



# OTLEY CYCLE CLUB: SOCIAL SERIES RIDES

## RIDE HANDBOOK

This handbook is designed for riders and ride leaders to share information and feedback on all our rides so that you can choose the rides that best suit your needs

# GENERAL NOTES FOR OUR RIDES

## WE WILL NEVER LEAVE YOU BEHIND

This is one of our most important principles. This means that the ride guide or any of our riders needs to notice if the group are getting spread out. Often this means that we all find a suitable place to pull in at the side of the road. Sometimes it may be enough to just slow the pace down slightly to create a more compact riding group.

Never assume at a road junction that the back of the group will know where to go, always wait at a group junction if the back of the group are not in sight.

If you think some riders are going at a faster pace than appropriate for the group you can ask them to slow down so that the group is compact.

If riders choose to cycle ahead then they should stop at junctions, they should not assume that the group will take the “obvious” route. Our love of “pointless loops” means that we often divert off the road onto an interesting side road which has fabulous views. If a rider disappears ahead it is their responsibility to “find” the group again.



## JUNCTIONS

When you reach a road junction each rider will need to make a personal judgement about whether they feel it is safe to cross the road. If you do not feel ready to cross the road then wait until it feels safe, even if the rest of the group has crossed, they will wait for you at a safe point just past the junction.

## ROADSIDE REPAIRS



It is really helpful if someone on the ride team can mend a puncture!

Each rider should have their own spare inner tube, a small pump and the appropriate tool to remove their wheel (if not quick release).

You may find it useful to come prepared to help with minor repairs, plastic gloves and “wet wipes” are a great addition to your saddlebag!

The team at Chevin Cycles often run bike maintenance courses, and are well worth attending

## LOCKS

At many of our café stops (particularly in winter) you will not be able to see your bike from the café. This is prime territory for bike thefts so encourage lock sharing! Some riders may not have a lock with them and seem relaxed about leaving it unlocked. Discourage this as a stolen bike will delay and upset the whole group!

## FOOD/DRINK

We will stop at a café stop about halfway round our ride. For some rides we have arranged this stop in advance and the café should be expecting you. If the service is good then the coffee stop will take about 30-45 minutes and is an important social element of the ride.



You will probably want to drink water during the ride so always bring a water bottle. It is helpful to learn how to drink whilst riding – we recommend that you keep the pull up lid on the bottle up so that you can grab and sip from the bottle. A snack bar or banana can be very useful if you run out of energy during the ride (sometimes the hills or the head wind can really sap your energy)

Be aware that some newer riders will find it difficult to snack and drink whilst riding so make sure you pause at the top of the hills for long enough for refuelling and hydration!

## MOBILE PHONES/GPS

Don't assume that there is always going to be a signal, some parts of the Dales can be very patchy and this can cause problems should there be an accident. It is a good idea to have a look at our planned route in advance (they are always on the website) so that you have a sense of where we are going.

If an accident happens it is recommended that you phone 112 on your mobile for an ambulance, this will convey your GPS to the emergency services

## EMERGENCY SITUATIONS

Most rides will go without an incident but sometimes there are accidents on our rides and the ride team will need to make sure that we look after everyone affected. Here are some tips:

- A phone call to 112 (useful when in a remote spot as they can pick up your phone GPS) Communicating with the ambulance response team about what happened.
- Comforting and talking to the injured riders.
- Administering basic road side first aid
- Slowing down traffic
- Getting blankets/coats to keep the riders warm from passing motorist and home owners.
- Finding details of next of kin so we could keep them updated (always have your club card or other form of ID with the "In Case of Emergency" number to help us find your contacts.
- If possible find someone to take care of the bikes of the injured riders and any riders who go with them in the ambulance
- Take photographs of the road scene for any possible follow up – eg of pot hole damage

# OTLEY CYCLE CLUB HALF DAY SOCIAL RIDES

We have three categories of rides which offer riders a range of interesting choices from the gentle rides to the strenuous ride options. Many of our riders like to vary the ride category, some opting for the gentle ride because they want to enjoy a more relaxed pace and to spend more time chatting at the top of a hill.

If you are joining for the first time and not sure of your abilities then you might like to join the gentle ride so you can get to know people and judge your own fitness and preference, you can easily choose one of the other rides next time or stick with the gentle rides.

The half day rides are designed to return to Otley for about 13.00, we cannot guarantee an exact time as the pace will be determined by the slowest rider in the group and we can get delayed by slow service in a café or mechanical problems.

There are also a range of options for longer social day rides which are described on the club website. Members are welcome to choose half day or full day rides depending on their preference for that particular day.

## Otley Cycle Club: Social Section Ride Categories



### Gentle

- Between 16 to 22 miles
- Easier hill climbs, usually on quieter roads so you can wobble and walk
- Frequent stops to admire the view (get your breath back)
- A good ride to start with



### Stretching

- Between 20 to 28 miles
- More hill climbing, often on quieter roads
- Stops at the top of hills to admire the view (and appreciate your increase in fitness!)
- A good ride to progress to and enjoy.



### Strenuous

- Between 25 to 30 miles
- The biggest hills possible
- Fewer stops unless the group becomes too stretched out and needs to regroup.
- A good ride if you are thinking about B Section rides next!

Which ever ride you choose you will never be left behind! All the rides will have a coffee stop about halfway round. All rides have a ride leader and back marker to support and encourage you!

## GENTLE RIDES

We have a choice of 5 shorter rides which are classified as gentle rides. The pace of these rides will be at the pace of the slowest rider in the group so this is an ideal starter ride if you have not ridden with us before and are worried you won't be able to keep up with the pace. These rides will always have an experienced ride guide and back marker who will support you on the ride. More experienced riders often choose this option when they want to go at a gentle pace because they are tired, injured or sometimes had too much orange juice the night before the ride.

