



Bike Week Local Events 13-21 June

CycleHereford's annual bike-fest has a touch of the open road about it this year, with something for most ages and abilities. Turn up to enjoy the freedom of the bicycle, good company and fresh air! Most rides are FREE and all are led by experienced cyclists.



Sunday 14 June - 9.45am start 'South Herefordshire Wanderer'

All day leisurely circular route, 32 miles south of Hereford. Beautiful countryside with lunch stop and visit to unusual Hoarwithy Church. Not suitable for children or the very unfit. Contact Martin on 01432 353971 for details or to let him know you are coming. **Start at Tourist Information Centre, King Street.**

Sunday 14 June - 'Women-only leisure ride' - 10.30am start

Hereford to Tillington Court Fruit Farm and back, 10 miles. Café on site, or bring picnic if preferred. The route is part riverside off road, some main roads and country lanes. Allow 4 hours. There will be a £2.50 registration fee to support Sustrans local scheme - Connect 2. To book a place (essential) contact Paula on 07792 880 349 or Val on 01432 340 641 or email smartmovepj@yahoo.co.uk Closing date to book: Sunday 7 June 2009. **Start from Elgar Statue at Hereford Cathedral.**

Tuesday 16 June - 'Hereford to Breinton Leisure Route' - 3.30pm start

Reach traffic free, open country in minutes! This ride is perfect for families and occasional cyclists. Children under 15 must be accompanied by an adult. Following the Great Western Way, the route also takes us along quiet roads, with an off-road section which can become a bit muddy after rain. Allow 1½ hours. For details tel Mike Bosley, 01432 382192, or Mark Johnson, 01432 353275. **Start from the front of The Hereford Academy, South Wye.**

Wednesday 17 June - 'Breinton Springs' - 6.30pm start

Approx 7 miles on a beautiful and fairly easy ride which uses only cycle paths, country lanes and small sections of minor roads. People aged 10-16 must be accompanied by an adult. Not suitable for under-10s or 'wobblers'. For details, tel Ad, 07929 600 502. **Start from The Volunteer Inn, Harold Street, Hereford.**

Friday 19 June - 'Connect2Hereford - from both sides now' - 7pm start

A leisure ride for fairly confident cyclists will take people to the Bartonsham and Rotherwas sides of the bridge (but not on it!). Some of the route will be off-road and bring lights just in case we're late getting back. Not suitable for children. For details tel Mark, 01432 840363 or cycling@image.cix.co.uk. **Start from The Volunteer Inn, Harold Street, Hereford.**

Sunday 21 June - 'North by North-West' - 4pm prompt start

Leisurely 4ish hour ride leaves the city via College Hill, makes a pit stop at The Bell at Tillington, then returns via Credenhill, keeping to quiet roads apart from a short stretch of A road. Not suitable for children. A lovely summer's evening ride to end Bike Week 2009! Details, tel Richard 01432 355460. **Start from back of The Barrels, St Owen's Street, Hereford.**

Check our website for any last minute changes or additions - www.cyclehereford.com

All events have been registered with Bike Week and are fully insured for public liability through them. Please remember your bike must be road worthy and have efficient brakes! For longer rides, please bring a puncture repair kit, a snack and a drink.