

Bike 50 Rides Schedule April to June 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 Apr 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.

Wed 3 Apr 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 Sumners 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

Thu 4 Apr 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.

Tue 9 Apr 2019

Epsom (2). A ride taking in parts of Epsom Common, Ashted Common, Princes Coverts, Oxshott Heath and Esher Common, with wooded paths and potentially muddy after rain. About 14-15 miles. 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 carpark, 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

OR

Brookwood and Bisley Ranges (1) 14m We ride over Tunnel Hill to Pirbright and then visit the military and civilian cemeteries at Brookwood. We next head to Bisley national shooting range for an optional coffee stop. We return to Potters via the canal and Four Winds bridleway. Total ascent 720 feet. Meet **John D** at 10 for a 10:15 start at Potters Inn, Mytchett Place Road, Mytchett, GU16 6DD.

Wed 10 Apr 2019

Peaslake 3+. 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 12 Apr 2019

Winterfold (3) 18m. Total ascent about 1800 ft. Meet **Jack** at 10 for a 10:15 start at the Percy Arms Chilworth GU4 8NP. Up to Winterfold and back by a different route. Will take in a few of the less technically demanding single tracks on Holmbury Hill.

Mon 15 Apr 2019

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

Tue 16 Apr 2019

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

Wed 17 Apr 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. 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.

OR

Ripley: (1+) 18m around Ockham, Byfleet, Wisley and Send using familiar tracks, tow paths, quiet roads, shared paths and brideways. 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.

Thu 18 Apr 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 23 Apr 2019

Tandridge (3) 16m Up and along the North Downs & back. Scenic climbs, interesting descents. Coffee stop half way. Meet **Gwyn** at 10 for a 10:15 start at The Haycutter pub, 69 Tanhouse Road, Oxted, RH8 9PE. At Broadham Green about 1m south of A25 at Old Oxted. TQ390514

Wed 24 Apr 2019

Broadmoor 3+. 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.

OR

Bookham (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! Meet **Dave R** at 10 for a 10:15 start at Ye Olde Windsor Castle, 25 Little Bookham Street, KT23 3AA

Thu 25 Apr 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 26 Apr 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.

Mon 29 Apr 2019

Box Hill / Rykas (3) 12m Hilly ride taking in Denbies, Polesden Lacey and Ranmore. Several long climbs and technical descents, expect lots of mud in winter, good fitness required! Meet **Barry Taylor** at 10 for a 10:15 start at Rykas CP Box Hill. RH5 6BY. Lunch at The Stepping Stones.

OR

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

Tue 30 Apr 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 1 May 2019

NEW RIDE Worth Way (1) 13m A gentle ride from Worth to East Grinstead along a disused railway line known as the Worth Way. Coffee stop at East Grinstead and the possibility of spotting a steam train. Meet **Gerry** at 10 for a 10:15 start at the Frogshole Farm, Maidenbower RH10 7QF

OR

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

Thur 2 May 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)

Fri 3 May 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 the Sir Roger Tichborne, Loxwood Rd, Alfold Bars, TQ036333 / RH14 0QS. Park in overflow car park on left-hand-side of pub

Tue 7 May 2019

Chris Teece Memorial Ride. Tunnel Hill. level 2. Will take in trails that Chris and I explored for intended future rides, including what I will call "The Chris Teece Trench" and "Chris' Reservoir Loop". The more technical trails will be excluded making it suitable for level 2 riders. Meet **Jack** at 10 for a 10:15 start at Potters Inn, Mytchett Place Road, Mytchett, GU16 6DD

Wed 8 May 2019

Blackwater North (2) 16m This ride follows the River Blackwater between Frimley and Sandhurst. It then passes south of Crowthorne to reach Swinley Forest where there is an opportunity for riding the red route single track, before returning to Pine Ridge using off road tracks east of The Maultway. 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.

OR

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

Thu 9 May 2019

Bluebell Ride from 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 10 May 2019

Around the Hogs Back (1/2) 23m. Using some quiet roads and trails, this ride skirts around the Hogs back via Farncombe, Compton, Puttenham, Seale and Tongham before riding back along the Christmas Pie track back to Guildford. Coffee stop at the Seale Tea Rooms. It's a longer ride, so expect to be back by 1.45pm. The ride is probably not suitable for entry or slow paced riders. Meet **Phil L** (07766 424032) 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.

Mon 13 May 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

OR

Swinley L3+, 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 14 May 2019

Shalford (2) 14m A ride through scenic countryside south of Guildford. I will likely pick a route that includes Blackheath, Farley Green, The Fox Way, Tillingbourne at Work, the easy bit of Water Lane, round St Martha's and the Chancies. 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 15 May 2019

Gravel Ride: Around 40 miles, on and off road with coffee / lunch stop. Please Note: These rides are taken at a somewhat faster pace than rides that are all 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. 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.

OR

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 by the river Mole we cross Bookham common to Effingham Junction and 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

Thu 16 May 2019

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

Fri 17 May 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.

OR

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 Abinger Hatch RH5 6HZ afterwards)

Mon 20 May 2019

Bluebell ride from West Horsley (2) 15m New ride round the bluebell 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.