### ADDINGHAM 19 MILES

This gentle mainly flat ride goes on the back road towards Bolton Abbey and then we walk over the footbridge to Addingham. If it is a nice day we will have our café stop at the Fleece Deli in Addingham but if it is full (it is only a tiny café) we will stop at Ilkley on the return ride. There are some short sections of main road on this route but it is a lovely gentle route and an ideal introduction to social cycling!

**Option:** divert to look at the Stepping Stones at Burley in Wharfedale, there is a short section of rough bridleway but it is a nice break from the road

<http://connect.garmin.com/modern/course/7930312>

#### Café

Usually the Fleece Deli but it is currently closed due to a fire in 2015 and so the café stop will be in Ilkley for this ride until further notice)

### ECCUP AND DONKEYS 19 MILES

Our Gentle ride will set off along the Pool Road which can be busy but is flat for about 3 miles. We will then go up Creskeld Lane. This is steep in places but there are plenty of stopping places to enjoy the views! There is another busy stretch of road until we reach the back roads of Eccup. We will go up to Eccup reservoir to admire the views and then return on the back roads to the Donkey Sanctuary. There is a small café area and you can spend some time with the donkeys! The return to Otley will go via Bramhope and then a long descent into Otley to finish at the Fleece

<https://connect.garmin.com/modern/course/11002078>

#### Café

The Donkey Sanctuary has a café and toilets

## HAREWOOD 18 MILES

This is a perfect "Introduction to Otley Cycle Club" ride because it is relatively flat and will take you on roads that you are unlikely to have been on before, including the fantastic bridleways at Harewood.

The route goes out from Otley along the main Pool Road, which can be busy at times but we will divert to take the "pointless loop" to the Fishing Ponds. At Pool we will break into smaller groups for the road along Arthington as this can be busy. We will then take a right hand turn to Weardley which is a quiet back road with a short hill climb. This leads us to Harewood Estate where there are (mainly tarmac) Bridleways giving us views of the valley and of deer and highland cattle. The return leg goes on the back roads to Otley, via Weeton and Castley

<http://connect.garmin.com/course/7309744>

### Café

Muddy Boots at Harewood

## NORTH RIGTON AND SMARTIES

There are a few climbs to North Rigton via Almscliffe Crag but you will be surprised how accessible this route is, we take the hills in a very steady manner.

### Gentle Option A: 16 miles

This is a lovely route which goes along the back roads to Huby and then goes up Gravelly Hill to Almscliffe Crag, with plenty of stops on the way. After Almscliffe Crag there is a downhill stretch to the pub. We return to Almscliffe Crag and then take a right hand turn so that we can descend on the back roads to Otley.

<https://connect.garmin.com/modern/course/9627028>

We will sometimes do this route in reverse

<http://connect.garmin.com/course/5028586>

### Gentle option B 17 miles:

This route follows the same course as Route A but the return leg has a diversion to the Trout Farm to provide variety if the group have done this route before and are more experienced on the gentle ride and wanting a bit more a stretch on the return leg

<http://connect.garmin.com/modern/course/8269861>

### Gentle Option C : 19 Miles

This takes the same route as option A and then adds in an extra loop via Weeton, so if worth using if the group are more experienced gentle riders and would like to test out their riding legs a bit more!

<http://connect.garmin.com/course/8281403> - 19 miles

### Café

Square and Compass at North Rigton

## STAINBURN 15 MILES

This will be an easy ride with some climbing but at a very gentle pace and plenty of stops for you to admire the great views and of course there will be fantastic cakes at the Honey House!! The route out starts on the Pool Road so you can get warmed up before the climb up to Armscliffe Cragg via Gravelly Lane. After Armscliffe Cragg it is a very gentle climb to a road on a plateau with views of Harrogate and Otley. On the return to Otley this route usually goes up the hill to Farnley (with stops) so you can get used to climbing Otley hills, but you may also decide to go back via Pool Road, which is longer but flatter

<https://connect.garmin.com/modern/course/10290270>

**Café:** The Honey House

## WHARFEDALE WANDERER 16 MILES

### Option One

This ride takes a leisurely approach out of Otley, using a footpath (please dismount!) and then the road by the golf course. There is plenty of meandering around Menston and Guiseley and then slowly ascends up to the Chevin via Carlton Lane. The café stop is at the Britannia Hotel with a good range of snacks and drinks. The ride can be shortened after the hotel with a return to Otley on the main road if the weather is bad

<https://connect.garmin.com/modern/course/10908154>

### Café

Java Café at the Britannia Hotel (service was a bit slow last time so ring in advance to say we are coming)<https://www.britanniahotels.com/hotels/the-britannia-leeds-bradford-airport-hotel/food-drink/>

### Option 2

A very gentle ride that which uses the back road by the golf course onto Ellar Gill and then meanders round Menston and then continues up to the top of the Chevin by Carlton Lane, there is a pointless loop around Bramhope and then a return via Surprise View and down West Chevin.

<https://connect.garmin.com/modern/course/10834838>

### Cafe

Le Jardin (High Trees Garden Centre) There is no cycle parking at the Garden Centre but plenty of places to lean the bikes. A full range of snacks and is open from 10.00

<http://www.hightrees.co.uk/caf-le-jardin>

### Option 3: Via Guiseley 19 miles

This is a slightly more demanding gentle route which takes in Burley, Menston, Guiseley and Bramhope. The route goes out past the Fleece and then on the old gated road to Burley in Wharfedale. A cunning route is taken from Burley to Menston, using a short section of footpath (please dismount!!) A tour of the High Royds estate gives us a break from the main roads. After the break in Guiseley the route climbs up the steady Carlton Lane to Bramhope before a steady descent back to Otley

<https://connect.garmin.com/modern/course/8051352>

**Café**

Various options in Guiseley including Costa Coffee, Micks Grill or Morrisons. Our new café is “Everybody’s Social” (next to Morrisons)

## STRETCHING RIDES

Our Stretching Rides are the most popular of our ride options, for both experienced and new riders they offer a great way to see the surrounding area in a social group. The rides will always go at the pace of the slowest rider so you do not need to worry about holding everyone up, we will wait for you. Some new riders join us on a stretching ride, others do a gentle ride first...the choice is yours!

