

## Bike 50 Rides Schedule Oct to Dec 2018

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 Oct 2018**

**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 Ye Olde Windsor Castle, Little Bookham street KT23 3AA

**OR**

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

### **Tues 2 Oct 2018**

**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 @the White Hart Kingston Bridge or the Pheasantry. Meet **Izzy**@ Diana Fountain car park in Bushy Park TW11 0EW / TQ159693

### **Wed 3 Oct 2018**

**Friday Street: (3+) 10m** Technical ride for experienced, confident riders. Meet **Mike TS** at Friday Street car park. Turn off A25 at Manor Farm, Wotton into Hollow Lane. After 1m turn left into Friday Street Rd. Car park is ¼m on right (watch out for low entrance height). TQ126457 / RH5 6JR. (Lunch in the Abinger Hatch RH5 6HZ afterwards)

### **Thu 4 Oct 2018**

**Tilford "Gravel Ride":** This will be a 40+ mile ride taking in non - technical off-road sections and quiet country lanes in Surrey, Sussex and Hampshire. Requires basic off-road skills and sufficient fitness for a longer ride with a couple of fairly significant road climbs. Suitable for gravel bikes, hybrids, cyclo-cross, suitable MTBs but not road bikes with narrow, slick tyres. There will be a coffee stop but it's **advisable to bring your own lunch**. Meet **John J** at Stockbridge Car Park, Tilford Road, Tilford GU10 2DD. SU876427.

**Note:** Due to the nature of the ride it will not be run on this date if forecast is bad - look for an email if it looks doubtful.

### **Mon 8 Oct 2018**

**Frimley (2) 14m** A tour around Chobham Ridges, riding across heathland, through woods and along the Basingstoke canal. No roads (hardly). One descent and one climb. Meet **John D** at Pine Ridge Golf Club. Park at the western end of their Car Park. GU16 9NX, grid ref: SU907588.

### **Tue 9 Oct 2018**

**Gomshall. Two rides - L 2 (c.14m) and L 3 (c.17m).** Both will take in parts of Blackheath, Winterfold and the Greensand Ridge. Mixed sand/mud/stony. Some new sections and combinations; interesting views; no coffee stop on L3/possible on L2. Meet **Chris Berry** and **Barry Toogood** 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)

### **Wed 10 Oct**

**Crowthorne Woods/Swinley: (3)** A technically challenging ride of mostly off piste single track to include sections of the red & blue trails, coffee break at The Lookout. Meet **Toby** at The Golden Retriever RG40 3DR.

### **Thu 11 Oct 2018**

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

### **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

### **Fri 12 Oct 2018**

**Shalford (2) 14m** A ride through scenic countryside south of Guildford. Meet **Jack** at the Chinthurst Hill car park, one mile from Shalford on the B2128 to Wonersh.

### **Mon 15 Oct 2018**

**Alfold Bars (3) 20m** with 1,000' of ascent. 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 the Sir Roger Tichborne, Loxwood Rd, Alfold Bars, TQ036333 / RH14 0QS. Park in overflow car park on left-hand-side of pub.

### **Tue 16 Oct 2018**

**BIKE50 TRAINING DAY INTERMEDIATE LEVEL.** Following on from the beginners course this builds on core skills and technique to improve confidence on more challenging terrain. This will include clear demonstrations and explanation, rider participation and individual assessment and feedback. There are only 6 places available and a minimum of 4 is required for it to proceed. DATE: Tuesday 16th October TIME: 10 till 2pm VENUE: Crowthorne woods (nr Swinley forest) FEE: £55 For more information or to book please contact Toby at: [www.saddleupmtbtuition.com](http://www.saddleupmtbtuition.com)

### **Thu 18 Oct 2018**

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

### **Fri 19 Oct 2018**

**Broadmoor, (3+) technical, 10 miles.** Climbing up Leith Hill and exploring slippery and rooty single trails including Summer Lightning and more. 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 Broadmoor CP Sheephouse Ln, Dorking. At Wotton, just west of Westcott on the A25 turn into into Hollow Lane. After 1m turn sharp left into Friday Street

Rd. Continue past the pond on your right into Noons Corner Road then bear right into Sheephouse Lane (signpost Leith Hill). Broadmoor Car park will be on your left (watch out for low entrance height). Lunch in the Abinger Hatch RH5 6HZ afterwards.

