at the Parrot pub car park, Forest Green, just off B2126 Ockley Rd, opposite the forge. TQ129412 / RH5 5RZ

### **Tue 6 Aug 2019**

**Swinley Forest from Bagshot (2+) 13m** Negotiate the singletrack sections of Swinley Forest's blue and red mountain bike trails, setting out from Bagshot. We shall split into small groups with leaders according to ability. Meet **John D** at 10 for a 10:15 start in the Forester's Arms carpark, 173 London Rd (the A30), GU19 5DH Grid Ref: SU 906626.

### **Wed 7 Aug 2019**

**Tattenham Corner (3):** A ride taking in parts of Epsom Downs, Walton Heath, Headley Heath and Stane Street with wooded paths and potentially muddy after rain. Interesting wooded singletracks, some steep climbs. Probable coffee stop in Headley area. Meet **Barry Toogood** at 10 for a 10:15 start at the Tattenham Corner kiosk car park (KT18 5PP). Approx 20 miles and 3 hours. Those wanting a pub lunch can join me in the Beefeater pub next door to the car park. HELMET MANDATORY.

### **Thu 8 Aug 2019**

**Swinley L3.** Riding along man-made and natural single trails of Swinley and Crowthorne Forest at a moderate pace. The ride includes: Blue Trail, Red Trail, Labyrinth, Baby Maker and more. This ride is for technically confident riders and for those aspiring to improve their skills. Meet **Nikolay** at 10 for a 10:15 start at The Forester's Arms CP, Bagshot GU19 5DH, SU906626

### **Fri 9 Aug 2019**

**Wood Street: (1) 14m** Fairly flat first half of ride along a section of the Christmas Pie route. More undulating return via Ash Vale, Ash Ranges and Normandy using tracks and quiet roads. Meet **Tess** at 10 for a 10:15 start at the Wood Street Community Car Park (height restriction) or Royal Oak GU3 3DA if staying for lunch, or surrounding roads.

### **Mon 12 Aug 2019**

**Horsley (2) 17M.** Following mix of well ridden Bike50paths. Taking the easier routes through the woods to the top of the Downs and then down to the Tillingbourne valley, before climbing back to Ranmore, and returning to Horsley. Some hills and descents, but nothing technically challenging. Meet **Kelvin** at 10 for a 10:15 start in the Sheepleas car park behind St Mary's church, West Horsley, off of the A246. TQ088526 /KT24 6AP. Lunch at King William IV pub, The Street, W Horsley TQ080536 / KT24 6BG.

### **Tue 13 Aug 2019**

**Friday Street: (3+) 10m** Technical ride for experienced, confident riders. Meet **Mike TS** at 10 for a 10:15 start at Friday Street car park. Turn off A25 at Manor Farm, Wotton into Hollow Lane. After 1m turn left into Friday Street RH5 6JR. (Lunch in the Stephan Langton Inn RH5 6JR afterwards)

### **Thu 15 Aug 2019**

**Earlswood Lakes: (1/2) 19m:** Long ride, initially on N21 towards Horley & back via Smallfield & Outwood. Mostly level tracks with some road cycling. Meet **Geoff L** at 10 for a 10:15 start at Earlswood Lakes car park -height restriction at entrance. TQ270483 / RH2 7QB. Ignore SatNav instructions to turn into housing estate. Stay on A2044, Woodhatch Road and car park is off this road.