The routes taken are slightly shorter and have a lower hill profile than the strenuous rides and are a good introduction to the hill climbing (an essential skill if you want to cycle in this beautiful area!)

### BOLTON ABBEY: 26 MILES

This option takes the flatter route to Bolton Abbey with a return through Burley in Wharfedale for variety!

<http://connect.garmin.com/modern/course/8348580>

#### **Café Option**

A variety of options in Bolton Abbey including Cavendish Pavilion

### BOLTON BRIDGE 23 MILES

This is a shorter ride to Bolton Abbey with the café stop at Bolton Bridge. This can be useful on a colder day or when the ride has been slower than usual

<http://connect.garmin.com/modern/course/8348518>

### BRADFORD SPICY STRETCHING –25 MILES

This is an interesting ride to explore the new Sustrans route to the centre of Bradford and to admire the newly designed city centre. The route is surprisingly quiet and avoids main roads until almost the centre of the city. Apart from one major hill climb on the outward and return legs the ride is relatively flat. The route map is not accurate because we are following a new off road tarmac track.

<https://connect.garmin.com/modern/course/10290397>

#### **Café**

Various options in city centre

### ECCUP AND GOLDEN ACRE PARK 21 MILES

This is a shorter ride for the winter months. The ride has a tough Climb at beginning up West Chevin to Surprise View but once at the top the rest of the ride is gently stretching and includes a ride round to Eccup Reservoir on quieter roads.

<http://connect.garmin.com/course/3200262#.Uj2uRtbp5wc.gmail>

#### **Café**

Golden Acre Park:

## FEWSTON- WASHBURN VALLEY 18 MILES OR 21 MILES

This ride will really test out your climbing legs and it will feel much longer than 21 miles! In return we offer you the glories of the "Yorkshire Lake District" with views across the reservoirs of Fewston and Lindley. This ride is particularly good in Autumn when you are treated to the autumn leaves.

We start with the climb up to Farnley and then a sharp descent to the Trout Farm. A steady climb brings the route to the top of the ridge with views to Otley on the left and Harrogate on the right. The ride goes along Norwood Lane towards Fewston, this road can be very challenging in a head wind so is a good time for you to practice your "drafting skills" by riding in a compact group. After the coffee stop the route goes to the top of the Snowden Ridge via Timble village and then a lovely long descent back into Otley

<http://connect.garmin.com/modern/course/6545271>

The second route is an easier introduction to the Fewston area with a lower length, although similar amounts of climbing. This route was used for our ride with Cycle Weekly! The ride goes down to the Trout Farm, along the Gated Road and then takes the plantation road (unpaved) to Norwood Lane and then down to Fewston. The return ride uses Jack Lane and then climbs up past Lindley Reservoir to Farnley.

<http://connect.garmin.com/course/5694875#>

### Cafe

Washburn Heritage Centre at Fewston Church.

## HAREWOOD 24 MILES

This ride starts on familiar roads with a gentle ride along to Weeton. After a slightly tricky right hand turn onto the Harrogate Road we go into the grounds of Harewood House. The delights of deer, highland cattle and red kites can be enjoyed. After the break at Muddy Boots café we go along the bridleway to Weardley (ok for road bikes but you may like to push for short sections) and then a hill climb up to Eccup which is a good challenge! Meet at the bench at the top of the hill for views and group photo opportunity!

<http://connect.garmin.com/course/7309821>

### Café

Muddy Boots Cafe

## HARROGATE – HARLOW CARR

### Option A: 22 Miles

This route goes up to Harlow Carr via North Rigton and returns on the main road from Beckwithshaw. The return leg has one significant hill climb but then is downhill with the return on the Pool Road making it ideal for tired legs!

[https://connect.garmin.com/course/3108545#.Uj1rNg3U\\_18.email](https://connect.garmin.com/course/3108545#.Uj1rNg3U_18.email)

### Option B: 22 Miles

This route climbs out of Otley on the Farnley Road before taking back roads to Beckwithshaw and then to Harlow Carr. The return leg comes back via North Rigton. There is some climbing involved but the reward will be found at Betty's in Harlow Carr.

<https://connect.garmin.com/modern/course/7038511>

### **Option C: 22 Miles**

This route begins with a flat route along the Pool Road and then climbs on back roads via Braythorne, as route B. On the return leg a diversion is taken on the back roads to the trout farm which gives a quiet alternative to the main road but is more hilly as a result.

<https://connect.garmin.com/course/7127835>

#### **Café**

Betty's at Harlow Carr

### **ILKLEY VIA MENSTON AND COW AND CALF**

A gentle outwards approach using Pool Road to Creskeld Lane makes this a good warm up ride. After Creskeld Lane there is a climb up to Bramhope and then the route goes along the top of the Chevin to take in Surprise View and then follows the course of the Tour de Yorkshire down Buckle Lane and up to the Moor road climbing gradually to the Cow and Calf, from Ilkley we return via Asquith and the back roads. Our café stop is a later point than usual in the ride so bring snacks!

<https://connect.garmin.com/modern/course/10807722>

#### **Cafe**

There are various options in Ilkley, the suggested option is La Stazione,

### **KIRKBY OVERBLOW 24 MILES**

This route goes out via Almscliffe Cragg and North Rigton, there is a short section of the main Harrogate Road and then a turning to Kirkby Overblow. The return leg uses the back roads via Weeton, Huby and Castley.

<http://connect.garmin.com/modern/course/7637448>

#### **Café**

The Shoulder of Mutton at Kirky Overblow or Village Pantry

### **NORTH RIGTON**

#### **Stretching option A 23 miles**

A really lovely loop around the Wharfe Valley, with a climb up the hill from Asquith to the Snowden Ridge and then onto Fewston and then round to North Rigton (most of this ride is the reverse route of our Stretching Ride to Fewston) There are fantastic views of the reservoirs and you will see Almscliffe Cragg from all sides. The café stop is at 15 miles so you may want to take a snack with you to sustain you up the final hill climbs before coffee!

