

Bike 50 Rides Schedule January to March 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>

Wed 2 Jan 2019

Wimbledon (1) 17m: An easy 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 O' Richmond Hill. Meet **Izzy** at 10 for a 10:15 start at Pembroke Lodge (Richmond Gate) TW10 5HX / TQ187729

Thu 3 Jan 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

Fri 4 Jan 2019

Swinley Forest (3) technical 10 miles: 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 8 Jan 2019

Broadbridge Heath (1) 14m Bridleways, quiet roads and part of the Downs Link passing through Warnham, Itchingfield, Barns Green and Christ's Hospital. Coffee stop at Summers Ponds. Mainly firm surfaces but there may be some muddy sections after heavy rain. Meet **Gerry** at 10 for a 10:15 start at the Shelley Arms in Broadbridge Heath RH12 3JU

OR

Tilford (3): A traditional L3 of around 20 miles comprising mixed terrain with moderately technical and challenging climbs and descents. Meet **John J** at 10 for a 10:15 start at the Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

Wed 9 Jan 2019

Horsell: (2) 20m: 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

Thu 10 Jan 2019

Peaslake (3+) 12-15m. This ride is designed for confident riders with advanced MTB skills. The actual route will depend on conditions on the day and will comprise single track trails selected from those on Holmbury, Pitch, and Winterfold hills. Meet **Raoul** at 10 for a 10:15 start at the Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

Tue 15 Jan 2019

Esher Common: (2) 19m An entry level, L2 ride from Little Bookham across Prince's Coverts, Stoke Wood, Esher Common and West End Common returning through Cobham to Little Bookham. Meet **Richard West** at 10 for a 10:15 start at Ye Olde Windsor Castle, Little Bookham Street, TQ125545/ KT23 3AA

OR

Crowthorne Woods/Swinley (3+): A technically challenging ride of mostly off piste single track to include sections of the red & blue trails. Meet **Toby** at 10 for a 10:15 start at The Golden Retriever RG40 3DR.

Wed 16 Jan 2019

Rykas Cafe: (2) 16m Leisurely climbing up good tracks to Ranmore and Norbury Park, rewarded by lovely views and fast, easy descents. Meet **Geoff S** at 10 for a 10:15 start at Rykas car park Boxhill off A24. TQ171521 / RH5 6BX. Lunch at The Stepping Stones

Thur 17 Jan 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

Fri 18 Jan 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.

Mon 21 Jan 2019

Tunnel Hill area and Red Road Hill L 2/3. 18 miles. Single tracks, canal path, Red Road and new tricky single track loop at the end. Meet **Chris Teece** at 10 for a 10:15 start at Potters Inn, Mytchett Place. Road, Mytchett, GU16 6DD

Tues 22 Jan 2019

Chilworth (3) Up to the Downs Link, down towards Shalford to the North Downs Way past St Martha's Church (view) with single track descent to Guildford Lane. Climb to Newlands Corner (view) for break at cafe. Down across Guildford Golf Course then climb to Pewley Down (view) to descend to Chilworth via single track and quiet lane. Meet **Nick** at 10 for a 10:15 start at the Percy Arms, Chilworth. TQ030472 / GU4 8NP

Wed 23 Jan 2019

Bookham (1) 15 miles. NEW LEADER. This mainly flat ride has some lovely familiar stretches of countryside as we cross Great Bookham Common and the rolling fields around East and West Horsley and Effingham Common. One steep but short climb on tarmac required to the Chatley Heath Semaphore Tower; one easy singletrack descent on Ockham Common. There will be mud in wet weather! Meet **Dave Robertson** at 10 for a 10:15 start at Ye Olde Windsor Castle, 25 Little Bookham Street, KT23 3AA

Fri 25 Jan 2019

Chilworth (2) 14m. Starting from a popular venue over some well known paths, in a new mix. Following some sections of the Downs Link, the Wey navigation and the North Downs way. Some hills but avoiding the most challenging sections. Meet **Kelvin** at 10 for a 10:15 start in the car park of the Percy Arms Chilworth TQ031473/GU4 8NP.

Mon 28 Jan 2019

Broadmoor, Level 3+ technical, 10 miles. 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 Abinger Hatch RH5 6HZ afterwards.

Wed 30 Jan 2019

Skimmington NEW GUEST LEADER RIDE: Reigate Heath to Dorking and back (1) 16m: 270m ascent/descent. A rolling ride in the flatter parts of the Mole Valley. From Reigate Heath to Leigh by roads then some well known tracks toward Holmwood and then newer stuff with a nice downhill run back to Reigate. One very sharp, short rise – probably best walked. **Meet David L** at 10 for a 10:15 start at the Skimmington Castle, Bonnys Rd, Reigate RH2 8RL, TQ 240 501

Thur 31 Jan 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

Fri 1 Feb 2019

Swinley Forest (3) technical 10 miles. Riding along man-made and natural single trails of the 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 wishing to improve their skills. Meet **Nikolay** at 10 for a 10:15 start at The Forester's Arms CP, Bagshot GU19 5DH, SU906626

Mon 4 Feb 2019

Horsell: (2) 20m 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 5 Feb 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.