### **Fri 16 Aug 2019**

**Horsell L2.** The ride takes us through Horsell Common, Chobham Common and Sunningdale Heath Golf Club. It is off road along well established bridleways and single tracks with some moderate climbs and descents. Meet **Nikolay** at 10 a.m. for 10:15 ride at The Cricketers CP (at the rear of the pub), Horsell, Woking GU21 4XB

### **Mon 19 Aug 2019**

**Peaslake (3) 12-15m.** A more mellow but still “interesting” ride in the Peaslake area. Moderate pace, some climbing, some descending, including the usual “tourist trails” and a variety of non tourist ones including some new bits. Meet **Gwyn** at 10 for a 10:15 start at the Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

### **Tue 20 Aug 2019**

**Broadmoor L3+.** Climbing up Leith Hill and exploring slippery and rooty single trails including Summer Lightning and others. This ride is designed for confident riders with advanced MTB skills. Dropper post is advisable for your own safety. Coffee break at the Leith Hill cafe. Meet **Nikolay** at 10 for a 10:15 start at Broadmoor CP Sheephouse Ln, Dorking. At Wotton, just west of Westcott on the A25 turn into Hollow Lane. After 1m turn sharp left into Friday Street Rd. Continue past the pond on your right into Noons Corner Road then bear right into Sheephouse Lane (signpost Leith Hill). Broadmoor Car park will be on your left (watch out for low entrance height). Lunch in the Stephan Langton afterwards RH5 6JR.

### **Wed 21 Aug 2019**

**Ripley: (1) 18m** around Ockham, Byfleet, and Send using tracks, tow paths, quiet roads, shared paths and bridleways. Meet **Phil L** (07766 424032) at 10 for a 10:15 start at the Jovial Sailor, Ripley GU23 6EZ. Please park furthest away from the actual pub. If not staying for a drink please park in nearby Maple Road off Send Marsh Road.

### **14:00 B50 Leaders Meeting**

### **Thu 22 Aug 2019**

**Shalford (2) 15m** Ride up to Putterham Common finishing along the towpath from Godalming. Some hills with sand and mud likely. Quite a lot of climbing so good fitness required. Meet **Barry Taylor** at 10 for a 10:15 start at the Scout Hut car park close to A281/A248 roundabout. If no spaces park considerately at the end of lane. TQ001471 / GU4 8DB. Lunch afterwards at the Queen Vic.

### **Fri 23 Aug 2019**

**Juniper Hill, Box Hill, and Ashcombe Wood (3+) 13.5m with 1,800' of ascent.** A ride for confident riders with advanced MTB skills exploring single track trails on the aforementioned hills. Meet **Raoul** at 10 for a 10:15 start at Denbies Vineyard car park, Dorking RH5 6AA. Lunch afterwards at Denbies Café, and/or beer at Surrey Hills Brewery.

### **Tue 27 Aug 2019**

**Leigh: (1) 14m** Easy ride around the area south of Leigh, on tracks and some road. Stopping for coffee at Tanhouse Farm. Meet **Geoff L** at 10 for a 10:15 start at the Seven Stars, Bunce Common Rd, Leigh. TQ217472/RH2 8NP

### **Wed 28 Aug 2019**

**Outwood: (2) 16m.** Through field and woodland tracks to Bletchingley and on to Godstone for tea/cake stop. Return via the Greensand Way and bridleways. Nice views, chance of mud, some single track and ups and downs, nothing too technical. Meet **Richard Tittle** at 10 for a 10:15 start at the The Bell Inn, Outwood (TQ328 457) RH1 5PN (SatNav: if travelling from Bletchingley you need to carry on further towards Outwood to reach the pub)

### **Thu 29 Aug 2019**

**Peaslake L3+.** Climbing up Holmbury Hill and traversing slippery and rooty single trails including Yogurt Pots, Telegraph Road, Barry Knows Best and more. Going up Pitch Hill for more singletracks: Roller Coaster, Proper Bo, Fork Right and more. This ride is designed for confident riders with advanced MTB skills. A dropper post is desirable for your own safety. A coffee break in the middle of the ride in the village shop. Meet **Nikolay** at 10 for a 10:15 start at Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

### **Fri 30 Aug 2019**

**Headley (2/3) 12m:** Heathland and some single track around Headley, Walton & Mickleham. Steady pace. Meet **Mike TS** at 10 for a 10:15 start at The Cock Inn in Headley. TQ205548 / KT18 6LE