### **Mon 22 Oct 2018**

**Chaldon (3) 14m** Heading west towards Happy Valley and Farthing Down. Lots of woodland trails. Meet **Gwyn** at The Harrow Inn, Stanstead Road, Chaldon. TQ326539 / CR3 6AJ

### **Tue 23 Oct 2018**

**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 Wood Street Community Car Park (height restriction) or Royal Oak GU3 3DA if staying for lunch, or surrounding roads.

### **Wed 24 Oct 2018**

**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** 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

### **Thu 25 Oct 2018**

**Winterfold (2/3) 15m.** Total ascent 1427ft. Meet **Jack** at the Percy Arms Chilworth GU4 8NP. Up to Winterfold and back by a different route. Hilly but not technically demanding.

### **Mon 29 Oct 2018**

**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 Rykas CP Box Hill. **RH5 6BY.** Lunch at The Stepping Stones.

### **Tue 30 Oct 2018**

**NUTFIELD (2) 17m.** Mainly bridleways, with a couple of climbs on tarmac and with coffee stop midway. Meet **Nigel** at the Inn on the Pond, Nutfield Marsh Rd, Nutfield, RH1 4EU (TQ301516).

### **Wed 31 Oct 2018**

**Broadbridge Heath (1) 14m** Bridleways, quiet roads and part of the Downs Link passing through the villages of Rudgwick, Slinfold and Warnham. Mainly firm surfaces but there may be some muddy sections after heavy rain. Meet **Gerry** at the Shelley Arms in Broadbridge Heath RH12 3JU

**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 Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch in Hurtwood Inn afterwards.

**Fri 2 Nov 2018**

**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 @ Lass O' Richmond Hill. Meet **Izzy** at Pembroke Lodge (Richmond Gate) TW10 5HX / TQ187729

**Mon 5 Nov 2018**

**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** in the car park of the Percy Arms Chilworth TQ031473/GU4 8NP.

**Tue 6 Nov 2018**

**Two rides L2 & L3: Tilford Maggie L2:** Undulating terrain over local commons and woodland trails. Steady climbs but none severe.

**or John L3:** Local commons and trails dependent on conditions and riders on the day. Meet **Maggie & John J** at Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

**Wed 7 Nov 2018**

**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 8 Nov 2018**

**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 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.

**OR**

**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 the Drummond Arms Albury. GU5 9AG

**Fri 9 Nov 2018**

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

**Mon 12 Nov 2018**

**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 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

**Tue 13 Nov 2018**

**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: Tuesday 13th November. 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](http://www.saddleupmtbtuition.com)

**Wed 14 Nov 2018**

**Newdigate (1) 15m** A gentle paced, mostly level ride with a couple of climbs but nothing too challenging. The ride includes a circuit of Holmwood Common to view the autumn colours. Meet **Gerry** at the Surrey Oaks pub in Parkgate Road, approx. 1mile north east of Newdigate RH5 5DZ

**Thu 15 Nov 2018**

**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 the The Bell Inn, Outwood (TQ328 457) RH1 5PN

### **Fri 16 Nov 2018**

**Broadmoor, (3+) technical, 10miles.** Climbing up Leith Hill and exploring slippery and rooty single trails including Summer Lightning and more. 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 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 the Abinger Hatch RH5 6HZ afterwards.

### **Mon 19 Nov 2018**

**Tattenham Corner: (2) 14m.** An easy L2 of 14 miles with no hills, (only inclines and slopes), going to Reigate Hill (for a view/brew/loo), the route is a remix of old familiar tracks. Total ascent 1000ft. Meet **Nigel** in the carpark behind The Lunch Box, nearby post code KT18 5PP. Lunch after at the adjacent Beefeater.