<http://connect.garmin.com/modern/course/8269995>

### **PANNEL 24 MILES**

This is a very attractive route which starts off with the short climb to Farnley and then a descent and short climb along the back roads behind Lindley reservoir. This includes one of the hills climbs that our mini flyers now find is possible rather than impossible! The route continues on back roads, through the streets of Pannel and then onto the main road to the Garden Centre for our coffee stop. After the coffee stop the route is very gentle back to Otley with some long descents and a few shorter climbs. It is a great ride with fantastic views.

<https://connect.garmin.com/modern/course/12134987>

### ROUNDHAY RAMBLE 28 MILES

This is a very interesting route which will take you along roads you are unlikely to know in our quest to find you some fine snacks and coffee at Roundhay Park. The route begins with a gradual climb to Surprise View – with recommended stopping places to admire the views! From Surprise View you get a trip along Millionaires Row to see some quirky architecture choices! After the café stops the rides will return to Otley via Eccup reservoir and an exciting descent of Black Hill – make sure your brakes are in good order for this ride!

<https://connect.garmin.com/modern/course/10894269>

#### Café

Either The Mansion House or the Tropical World Café

### SICKLINGHALL 27 MILES OR 25 MILES

Our routes go to Sicklinghall (near Weatherby) to The Scotts Arms on a route that is straight out and back, using the back roads of Castley and Weeton. There isn't a lot of climbing to do (in Wharfedale terms) and some great views from the top of Kearby Cliff if you choose option 2. We usually see lots of red kites and on a fine day there is no better view. There is a slightly tricky right hand turn off the main Harrogate Road to get to the Sicklinghall Road so you need to take care at this point. There is often a head wind on the return to Otley so do make sure you have enough energy in your legs for this challenge!

#### Stretching via Kirkby Overblow 27 Miles

This slightly longer route goes up via Kirkby Overblow so misses out on the challenge of Kirkby Cliff.  
27 Miles

<http://connect.garmin.com/modern/course/7354516>

#### Stretching – up Kirkby Cliff

25 Miles

<http://connect.garmin.com/modern/course/8160022>

#### Café

The Scotts Arms Pub at Sicklinghall

### SILSDEN 25 MILES

This route starts on the Ilkley road and then briefly joins the By Pass road to Ilkley before taking the old Otley Road to Burley in Wharfedale. It is routed in this direction to avoid congestion on the back road as all groups are going in this direction! The route takes you through Ilkley on a short stretch of the A65 and then up to Addingham Moorside on a lovely quiet back road which climbs to take in amazing views in all directions. You will take at least two stops on the climb to take photos and get your breath back! Once you reach the top of

the climb it is an easy descent into Silsden and the café stop before retracing your ride back over the hill again and then eventually taking the back road to Otley. This is one of our more demanding stretching rides because of the hill climb over to Silsden, which is very steep in places.

<https://connect.garmin.com/modern/course/9025122>

**Café** Bilaluci Café Bar opens on a Sunday for us by request

## THORNER VIA ECCUP & SHADWELL – 30 MILES

This relatively flat 30 mile route goes through Pool, Bramhope, Eccup, Alwoodley, Shadwell, Thorne, Scarcroft and returns to Otley on a similar route as far as Eccup, but then descends Black Hill Lane and onto the Arthington-Pool Road.

<https://connect.garmin.com/modern/course/12191782>

### **Café**

The Dexter at the end of Wigton Lane (0113 203 4991) or Delectations (0113 289 3888) on Main Street in Thorne (if the weather is looking good enough to sit outside.) This cafe has a fantastic "hidden garden" to the rear with plenty of room for cyclists and their bikes, but there's very limited seating inside

(see <https://www.facebook.com/delectationsinthorne/>)

## STRENUOUS RIDES

These rides are the most energetic of our half day ride options. They are classified as strenuous because they are the longer of our ride options and are often very hilly. They will be ridden in a social manner, with lots of breaks to admire the views and a number of “pointless” loops added on to the routes to give our legs a good work out! There will be a ride guide and back marker for these rides so you will never be left behind as we will make the pace suit our slowest rider, the group will change the pace to suit all so that we are riding in a more compact group formation. For some riders this ride is their preparation before undertaking the longer rides offered by Otley Cycle Club, other riders choose this route when feeling energetic and fit and will sometimes go on the more gentle ride options.

### BOLTON ABBEY VIA LANGBAR 27 – 29 MILES

#### **Option A via Langbar**

This route goes via Middleton with a gradual climb up Langbar. We will stop to admire the amazing views and then a sharp descent down to Cavendish Pavilion should only be attempted by riders with brakes in full working order.. The return route takes the lower flatter road back to Otley.

<http://connect.garmin.com/course/5221432#.UpYbj18ilP8.email>

#### **Café**

Cavendish Pavilion

#### **Option B: via Langbar and Storiths**

This is a slight variation on the other Langbar route as it requires a right hand turn onto the main road and then a climb to the road down to Storiths. This offers an option of a coffee stop at Buffers rather than the Cavendish Pavilion.

<http://connect.garmin.com/modern/course/8348246>

#### **Café**

Buffers at Storiths

#### **Option C: via Storiths and Langbar (in reverse!!)**

This route lives up to the "strenuous" name. It goes via Middleton and on to Buffers for a cafe stop before descending to Cavendish Pavilion and returning via a climb over Langbar and takes the lower flatter road back to Otley. This route is a challenging with great views, but not everybody will get up Langbar without stopping. The descents are very steep so should only be attempted by riders with brakes in full working order.

<https://connect.garmin.com/modern/course/11059418>

#### **Café**

Buffers at Storiths

### STRENUOUS –DARLEY 30 MILES

If you have never tried the café at Darley Mills then this is the ride for you! There are some beautiful views as you cross past over the Washburn Valley and the café will restore your energy levels ready for the return leg. There will be plenty of hills and as always there will stops to admire the views! Fantastic snacks and cakes are guaranteed!