Wed 6 Feb 2019

Minley: (3+) 12 miles of technical single track to take in the Minley and Hawley lake area. Meet **Toby** at 10 for a 10:15 start at the "Ely" pub GU17 9LJ

Thur 7 Feb 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.

OR

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.

Fri 8 Feb 2019

Two rides L2 & L3: Tilford Maggie L2: 15 miles. Undulating terrain over local commons and woodland trails. Steady climbs but none severe. or **John L3: A traditional L3 of around 18 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.

Mon 11 Feb 2019

Newdigate (1) 15m A gentle paced, mostly level ride with a couple of climbs but nothing too challenging. Meet **Gerry** at 10 for a 10:15 start at the Surrey Oaks pub in Parkgate Road, approx. 1mile north east of Newdigate RH5 5DZ

OR

Reigate: (3) Skim to Skim via Reigate Heath, Walton on the Hill & Headley. Some nice single track and interesting descents. Could be a bit of mud. Meet **Gwyn** at 10 for a 10:15 start at the Skimmington Castle pub, Bonny's Rd off Flanchford Rd, Reigate. Park in CP behind the pub. TQ238497 / RH2 8RL

Tue 12 Feb 2019

Gomshall (2) 14m Will take in parts of Blackheath, Winterfold and the Greensand Ridge. Mixed sand/mud/stony. Some new sections and combinations; interesting views. Meet **Chris Berry** 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 the Mill after the ride)

Wed 13 Feb 2019

Bookham (2) 20m. A ride for both MTB's and all forms of Road Bikes heading off from Little Bookham towards Box Hill and return via Ranmore Common. The ride will proceed from Little Bookham on road to Box Hill where the MTB's will take the hill and subsequent down hill off road whilst the road bikes will complete the Headley loop on road. Further off road sections will be included along the way. There will be leaders and backmarkers for both bike types so hopefully no one will get lost! The ride will be 20/25 miles approx. at a steady pace. Meet **Geoff Smith** and **Izzy West** at 10 for a 10:15 start at Ye Olde Windsor Castle, Little Bookham Street, TQ125545/ KT23 3AA.

Thu 14 Feb 2019

Albury (3) Ride along North Downs Way to Picketts Hole and back via Abinger Roughts, lots of hills, some technical stuff and very muddy in winter. May ride in reverse direction with 'lovely' climb UP Picketts Hole. Meet **Barry Taylor** at 10 for a 10:15 start at The Drummond Arms - TQ049478 / GU5 9AG

Fri 15 Feb 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

Mon 18 Feb 2018

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.

Tues 19 Feb 2019

Peaslake (3+) 12-15m. This ride is designed for confident riders with advanced MTB skills. The actual route will depend on conditions on the day and will comprise single track trails selected from those on Holmbury, Pitch, and Winterfold hills. Meet **Raoul** at 10 for a 10:15 start at the Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

Wed 20 Feb 2019

Guildford Downs Ride (2) 18m. Climb to Pewley Downs, Merrow Downs and Newlands Corner. Along the North Downs Way to Netley Heath. Return via East Clandon and A3 shared path. Meet **Phil L** ([07766 424032](tel:07766424032)) at 10 for a 10:15

start at the back end of Spectrum car park GU1 1UP. Park 'underneath' if wet.
Lunch at the Parkway Beefeater next door.

Thu 21 Feb 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.

Fri 22 Feb 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 25 Feb 2019

Tunnel Hill: Old Skool level 3. Now that the forestry work in the Potters to Tunnel Hill area is complete, most of your favorite trails through the trees are now clear and some new ones have been found. Unfortunately, the Porridge Pot side of the canal is fenced and "no go". Meet **Jack** at 10 for a 10:15 start at Potters Inn, Mytchett Place Road, Mytchett, GU16 6DD

Wed 27 Feb 2019

Ripley (1) 14m Easy ride along the River Wey to Thames. Wonderful views. Meet **Tony** at 10 for a 10:15 start at Ripley Green, behind the Half Moon Pub. TQ054570 / GU23 6AN. Lunch in the Saddler's Arms GU23 6JQ

Leaders' Meeting @ 14:00 in the Saddler's Arms GU23 6JQ

Thu 28 Feb 2019

Horsley (2) 15M. Following mix of well ridden Bike50 paths. 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. Meet **Kelvin** at 10 for a 10:15 start in the 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

Mon 4 Mar 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

Tue 5 Mar 2019

Shamley Green (1) 14m An easy ride, suitable for beginners. Half of this ride is on the Downs Link which is level with a firm surface. Part of the route crosses fields which can get muddy after wet weather. Meet **Gerry** at 10 for a 10:15 start at Shamley Green GU5 0UB. Parking is available around the green or along Hullbrook Lane but please show consideration for residents and avoid parking on the grass. Lunch at the Red Lion.