### **Mon 2 Sep 2019**

**Stoke D'Abernon (2) 12 - 13m** Taking in Wisley Aerodrome, River Wey and Ripley before returning to Stoke D'Abernon. Meet **Geoff S** at 10 for a 10:15 start at the Running Mare, Cobham KT11 3EZ

### **Tue 3 Sep 2019**

**Bookham Common (1+) 16 miles** This mainly flat ride includes some familiar stretches of countryside around Great Bookham Common, East and West Horsley and Effingham Common. One steep but short climb on tarmac required to the Chatley Heath Semaphore Tower (hence the plus); one easy singletrack descent on Ockham Common. Plenty of mud in wet weather! We will be stopping at Ockham Bites cafe for refreshments. Meet **Dave** at 10 for a 10:15 start at Ye Olde Windsor Castle, 25 Little Bookham Street, KT23 3AA

### **Wed 4 Sep 2019**

**Alfold Bars (3) 20m.** A ride along sections of the Wey & Arun canal towpath and Downs Link connected by bridleways, quiet roads, and technical single track. A few short climbs, and one steep 0.5mile climb. Meet **Raoul** at 10 for a 10:15 start at the Sir Roger Tichborne, Loxwood Rd, Alfold Bars, TQ036333 / RH14 0QS. Park in overflow car park on left-hand-side of pub

### **Thu 5 Sep 2019**

**Ashtead to Reigate Hill (L2+) 18m** Faster paced ride so fit riders only please, via Headley with spectacular views from Colley Hill, stopping for refreshments at Reigate Hill then back via Banstead and Walton Heaths. Meet **Barry Taylor** at 10 for a 10:15 start at The Woodman, Ashtead KT21 2DA.

### **Fri 6 Sep 2019**

**Broadmoor L3+.** Climbing up Leith Hill and exploring slippery and rooty single trails including Summer Lightning and others. This ride is designed for confident riders with advanced MTB skills. Dropper post is advisable for your own safety. Coffee break at the Leith Hill cafe. Meet **Nikolay** at 10 for a 10:15 start Broadmoor CP Sheephouse Ln, Dorking. At Wotton, just west of Westcott on the A25 turn into into Hollow Lane. After 1m turn sharp left into Friday Street Rd. Continue past the pond on your right into Noons Corner Road then bear right into Sheephouse Lane (signpost Leith Hill). Broadmoor Car park will be on your left (watch out for low entrance height). Lunch in the Stephan Langton afterwards RH5 6JR.

### **Mon 9 Sep 2019**

**West Horsley (3) 15m** Hilly ride along tracks and some quiet roads taking in Sheepleas & North Downs including a climb up Water Lane. Meet **Tony** at 10 for a 10:15 start at the King William IV pub, The Street, W Horsley KT24 6BG.

### **Tue 10 Sep 2019**

**Loxwood (1) 14m** An easy ride along canal towpath, bridleways and quiet Sussex lanes. Possibly some bumpy sections across fields. Meet **Gerry** at 10 for a 10:15 start at the car park behind the Onslow Arms RH14 0RD.

**OR**

**Gomshall (3) 17m** Taking in parts of Blackheath, Winterfold and the Greensand Ridge. Mixed sand/mud/stony. Some new sections and combinations; interesting views; no coffee stop, but a banana break. Meet **Barry Toogood** at 10 for a 10:15 start at The Scout Hut, 2 Goose Green, Gomshall TQ084477 / GU5 9LL. Only park outside The Compasses Inn on the A25 if you are using the pub after the ride. Do not use the Gomshall Mill Car Park (unless you intend to use this pub after the ride). HELMET MANDATORY.

### **Wed 11 Sep 2019**

**Juniper Hill, Box Hill, and Ashcombe Wood (3+) 13.5 m with 1,800' of ascent.** A ride for confident riders with advanced MTB skills exploring single track trails on the aforementioned hills. Meet **Raoul** at 10 for a 10:15 start at Denbies Vineyard car park, Dorking RH5 6AA. Lunch afterwards at Denbies Café, and/or beer at Surrey Hills Brewery.