#### **Café**

Darley Mills

### LANGBAR AND COW AND CALF – 30 MILES

This route will join up two excellent hill climbs into one beautiful circuit. The route will go out from Otley via Asquith and then will take the “gentle” approach to Langbar to capture your first amazing views of our fantastic Yorkshire landscape. After a steep descent (do make sure your brakes are ready for this ride...might be time to pop into Chevin Cycles?!) there is tea at the delightful Strid Tea Rooms. The return leg will take you through Addingham before tackling the final big climb of the day – the Cow and Calf for another brilliant photo opportunity before the gentle return to Otley via Menston.

<https://connect.garmin.com/modern/course/12197972>

#### **Café**

Strid Tea Rooms

### FEWSTON/THRUSCROSS, 27 MILES

This is the most challenging of all of our Strenuous Rides with a lot of hill climbing involved, the views are worth it though! This ride takes you to Thruscross Reservoir and a very challenging hill climb with some amazing views! The ride crosses over the dam at Thruscross which is a great place to take some photos of the amazing scenery of Nidderdale.

The coffee stop is at the Farm Café with a good range of snacks. The return leg will take in views of Fewston Reservoir from Jack Lane (watch out for the gravel on this road) and the route takes a detour via the gated road to give you a very strenuous work out (a quicker return leg may be taken)

<https://connect.garmin.com/modern/course/9626716>

#### **Cafe**

Upper Cobby Syke Farm Shop Café .

### HAMPSTHWAITE 30 MILES

Hampsthwaite is the burial place of Joshua Tetley and also the burial place of a two and a half foot woman apparently! This ride takes you out along Norwood Edge and then through the various Kettlesing villages to Hampsthwaite. The route returns via Beckwithshaw and North Rigton. It is a hilly route with some great views and some interesting back roads to explore.

<http://connect.garmin.com/modern/course/8271130>

#### **Café**

Sophie's at Hampsthwaite

### HAREWOOD VIA EAST KESWICK 28 OR 30 MILES

This ride takes us out of our usual territory out into East Keswick via Eccup reservoir. This is a good choice of ride if you want to explore a different area and are confident on main roads. The hill climbing is less on this route than many of our strenuous routes.

Most of the climbing is early in the ride and there are some more gentle slopes towards East Keswick. There is a short section of main A Road (Harewood Avenue) on this route which will require confident riding in single file in smaller groups (no more than 6 in each group)

You may want to bring a snack as the break (at Muddy Boots) is towards the end of this route.

**East Keswick Option: This route includes the Harewood Avenue**

<http://connect.garmin.com/course/5167403>

**Wyke Option; This route uses the A61 instead of Harewood Avenue.**

<https://connect.garmin.com/modern/course/11310930>

**Café**

Muddy Boots

## HARROGATE: CENTRAL 30 MILES

This route goes via Fewston and Penny Pot Lane to Harrogate, providing a real test of your legs before you get your break! Come prepared for plenty of hill climbing on this ride but also some lovely views and interesting roads

<https://connect.garmin.com/modern/course/10373106>

**Café**

Variety of options in Harrogate

## PANNAL 28 MILES

A beautiful route which features some of the loveliest of the back roads of the Wharfe Valley. The route leaves Otley via Farnley and then to the Trout Farm, with a steep climb up to a plateau road. You are then mainly descending for the rest of the ride, with gentle sweeping descents to Burn Bridge and then Pannal. The route then diverts onto the main Leeds road to our café stop, which is a hidden gem – tucked away at the back of a garden centre and then returns to Otley via Kirkby Overblow and then down towards the river through the village of Kearby before returning to Otley with the climb over Farnley.

<https://connect.garmin.com/modern/course/7659642>

**Café**

Crimple Hall Garden Centre (Christian's Café)

## ROUNDHAY PARK

**Option A**

The Roundhay Park cafes are great and offer a range of snacks which is good ....because to get to the café stop on this ride you are going to climb up Black Hill! This was the finale ride on the Tour de Yorkshire and is a very challenging climb, another one to add to the local iconic climbs we do on our strenuous rides! There are stopping places on the climb for you to admire the view and no prizes for getting to the top first! So come with plenty of cash to reward yourself for taking on this challenge and enjoy the rest of the ride which takes in the beautiful Eccup Reservoir and the houses of Millionaires Row (watch out for the tasteful yellow house)

<https://connect.garmin.com/modern/course/11002036>

## Option B

This option offers a return route which uses a bridleway at Elmete Lane. It is only recommended for small groups and should be tested before using

<https://connect.garmin.com/modern/course/11312657>

### Café

The Mansion House or Tropical World

## SICKLINGHALL 28 MILES

Our **Strenuous** option is for those who prefer a bit of hill practice. The route takes you around Almscliffe Crag and Kirkby Overblow or it may be ridden in reverse so you can take on the challenge of the ascent of Kearby Cliff. Either option will provide you with some fantastic views and also help you to link up a variety of roads we use on different routes.

<https://connect.garmin.com/modern/course/8160046>

### Cafe

The Scotts Arms Pub by arrangement only

## SILSDEN 29 MILES

This is a good leg stretcher with a short warm up via Middleton and then the challenging climb up to the top of Silsden for amazing panoramic views. The strenuous route takes a left hand turn (signed West Yorkshire Cycle Way) and then a winding descent on steep, quiet back roads into the town. After the café stop we head back up another hill, which is very steep in places. We then take a left turn onto the main road from Silsden to Addingham. Our route takes us through Addingham and along the quiet back road to rejoin the A65 into Ilkley. This is a challenging ride but it is still a social ride so we will stop at the top of the climbs and take lots of photos of the views (allowing you to catch your breath!)

