# **Group Cycle Rides in Herefordshire**

We recommend checking the club facebook pages for the most up to date information on planned rides.

The rides are listed by difficulty, with slower paced and shorter rides at the top of each day.

### **Ledbury Clubs**

### **Ledbury and District CTC**

www.cyclinguk.org/local-groups/ledbury e: kevla@kevla189.plus.com

### **Leominster Clubs**

### **Luctonians Cycle Club**

www.luctonians.co.uk/cycle-club e: daitoms@icloud.com Facebook: See link on website

### **Ross-on-Wye Clubs**

### **Ross-on-Wye & District Cycling Club**

rosscc.co.uk

**e:** committee@rosscc.co.uk Facebook: rosscyclingclub

# Ledbury

### **Tuesdays**

#### **Ledbury and District CTC - Club Rides**

**Meet:** 10am at the Ledbury War Memorial for an all-day ride going at a leisurely 10 mph pace. Includes Café stop and pub lunch 20-40 miles depending on weather.

### **Thursdays**

#### **Ledbury and District CTC - Club Rides**

**Meet:** 10am at the Ledbury War Memorial for a half day with a coffee stop, and our cyclists split up into two groups travelling at either 10 mph or 14 mph. The popular option of our 15-20 mile half day ride at only 10 mph may be very suitable for beginners and/or seniors returning to cycling.

We do not leave our slower riders behind, and our experienced riders can offer support with mechanical problems.

## Leominster

### **Tuesday**

Luctonians Cycle Club – Relaxed Pace Ride

Meet: 10am at The Bell in Yarpole

Distance and speed is variable – 30+ miles at a relaxed pace

### Wednesday

**Luctonians Cycle Club** – Time Trials/Chaingang Organised for **alternate Wednesdays in Summer at 7pm**. **Meet:** at Mortimer Park. Time Trials take place on traffic free roads at Shobdon Airfield.

### Sunday

**Luctonians Cycle Club** – Social Rides **Meet:** 9am at Luctonians Sports Club, Mortimer Park Between 30 - 50 miles averaging 13 - 16mph

## **Ross-on-Wye**

### **Tuesday**

**Ross-on-Wye & District Cycling Club** - Evening Ride. **Meet:** 7pm at Ross Market Hall. Typically ride for 2-3 hours.

### **Thursday**

**Ross-on-Wye & District Cycling Club** - Evening Ride. **Meet:** 7pm at Ross Market Hall. Typically ride for 1.5 hours.

### **Friday**

**Ross-on-Wye & District Cycling Club** – Evening Mountain Bike Ride **Meet:** 6pm, Chase Woods. Please check the facebook page for more details.

Ross-on-Wye & District Cycling Club - Morning ride.

Meet: 10am at top of Roman Way (Fernbank road)

Typically ride for 3-5 hours with a coffee stop lead by Bob Davies.

### **Saturday**

**Ross on Wye & District Cycling Club** - Saturday Breakfast Ride A 25 – 30 mile ride including a breakfast stop.

This ride is only once in a while and not regular, but it is always on our face book page if occurring.

### Sunday

**Ross-on-Wye & District Cycling Club** – 2 Sunday club runs offering different paces and distances.

Meet: 9am at Ross Market hall

Club Run 1 - typically higher pace 50-80 miles with a coffee stop. Club Run 2 - typically steadier pace 30-60 miles with a coffee stop.

Please note for all rides you must be covered by your own insurance.

You can get insurance as part of a membership package with British Cycling and Cycling UK.