14:00 Leaders Meeting

Tue 21 May 2019

Tilford Level 1 / 3 . A non technical, scenic ride with climbing, giving an opportunity for those with electric bikes, fitter L1s and L2s, or those just wanting a scenic ride to experience Hindhead, Devils Punchbowl, Polecat Valley etc. without the technical trails normally included in these rides. Meet **John J** at 10 for a 10:15 start at the Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

Wed 22 May 2019

BIKE 50 TRAINING DAY. Beginner/novice. A full 4 hour course covering all aspects of mountain bike riding to improve skills, build confidence and minimise accidents and injury. Suitable for all riders especially those with no previous instruction. The day will include clear demonstrations and explanations, rider participation and individual assessment and feedback.

Date: Wednesday 22th May.

Time: 10am - 2pm

Venue: Crowthorne Woods (near Swinley Forest)

Fee: £45

There are only 6 places available and a minimum of 4 is required for it to proceed. **For more information or to book please contact Toby**

at www.saddleupmtbtuition.com

Thu 23 May 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

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, GU86QD. Lunch at the Three Horseshoes.

Fri 24 May 2019

Esher Common: (2) 19m A 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 28 May 2019

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

Wed 29 May 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.

Thu 30 May 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.

OR

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 31 May 2019

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.

Mon 3 Jun 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 4 Jun 2019

Loxwood (1) 15m A gentle paced ride exploring Sussex countryside using canal towpath, woodland tracks and quiet roads. If conditions permit we will try a new ride but even in June this area can be quite muddy so the actual route taken will depend on recent rainfall. Meet **Gerry** at 10 for a 10:15 start at Canal Trust car park behind the Onslow Arms RH14 0RD.

OR

Swinley 3+ plus. Drops and Jumps ride! Taking in as many drops and jumps as we can. More of a Swinley session than a traditional ride. Meet **Toby** at ST Anne's church Bagshot GU19 5EQ.

Wed 5 Jun 2019

Horsley (2) 17M. 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. Some hills and descents, but nothing technically challenging. 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 HorsleyTQ080536 / KT24 6BG

Thu 6 Jun 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 Sheepphouse 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 Sheepphouse Lane (signpost Leith Hill). Broadmoor Car park will be on your left (watch out for low entrance height). Lunch in Stephan Langton, RH5 6JR afterwards.

Fri 7 Jun 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

Sat 8 Jun 2019

Putney - Queens Birthday (19m) Level 1. Meet **Phil L** at 11 am* for 11.15 departure (please note later than usual start time) at The Telegraph Pub Putney Heath, London, SW15 3TU for a Thames Towpath trip to Westminster then St James Park. The Queens Birthday flypast of the Mall is scheduled for 13.00 so please bring packed lunch. The ride will then return to Putney after the flypast. Please note - this is *not* the London Freecycle.

Tue 11 Jun 2019

Gomshall. - L 2 (c.15m) Will take in parts of Blackheath, Winterfold and the Greensand Ridge. Mixed sand/mud/stony. Quite long up hill sections and reasonably challenging descents. Good views. 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 the Mill after the ride)

Wed 12 Jun 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

Thur 13 Jun 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)

Fri 14 Jun 2019

Bookham (2). c17 miles. Ranmore and various well ridden paths along the Downs to the West. No steep and long hills, no technical sections! Meet **Kelvin** at 10 for a 10:15 start at Ye Olde Windsor Castle, Little Bookham Street, TQ125545/ KT23 3AA

Tue 18 Jun 2019

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 variety of 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.

OR

Twickenham: (1+) 18m. Following the Crane River to east of Heathrow and then picking up the Grand Union canal to Brentford, Syon Park and the Duke of Northumberland river back to the start. No hills but a longish ride, with some muddy sections when wet and narrow riverside paths hence the '1+' classification. Coffee and (possibly) cake stop, highly recommended. Relatively few main road sections, but some major road crossings. Interesting 'rural' ride. Meet **Chris Berry** at 10 for a 10:15 start at Mill Road (Off Staines Road), Twickenham, TW2 5HA. Parking may be tight so please try Manor Road which is adjacent to Mill Road (also off Staines Road) (TW25DF). There is a very acceptable pub ½ mile from the finish at The Sussex Arms which provides a

variety of real ales /ciders and a reasonable lunch menu. So those who are stopping for refreshments can peel off. Mobile 07722386424

Wed 19 Jun 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

Thu 20 Jun 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 Ripley Green, behind the Half Moon Pub. TQ054570 / GU23 6AN. Lunch in the Saddler's Arms GU23 6JQ

Fri 21 Jun 2019

Chobham Common (2) 14m An undulating ride on the bridleways of Chobham Common. We shall also visit Brick Hill Village, Chobham Place Woods, Stanners Hill, Fair Oaks Airport and the site where the Martians landed. Meet **John D** at 10 for a 10:15 start at the Red Lion in Red Lion Road, Burrowhill, GU24 8RG , grid ref SU 975630.

Mon 24 Jun 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

Tue 25 Jun 2019

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). GU5 9LL, Gomshall, Guildford GU5 9LL, UK (map)

Wed 26 Jun 2019

Bookham (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! Meet **Dave R** at 10 for a 10:15 start at Ye Olde Windsor Castle, 25 Little Bookham Street, KT23 3AA

Thu 27 Jun 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 28 Jun 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.