<https://connect.garmin.com/modern/course/9024956>

### Café

Bilaluci Café Bar, Silsden, by arrangement only

## WHARFE VALLEY: GUISELEY AND ILKLEY 27 MILES

This is a "must do" challenge for all hill climbers! The ride starts gently out to Ilkley before tackling the challenging climb up to the top of the Cow and Calf. You may want to push on the final section of the ride so you can really admire the views! After the Cow and Calf the ride continues along the moor road to Hawsworth and take a speedy descent down Thorpe Lane into Guiseley. The return leg includes a climb to Surprise View before descending via Bramhope.

<http://connect.garmin.com/modern/course/8035444>

### Café

Everybody's Social or Costa Coffee - Guiseley

## WILSDEN WOBBLER: 26 MILES

This route takes us out of Otley towards Hawksworth and Bingley so is a great opportunity to explore roads that we do not often cycle along from Otley. There are plenty of steep hill climbs so this ride is perfect for developing your mountain goat skills both ascending and two steep descents into Bingley and on the return leg to Saltaire. The return for this is of course the fantastic views!

<https://connect.garmin.com/modern/course/12160572>

### **Café**

Lady B's Café in St Ives (12 miles) /Stephen Smith's Garden Centre in Wilsden/ KraveDeli - Wilsden

## HYBRID RIDES

These rides involve mainly tarmac and some off road tracks that some riders may prefer to avoid. They can all be ridden on normal road bikes, you may find it more comfortable if you have slightly wider tyres (28mm plus) and a robust frame. You (and your bike) may get a bit muddy and there may be places where you prefer to walk for a short section. The off road element is only a small percentage of the ride so mountain bikes may find it more tricky on the tarmac sections.

### SALTAIRE: STRETCHING : 19 MILES HYBRID OPTION

This is a great ride to explore a different area, we have taken road bikes on this route but just be aware that some of the bridleway can be bumpy so not ideal for your bike if it is very new and shiny! The mileage of this route is deceptive, it feels longer due to the hills and rougher road surfaces. The route starts with a climb up West Chevin and then into Guiseley for a descent down Old Hollings Hill into Esholt and a gentle valley route to Saltaire along roads and then the canal. After the café stop there is a climb up the side of the Saltaire Tramway and then onto Glen Road, with amazing views. The climbing continues onto Baildon Moor and then a rewarding descent to Sconce Lane. This takes us up to the busy Bingley Road (take care) and then down to Menston and back to Otley.

<https://connect.garmin.com/modern/course/7496553>

#### Café

Various Options in Saltaire

### BINGLEY HYBRID STETCHING- 29 MILES

Stretching, 29 miles (with a short section of bridle way and canal towpath, suitable for hybrid, CX or mountain bikes, there is a grassy stretch where you may prefer to push the bike!)

A real treat for those of you with hybrid/CX and mountain bikes with some truly stunning views! This route heads over to Ilkley and up to Addingham Moorside, taking our time up this quiet back road with stops to catch our breath and admire the scenery. We then head away from the tarmac across Low Moor and Rivock Edge, passing the 'Dew' Stanza Stone before rejoining the roads and descending to Crossflats. After refuelling our engines at Five Rise Locks café, we'll roll on through Roberts Park and then onto Baildon, returning to Otley via Old Hollins Hill for some well-deserved refreshments.

<https://connect.garmin.com/modern/course/12610759>

### NORTH RIGTON - STRETCHING HYBRID- 24 MILES

This ride goes up Snowden and then down a bridleway to cross a bridge and then onto Jack Lane and the Gated Road. It is a magical route and will be appreciated by many riders who are familiar with our usual routes. However It may be too muddy for road bikes in the winter and should only be offered as a Hybrid option for people who are happy to use a bridleway

<http://connect.garmin.com/modern/course/5276737>

#### Café

The Square and Compass at North Rigton.

## LINTON WOOD HALL HOTEL – STRETCHING HYBRID RIDE –27 MILES

This route is mainly on the road but does include two short sections of bridleway. The first section is rough concrete and then a woodland path and the second section (after the coffee break) involves a short muddy section where you might prefer to carry your bike and a short uphill stony track where you will have to push the bike. Road bikes that you don't mind get muddy will be fine, mountain bikes are probably unnecessary as it is mainly road!

The route takes us towards Sicklinghall but with additional loops around the village of Kearby and then down a road and tarmac bridleway towards the hotel. Wood Hall Spa Hotel is a magical place, tucked away in the middle of beautiful countryside "you would never know it is there". They will put on a special cyclist elevenses for £9 and we call agreed it was a special treat. After the coffee stop the ride tackles the tougher of the two bridleways and then onto a quiet back road into Sicklinghall and back to Otley via Kearby Cliff, and the backroads to Castley.

<https://connect.garmin.com/modern/course/13489717>

### Café

Wood Hall Spa Hotel – you must ring to book in for a group

## HARROGATE: YORKSHIRE SHOWGROUND STRENUOUS HYBRID 30 MILES

A lovely route that goes round the edge of Harrogate following the blue Sustrans signs, using tarmac tracks. There is a short section in the Showground of rougher track where a slightly more robust bike will make for a more comfortable ride. After the coffee stop you follow a track to exit the showground and return via some back roads back to Otley.

<https://connect.garmin.com/modern/course/9860471>

### Cafe

Fodders, Yorkshire Show Ground, open 10.00

## AWAY DAY RIDES

These rides start away from Otley and can be used on Ride Leader Choice Days or on other days as needed. They give us some variety from the usual routes that we take. These routes have been designed by our members.

### GENTLE – RIPON - 20 MILES DAVID PARKER

This lovely gentle ride will explore the back lanes around Ripon. You will meet at Ripley Car Park (near the castle) at 10.00. The route explores Fountains Abbey, Studley Royal deer park, Ripon centre, and loop back via Bishop Monkton. There will be a coffee stop in Ripon. The ride will be led by David Parker who is an expert on clever back roads in this pretty area of Yorkshire.