### **Thu 12 Sep 2019**

**Wimbledon (1) 17m:** A 17 mile ride, leaving Richmond Park at the Sheen Gate, making our way to the River Thames at Mortlake. Cycling along the Thames towards Putney Bridge we turn up into Wimbledon Common for a stop at the Windmill Café. A nice zoom downhill before returning into Richmond Park for a good sighting of deer. Lunch at the Lass 0' Richmond Hill. Meet **Izzy** at 10 for a 10:15 start at Pembroke Lodge (Richmond Gate) TW10 5HX / TQ187729

### **Fri 13 Sep 2019**

**Swinley L3.** Riding along man-made and natural single trails of Swinley and Crowthorne Forest at a moderate pace. The ride includes: Blue Trail, Red Trail, Labyrinth, Baby Maker and more. This ride is for technically confident riders and for those aspiring to improve their skills. Meet **Nikolay** at 10 for a 10:15 start at The Forester's Arms CP, Bagshot GU19 5DH, SU906626

### **Tue 17 Sep 2019**

**Shalford (2) 14m** A ride through scenic countryside south of Guildford. If you are looking for an off road ride that does not have mud then look no further. Meet **Jack** at 10 for a 10:15 start at the Chinthurst Hill car park, one mile from Shalford on the B2128 to Wonersh.

### **Wed 18 Sep 2019**

**Worplesdon (1) 14m.** Fairly flat, mostly off road ride around Whitmoor Common to Pirbright, up to Stoney Castle Range and back via Brookwood Cemetery. Mainly tracks and quiet roads, some sand and mud if wet! Meet **Tess** at 10 for a 10:15 start at Worplesdon Place, Worplesdon, nr Guildford GU3 3RY. SU972537. Please use Additional Car Park on left of entrance.

### **Thu 19 Sep 2019**

**Horsell L2** The ride takes us through Horsell Common, Chobham Common and Sunningdale Heath Golf Club. It is off road along well established bridleways and single tracks with some moderate climbs and descents. Meet **Nikolay** at 10 a.m. for 10:15 ride at The Cricketers CP (at the rear of the pub), Horsell, Woking GU21 4XB

### **Tue 24 Sep 2019**

**Bookham (1) 14m** The ride starts with a long slow climb towards Polesdon Lacey followed by several miles of easy cycling towards Leatherhead and Fetcham. After a banana break at the River Mole we cross Bookham common to Effingham Junction then return to Bookham on familiar tracks and quiet roads. Meet **Gerry** at 10 for a 10:15 start at Ye Olde Windsor Castle, Little Bookham street KT23 3AA.

### **Wed 25 Sep 2019**

**Chilworth (2) 18miles.** Starting from a popular venue over some well known paths, in a new mix. Quite a longish flowing ride following some sections of the Downs Link, the Wey navigation and the North Downs way. Several hills but no steep long ones and no technical off-road stuff. Meet **Kelvin** at 10 for a 10:15 start in the car park of the Percy Arms Chilworth TQ031473/GU4 8NP.

### **Thu 26 Sep 2019**

**Mogador (2) 15 - 18m:** To Tattenham Corner and back. Exact route dependent on where the mud isn't. Meet **Gwyn** at 10 for a 10:15 start at the Sportsman pub, Mogador. TQ239532 / KT20 7ES

### **Mon 30 Sep 2019**

**Frimley for Hawley Common (1) 15 - 19m** A mixture of riverside meadow, heath, woodland and urban riding. No major climbs. The longer route via Minley will be taken if conditions allow. Meet **John D** at 10 for a 10:15 start at Pine Ridge Golf Club. Park at the western end of their Car Park. GU16 9NX, grid ref: SU907588.