OR

Peaslake (3) 12-15m. This ride is in response to a few requests for a more mellow but still "interesting" ride in the Peaslake area. Moderate pace, some climbing, some descending, including the usual "tourist trails" and a few non tourist ones. Meet **Gwyn** at 10 for a 10:15 start at the Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

Wed 6 Mar 2019

Crowthorne Woods/Swinley (3+): A technically challenging ride of mostly off piste single track to include sections of the red & blue trails. Meet **Toby** at 10 for a 10:15 start at The Golden Retriever RG40 3DR.

Thu 7 Mar 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 and yet different from the 7 Feb ride, 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

Fri 8 Mar 2019

Two rides L2 & L3: Tilford Maggie L2: 15 miles. Undulating terrain over local commons and woodland trails. Steady climbs but none severe. or **John L3:** Local commons and trails dependant on conditions and riders on the day. Meet **Maggie & John J** at 10 for a 10:15 start at the Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

Mon 11 Mar 2019

Esher Common: (2) 19m An entry level, L2 ride from Little Bookham across Prince's Coverts, Stoke Wood, Esher Common and West End Common returning through Cobham to Little Bookham. Meet **Richard West** at 10 for a 10:15 start at Ye Olde Windsor Castle, Little Bookham Street, TQ125545/ KT23 3AA

Tue 12 Mar 2019

Englefield Green (1) 19m We glide through Windsor Great Park and catch glimpses of the Castle and Eton College. We will usually ride alongside the Thames, Jubilee River and the Olympic rowing lake. Mainly on tarmac or firm

gravel surfaces. Generally level, with good climb at end. Meet **John D** at 10 for a 10:15 start by Englefield Green. Park in the bay between cricket pavilion and Bishopsgate Road, TW20 0YX, grid ref: SU991717. Recuperate at the nearby Barley Mow pub

Wed 13 Mar 2019

Thursley (3+) 15miles with 1,800' of ascent. This ride is designed for confident riders with advanced MTB skills. To the Punch Bowl and back, taking in some technical single tracks along 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 afterwards.

Thu 14 Mar 2019

Gravel Ride: Around 40 miles, on and off road: Non technical trails ranging between wide gravel to single track, and mainly undulating quiet rural lanes. You will need basic (Level 1) off road skills and be fit enough (or have sufficient battery power) to maintain a reasonable pace over this distance and climb some fairly significant hills (but won't include the big climb to Blackdown). Suggest bikes including Cross Country MTB, Road bikes with wider treaded tyres, Hybrid, Gravel, Cyclocross, and E bikes but not heavier "All Mountain" type MTBs with long travel suspension or bikes with narrow section slick tyres. Due to the nature of the ride date will be weather dependant. Look for an email if doubtful. Meet **John J** at 10 for a 10:15 start at the Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

Fri 15 Mar 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

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).

Mon 18 Mar 2019

Horsell: (2) 20m: 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 19 Mar 2019

Albury: (3) Climb from Albury to Albury Heath. Skirt Farley Green and cross Winterfold to a descent across the Willingshurst Estate, descending to Shamley Green and return via Blackheath. Meet **Nick** at 10 for a 10:15 start at the Drummond Arms Albury. GU5 9AG

Thu 21 Mar 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.

Fri 22 Mar 2019

Winterfold: (2) 16m. Up to Winterfold and back by a different route. Hilly but not technically demanding. Meet **Jack** at 10 for a 10:15 start at the Percy Arms Chilworth GU4 8NP

OR

Peaslake (3+) technical, 10miles. 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 the Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

Mon 25 Mar 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

Tues 26 Mar 20-19

Tattenham Corner (2). An easy ride of 14 miles with no hills (only slopes and inclines) to Reigate Hill (for view/loo/brew). Meet **Nigel** at 10 for a 10:15 start in the carpark behind The LunchBox. Nearby postcode is KT18 5PP. Lunch after at adjacent Beefeater.

Wed 27 Mar 2019

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

Thur 28 Mar 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

OR

Shalford (2+) 15m Ride up to Puttenham 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 29 Mar 2019

Horton Country Park: (1) 15m mainly flat route (195m ascent/descent). Explore Horton Country Park, the Hogsmill, Nonsuch Park & Ashtead Common. Meet **David L** at 10 for a 10:15 start at the Woodman, Barnett Wood Lane, Ashtead. TQ179586 / KT21 2DA

OR

Swinley Forest, (3) technical 11 miles. Riding along man-made and natural single trails of the 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 wishing to improve their skills. Meet **Nikolay** at 10 for a 10:15 start at The Forester's Arms CP, Bagshot GU19 5DH, SU906626