

About The Castle Cyclists:

We are a mixed ability group of all ages from Bishop's Castle and surrounding districts who embrace cycling as a means of recreation as well as an environmentally friendly method of getting from a to b.

The group welcomes new members and there is no official membership fee. To receive info about rides etc simply register on our website www.castlecyclists.org.uk

National Bike Week is an excellent reminder of the joys of cycling so do come along and join in on one of our rides, we are all very friendly and encouraging!

Everyone is responsible for themselves on a ride and any children joining a ride must be accompanied by a parent/carer. We advise you bring: Spare inner tube, pump, tyre levers, waterproof, hi-vi or bright coloured top, a helmet is optional but highly recommended for off-road rides and water!



CastleCyclists Bike Week Events June 18th-26th

www.castlecyclists.org.uk

Julian Symondson 01588 630274



Events

Saturday 18th June

A Solstice Sunset Saunter

Slow 'on road' hill climb up to Kerry Ridgeway to see the sunset. Meet Six Bells, Bishops Castle approx 7.30pm for pre-ride chat setting off at 8.15pm approx. 10 miles round trip. Sunset at 9.30pm then whizz back down into town again by 10pm approx. Contact Julian Symondson 01588 630274.

Sunday 19th June

Family Friendly Ride

Starting from Clun Very easy low level ride especially good for new and young cyclists wanting to build confidence. Meet Clun riverside car park at 11.15am. Route via Bicton and Whitcott Keysett. 9 miles round trip. Lunch at Crown Inn Newcastle on Clun then back same route. NB Carvery option 1pm for which booking essential 01588 640271. Finish 3pm approx. at Clun riverside car park. Dave Thomlinson 01588 640550.

Starting from Bishops Castle. *Same destination and lunch arrangements as above.* Easy pace ride with one big hill but worth the effort! Meet Community College layby Bishops Castle 10.30am. Route via Colstey bank, Whitcott Keysett. 16 miles approx. round trip returning 3.30pm approx. back at Community College layby. Liz Colebrook 01588 630494 or 07729591479

Monday 20th June

'On and Off the Beaten Track' mountain bike ride

Mix of road and off-road riding. Intermediate level of skill required mainly due to climb up onto Ridgeway. Great introduction to local trails and views. Meet outside Six Bells, Bishops Castle. 6pm. 15 miles round trip approx. Finish at Six Bells for 'Beer and Butties' at 8pm. Contact Steve Levers 01588 630513.

Tues 21st June

'Beyond the Black Hill' mountain bike ride

Intermediate off-road ride. Good fitness and some experience of mountain biking essential. Meet at Clun riverside car park 6pm. 12 miles round trip: Black Hill, Woodside, Radnor Wood and Bury Ditches finishing at The White Horse, Clun for Beer and Butties at 8pm. Contact Steve Levers 01588 630513.

Wed 22nd June

Harvest Wholefoods Shopping Ride.

Easy going road ride particularly good for new cyclists and anyone wanting a good reason to get on their bike! Meet outside Six Bells, Bishops Castle 10am. Bring panniers if you intend to shop! 6 miles approx. Circular route including some quiet minor roads. Returning at 11am to Acanthus Café, High St, Bishops Castle for post ride tea/coffee. Chris Symondson 01588 630274.

Dr Bike aka Britain's Biggest Bike-Fix

Mechanic members of Castle Cyclists on hand for diagnosis, advice and minor repairs. 10% off parts from Castle Cars. Bring your bike along to Castle Cars forecourt Union Street, Bishops Castle. 5.30pm til 7pm. Liz Colebrook 01588 630494 or 07729 591 479.

Thurs 23rd June

Women's Lowlands Ride

Easy going road ride around the local lanes. Plenty of scenic stops! Meet 6pm Community College layby. 14 miles round trip finishing 7.30pm at The Castle Hotel for refreshment opportunity. Contact Liz Colebrook or Clare Schofield 01588 630494 or 07729591479.

Friday 24th June

Masala Ride

'On road' jaunt up to The Crown at Wentnor for renowned curry pub grub. Meet outside Six Bells, Bishops Castle 6pm. 20 miles round trip approx. Finishing back at start 9pm approx. Contact Paul Rogers 07767 278 689 or Andy Seabourne 01588 638979.

Other events you may be interested in:

Tour-de-Ludlow on Saturday 18th June. Meet Millenium Green, Ludlow at 10:45am to register. 11:15am start. Family friendly bike ride through Oakly Park to Bromfield. Bring your own picnic. Cycle back again finishing in Ludlow 2.15pm approx. 6 miles round trip. www.ludlow21.org.uk

Shropshire Highlands Challenge Sunday 19th June Ludlow Plenty of hill climbing for anyone wanting a real 'eyeballs out' challenge. Not for the faint hearted! www.shropshirehighlandschallenge.co.uk

York cycle Show 25/26th June www.ctc.org.uk
Follow links from 'Activities and Events' tab.

More information:

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