### **Tue 20 Nov 2018**

**Bookham (1) 16m** Quiet roads, hard tracks, Wisley Airfield, Pyrford Lock. All weather ride. Meet **Geoff S** at Ye Old Windsor Castle, Little Bookham. TQ128 539 / KT23 3AA

### **14:00 Bike 50 Leaders Meeting**

### **Wed 21 Nov 2018**

**Pirbright Common (L2). 18 m.** One gentle hill to start and then single track and towpath towards Woking returning up Red Road Hill then new single track and loop at the end. Meet **Chris Teece** at Potters Inn, Mytchett Place Road, Mytchett, GU16 6DD.

### **Thu 22 Nov 2018**

**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 The Drummond Arms - TQ049478 / GU5 9AG

### **Fri 23 Nov 2018**

**Guildford: (1) 16m** to Ripley using a variety of tracks, tow paths, quiet roads, shared paths and brideways. Meet **Phil L** (07766 424032) at the back end of Spectrum car park GU1 1UP. Park 'underneath' if wet. Lunch at the Parkway Beefeater next door.



**Mon 26 Nov 2018**

**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** 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.

**Tue 27 Nov 2018**

**Mogador (2+) 17m** To Ashtead and back. Some new bits. Meet **Gwyn** at the Sportsman pub, Mogador. TQ239532 / KT20 7ES

**Wed 28 Nov 2018**

**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 The Forester's Arms CP, Bagshot GU19 5DH, SU906626

**Fri 30 Nov 2018**

**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 the Seven Stars, Bunce Common Rd, Leigh. TQ217472/RH2 8NP

**OR**

**Two rides L1 & L2: Tilford**

**Maggie L1:** Mainly off road sandy heathland tracks across local commons. Mostly level with one or two hills. Stretches of single track through the heather.  
or

**John L2:** Local commons and trails dependant on conditions and riders on the day.

Meet **Maggie & John J** at Stockbridge car park, Tilford Road, Tilford GU10 2DD. SU876427.

**Mon 3 Dec 2018**

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

**Tue 4 Dec 2018**

**Tattenham Corner (3):** A ride taking in parts of Epsom Downs, Walton Heath, Headley Heath and Stane Street with wooded paths and potentially muddy after rain. Interesting wooded singletracks, some steep climbs. Probable coffee stop in Headley area. Meet **Barry Toogood** at the Tattenham Corner kiosk car park

(KT18 5PP). Approx 20 miles and 3 hours. Those wanting a pub lunch can join me in the Beefeater pub next door to the car park. HELMET MANDATORY.

### **Wed 5 Dec 2018**

**Guildford Downs Ride (2) 16m.** 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) at the back end of Spectrum car park GU1 1UP. Park 'underneath' if wet. Lunch at the Parkway Beefeater next door.

### **Thu 6 Dec 2018**

**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 Worplesdon Place, Worplesdon, nr Guildford GU3 3RY. SU972537. Please use Additional Car Park on left of entrance.

### **Fri 7 Dec 2018**

**Horsell, (2) 20miles** The ride takes us through Horsell Common, Chobham Common and Sunningdale Heath Golf Club. It is off road along well established bridleways and single tracks with some moderate climbs and descents. Meet **Nikolay** at 10 a.m. for 10:15 ride at The Cricketers CP (at the rear of the pub), Horsell, Woking GU21 4XB

### **Mon 10 Dec 2018**

**Peaslake (3+) 12-15m with 1,500' of ascent.** A ride 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 Walking Bottom CP, Peaslake, GU5 9RR, TQ084446. Lunch at Hurtwood Inn.

### **Tue 11 Dec 2018**

#### **Bike50 Christmas Lunch**

The 2018 Bike 50 Christmas lunch extravaganza will take place on 11th December at Pine Ridge Golf Club, Old Bisley Road, Frimley, Camberley, GU16 9NX.

**More details at the end of the ride programme**

### **Wed 12 Dec 2018**

**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 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.

### **Thu 13 Dec 2018**

**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 the The Bell Inn, Outwood (TQ328 457) RH1 5PN

**OR**

**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 Ye Olde Windsor Castle, Little Bookham Street, TQ125545/ KT23 3AA

### **Fri 14 2018**

**Broadmoor, (3+) technical, 10 miles.** Climbing up Leith Hill and exploring slippery and rooty single trails including Summer Lightning and more. 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 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.