<https://connect.garmin.com/modern/course/11300037#.Vxc66HueqU.email>

### STRENUOUS: PATELEY BRIDGE/LOFTHOUSE 32 MILES (DAVID PARKER)

The ride starts with a stiff climb out of Pateley Bridge, then gets easier for a while as it crosses Dallow Moor through Kirkby Malzeard to Masham (café stop). From Masham the route climbs gently through Fearby to Leighton Reservoir, then carries on climbing for several miles until a descent into Lofthouse which will test your brakes. The final section is a delightful gently downhill meander alongside Gouthwaite Reservoir returning to Pateley Bridge.

<https://connect.garmin.com/modern/course/12135482#.VxVG7OaVhw0.email>

### STRONGLY STRENUOUS – MALHAM 36 MILES

This is a Car Assisted Ride with a starting point in Threshfield . Please meet at Threshfield Rugby Club The ride will be about 36 miles and will have some amazing views and challenging hill climbs.

<https://connect.garmin.com/modern/course/10290556>

## CAFES

**Abbey Tea Rooms** - Ferry House, Bolton Abbey, BD23 6HB

Tel: 01756 710797

Web: <http://www.boltonabbey.com/shopandeat/food/tearooms.htm>

### **Bilaluci Café Bar, Silsden**

The café does not normally open on a Sunday but will open if we can guarantee 30 people. There is plenty of room and after our first trial run they agreed to do a café stop again for us. They will organise plenty of bacon and sausages in advance to speed up the ordering. There is only one toilet in the café, there are some public toilets in Silsden as an alternative option.

Bilaluci Café Bar, 55 Kirkgate, Silsden, BD20 0AQ

01535 658273

Helen: 07748415362

### **Betty's at Harlow Carr**

**Open** from 9.00. There can be a wait for tables but service (via the counter) is usually very fast. Hot food is not usually available. Payment is by cash or card and it is a higher price than average. A good range of savoury snacks, cakes and ice cream. They can cater for large numbers and booking is not required, although we usually let them know we are planning to visit

### **Buffers Coffee Shop & Model Railway Gallery**

Back o' th' Hill Farm, Storiths, Bolton Abbey, BD23 6HU

Tel: 01756 710253

Web: <http://www.bufferscoffeeshop.co.uk>

### **Crimple Hall, Pannel**

Christian's Café/Bistro is at the rear of the garden centre and has a large garden area with plenty of seating and space for bikes. Inside the café there are sofas and tables and plenty of space. The prices are typical of Harrogate Area and they do a breakfast menu including toasted tea cakes.

<http://www.crimplehall.co.uk/garden>

### **Darley Mills**

A good range of options and plenty of seating space, check opening times for Sunday, opens at 11.00

<http://www.darleymill.com/eating.html>

### **Donkey Sanctuary at Eccup**

A basic cheap café <http://www.thedonkeysanctuary.org.uk/visit-us/leeds>

+44 (0) 113 261 9249. Advance Booking needed for groups. The café only takes cash payments.

### **Everybody's Social Guiseley**

A very informal café bar which provides a range of breakfast snacks and cakes. If you know you are taking a group larger than 4 people then it is best to contact them in advance so they can set aside an area for us because they can get busy.

<http://www.everybodysocial.co.uk/>

#### **Golden Acre Park, Eccup Rides**

Open from 10.00. Gluten Free cake options. Seats inside or out. The café caters for larger numbers so no notice is needed. Payment by card or cash, prices are reasonable

#### **Five Rise Lock, Bingley**

A very popular cyclists café on the canal side at Bingley. There is plenty of bike parking and a good range of reasonably priced snacks/cakes. The café is open from 9.30 to 17.00 at weekends in summer and 10.00-16.00 during the winter. They are not open on Mondays

<http://www.fiveriselockscafe.co.uk/About-Us.html>

#### **The Fleece Deli, Addingham**

A very small indoors seating area but is open from 10.00. No pre-booking is required but you do need to anticipate it could be full. In the summer there is plenty of outdoors seating, although service can be slow when they are busy. The prices are very competitive and the range of snacks impressive. Service can be slow at times. (The Fleece Deli is currently closed due to a fire in 2015)

152-154 Main street, Addingham, LS29 0LY.

**Tel:** 01943 830 491

**Web:** <http://fleeceinnaddingham.co.uk>

**Facebook:** <https://www.facebook.com/Fleeceaddingham>

**Twitter:** @YorkshireGrub

#### **Fodders Café, Yorkshire Showground, Harrogate**

Open 10.00 (breakfast served until 11.30. They do not take bookings and we may have to queue for service. In summer there is lots of outdoor seating. Prices are higher than average but profits go into the agricultural society.

<http://www.fodder.co.uk/cafe>

#### **The Fuel Station Café, Ilkley**

Ilkley Cycles, 25 Skipton Road, Ilkley, LS29 9EW

**Web:** <http://www.ilkleycycles.co.uk/content/the-fuel-station-cafe.aspx>

**Email:** info@ilkleycycles.co.uk

**Tel:** 01943 816101

**Facebook:** <https://www.facebook.com/IlkleyCycles>

**Twitter:** @jdcycles

#### **Half Moon Café, Roberts Park, Saltiare**

Open throughout the year, the cafe has a good range of cycling staples such as bacon sandwiches, tea cakes and amazing cakes (often with gluten free options)

There is plenty of seating inside and out (wonderful on a sunny day!). The cafe welcomes everyone and has facilities for people with disabilities and parents with young children.

The Half Moon Café is a voluntary organisation run by Saltaire Cricket Club in partnership with the local community. Many staff give their time voluntarily to ensure the cafe offers a great experience for visitors to the Park.

Twitter: @TheHalfmooncafe <http://www.halfmooncafe.co.uk/>

### **Honey House Café**

The Honey House at Braythorne is a lovely café with a range of cakes and honey treats. The opening hours are very random and based on announcements from their Facebook site!