### **Mon 17 Dec 2018**

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

### **Tue 18 Dec 2018**

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

### **Wed 19 Dec 2018**

**Ripley (1) 14m** Decorate yourself and your bike for Christmas and win a prize ! Easy ride along the River Wey and Basingstoke Canal. Wonderful views. Meet **Tony** at Ripley Green, behind the Half Moon Pub. TQ054570 / GU23 6AN

### **Thu 20 Dec 2018**

**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 The Forester's Arms CP, Bagshot GU19 5DH, SU906626

### **Fri 28 Dec 2018**

**Ash Ranges (1 & 2)** Meet **Jack** at the Cricketers Pub, Pirbright (SU947559 / GU24 0LP). Ride the military land, not often open, along mixed tracks and off-road.

## **Bike 50 Christmas Lunch 11<sup>th</sup> December 2018**

**GREAT NEWS:** The 2018 Bike 50 Christmas lunch extravaganza will take place on 11th December at Pine Ridge Golf Club, Old Bisley Road, Frimley, Camberley, GU16 9NX. Denis Walker has agreed again to help with organising the event.

Last year's party with the inclusion for the first time of some professional entertainment went down very well and we aim to better this for 2018. We will of course top it up with a bit of home grown entertainment celebrating another successful year of Bike 50!

Pine Ridge can accommodate a large number of people, the room will be themed (Hollywood this year) as they hold regular Christmas parties and all the normal trimmings will be provided, plus a few surprises. In addition the menu includes coffee/tea and mince pies which can be served after our entertainment. You'll find the menu at the end of this email.

There are a number of ride options from Pine Ridge and we will plan a level 1 and a level 2 ride in the morning. In addition, there may be an opportunity for a group to do 9 holes of golf instead. More details of rides and golf in the near future. We will be able to use the club's changing rooms for those who prefer it to the usual car park facilities.

There will be the usual raffle, so please bring any prizes you would wish to contribute. There will also be some special prizes, donated by sponsors (including one already offered by the venue) and hopefully bike shops and regular haunts. If anyone can source any of these, please let Denis Walker know. He will be seeking volunteers nearer the time to run the raffle on the day. The raffle takings will be split between two charities. If you have a favourite charity (not your own benevolent fund), please submit the name to Denis at [dwalk6211@gmail.com](mailto:dwalk6211@gmail.com) and on the day, we will draw two charity names from a hat.

So, finally to prices!

The prices include staff gratuity, contribution to entertainment costs and other one off costs such as prizes. Everything seems to have a Brexit effect so they are slightly higher than last year but still great value.

The price for the three course menu is £32 and the price for the two course menu is £27.50. Please confirm your attendance and secure your place by paying for either the three course or the two course option to the following account, ensuring that your name is included as the reference:

Sort code: 09 01 29

Name Bike 50

Account No. 05144389

Reference your surname **\*\*\*most important so you can be identified\*\*\***

(special arrangements will be made for those known not to use email or online banking)  
**and then send an email to [info@bike50.org.uk](mailto:info@bike50.org.uk) with your name and menu selection**  
Please approach Richard West, our new Treasurer if you cannot pay by Bank Transfer.  
I hope as many as possible can make it as it is always the highlight of the year and a great opportunity for a bit more socialising with fellow riders. And it will be good fun!

## **STARTERS**

**Souperman** Spiced Parsnip & Apple Soup

**A Fish Called Wanda** Smoked Mackerel Pate with Horseradish Cream

**Chicken Little** Chicken & Duck Terrine with Red Onion Marmalade

## **MAINS**

**The Main Event** Traditional Roast Turkey

**Big Fish** Salmon With Lemon & Tarragon Sauce

**Bravetart** Cheese, Leek & Cranberry Tart with Cumberland Sauce

## **DESSERTS**

**The Three Musketeers** Trio Of Desserts

plus

Coffee/tea and mince pies