<https://www.facebook.com/honeyhousebraythorne>

### **Krave Deli**

This is a tiny coffee shop in Wilsden, it has a sunny garden area at the back for bikes and sitting out. Inside the seating is limited but it is good if you have a group of less than 6 riders

<http://www.kravedeli.com/>

### **Java Café, Bramhope**

Based at the Britannia Hotel, offering a wide range of snacks at reasonable prices, although service can be a bit slow at times so probably a good idea to ring in advance

<https://www.britanniahotels.com/hotels/the-britannia-leeds-bradford-airport-hotel/food-drink/>

### **Lady B's Café**

This café is on the St Ives estate in Bingley and very popular with cyclists and walkers. They do a good range of snacks. 01274 515 887

<http://bit.ly/2duc5yu>

### **La Stazione, Ilkley**

Situated at Ilkley station this is a very popular cyclist café. It can get busy and indoor seating is limited so in colder weather it may be better to explore other options in Ilkley. A good range of snacks and not too expensive.

<http://www.lastazione.co.uk/>

### **Mansion House, Roundhay Park**

Provided a special menu for us, prices higher than average but service and food speedy and tasty so everyone happy. Can take tables of up to 20 but we do need to contact them in advance, in summer there is more capacity for us as plenty of outdoor seating

0345 450 4545

[jenny.atkinson@dine.co.uk](mailto:jenny.atkinson@dine.co.uk)

[www.dine.co.uk](http://www.dine.co.uk)

### **Micks Grill, Guiseley**

Is open on Sundays, need to check out as an option for the Strenuous Ride from Cow and Calf

### **Muddy Boots, Harewood**

Muddy Boots café is part of the Harewood Community Centre, it is run by Keith and Carol. A good range of cakes and savoury snacks are on offer. Please bring cash for the café stop as they do not take cards. They do appreciate knowing in advance if larger groups will be going there.

Muddy Boots Café at Harewood (see their Facebook page) and contact Carol via Facebook to inform of the visit or send her a text 07837 583508

### **Pine Marten**

This pub/hotel is just past the entrance to Harlow Carr, on the right hand side of the main road. There is a spacious lounge and a large garden. They offer breakfast from 9.00 to 11.30. The menu offers more savoury options than Bettys – toast, eggs, bacon sandwiches and the prices are reasonable. They are able to accommodate 20-25 cyclists easily and are happy to do so, if given advance notice – smaller groups do not need to pre-book.

Contact: Richard 01423 709999

[www.thepinemarten.com](http://www.thepinemarten.com)

### **Prologue Café**

Hot food including breakfast (served all day), toasted sandwiches, ciabattas, wraps, homemade cake, teas, coffee etc. Seating inside and on terrace. Bike parking within view of cafe, locks available. Adjoining bike shop good for spares, repairs and drooling!

Service can be slow if other groups are already inside so check how busy the bike racks are!

3/4 Wellington House, Cold Bath Road, Harrogate, HG2 0NA . 01423 503 000, [info@prologuecycling.co.uk](mailto:info@prologuecycling.co.uk)

<http://prologuecycling.co.uk/cafe/>

### **Wood Hall Spa Hotel - Linton**

By special arrangement the hotel is happy to host cycle groups. They will set up a table (or two) in their restaurant area as a private dining area. It is a luxury coffee stop! Bacon sandwiches and a range of scones and cakes with tea and coffee will be provided for a set cost of £9 a head.

01937 -587271

### **Scotts Arms Pub, Sicklinghall**

They will open for us earlier by arrangement and will provide cake and bacon butties if we ring them a week before.

Amy: 01937 582100, 07783136232 **Twitter @scottsarms**

### **Washburn Heritage Centre/Fewston Parochial Hall**

The café is run by volunteers and is open from 11.00 on Sundays throughout the year and on Saturdays April to Oct. They appreciate being told about numbers of riders in advance. General Contact:

[centre@washburnvalley.org](mailto:centre@washburnvalley.org)

Pat Anderson: [anderson@delvesridge.plus.com](mailto:anderson@delvesridge.plus.com)

On the last Sunday of the month the café has a limited service so we use the Parochial Church Hall on these days which offers a month café

### **Shoulder of Mutton, Kirkby Overblow**

Normally opens from 12.00, will open earlier by special arrangement for coffee and bacon butties/cake option.

Contact Kate at the Shoulder Of Mutton [info@shoulderofmuttonharrogate.co.uk](mailto:info@shoulderofmuttonharrogate.co.uk)

### **Sophies Café, Hampsthwaite**

This local coffee shop has plenty of indoor seating and is very cycle friendly. There is plenty of cycle parking and a garden at the rear. A full range of snacks available. Advance booking is not required but is appreciated.

01423 779219/ <http://www.cyclistswelcome.co.uk/establishment/sophies-coffee-shop-delicatessen>

### **Square and Compass Pub, North Rigton**

The pub is open from 10.00. They have scones and coffee available with Smarties. They can provide bacon butties by special request. £5 Cyclist special – bacon butties and coffee. There is plenty of space indoors and outdoors and you can usually sit so the bikes are in view

[squareandcompass17@gmail.com](mailto:squareandcompass17@gmail.com) (Paul)

### **Upper Cobby Syke Farm Shop Café .**

They have indoor and outdoor seating for over 30 people so booking is not required. Open 10.00 – 4.00 Tuesday to Sundays. Ring 07855941863

## Potential Coffee Stops

### **The Black Swan at Burn Bridge**

Good range of food. Would consider opening early 01423 871031 @TheBlackSwanBB

### **For a gentle ride down gated road?**

Brenda at the Retreat centre be interested in open it up for them, she would be able to serve drinks and ltd food and drinks, the mobile number 07423730047.

<https://www.facebook.com/Norwood-Church-Retreat-Centre-283552398404382/>

### **The Terrace Café Bar – Saltaire, 83 Bingley Road, Saltaire**

01274 533084

[eric\\_poli@live.co.uk](mailto:eric_poli@live.co.uk)

Opens at 10.00 on a Sunday and does a good range of snacks in a very pleasant bistro environment. Cycle parking needs checking out.

<http://www.terracecafebar.co.uk/about-us/>