

Garforth, Kippax and District Easy Cycling Group

This is a record of what was discussed at our Zoom meeting on 18th May, 2021 which outlines what we agreed would be the basis of our group.

Present:-

Dave, Marion, Duncan, Tony, Graham, Martin, Carol G. and Carol J.

Core Aims of Group

1. Our Easy Cycling Group is intended to encourage safe cycling opportunities for local U3A members, including anyone who might not have cycled for some time, or who has lost confidence on two wheels, for whatever reason.
2. In putting our initial aim into practice, it is everyone's responsibility to ensure no-one is left behind and that we will be guided by the stamina and pace of the slowest rider.
3. The use of good off-road tracks and bridleways will be our main focus, although quiet roads will also be used, so as not to restrict what we do.
4. Each rider should have a puncture outfit, or tyre sealant, plus a personal first aid kit with them on Group rides.
5. If any rider experiences mechanical difficulties or needs help to get home, the other group riders will offer to assist.
6. There will be a leader and a 'back person' identified for each ride, which will circulate amongst us, to share responsibility.

Frequency of Group rides

It was agreed to have Group rides about once a fortnight, but if anyone wanted to send out an invite on our WhatsApp group posting in-between, they are welcome to.

WhatsApp Group Contact

This will be the main means of keeping in touch regarding Group rides, (although since these notes were agreed, we further decided to circulate all Group members with email addresses and emergency contact names and numbers, should these be needed at any time.

The following is a brief outline of the Easy Cycling Group rides undertaken up to the end of May 2023

Date	Leader + riders	Start & Where
1/4/21	Dave + Marion, Graham, Martin, Carol G. & Carol J.	St. Aidans to Lemonroyd Marina circular
16/4/21	Tony + Dave, Marion, Carol J., Martin & Carol G.	Barrowby Lane to Temple Newsham House & return
23/4/21	Duncan + Dave, Marion, Martin, Carol G., & Carol J.	Linesway to Allerton Byewater & return
30/4/21	Pete + Dave, Graham, Carol J.	St. Aidans to Skelton Lakes service station & return
11/5/21	Graham + Dave, Marion, & Carol J.	Fairburn circular incl Hillam, Monk Fryston, Lumby
26/5/21	Dave – <u>ride postponed</u> (raining) 4 of us had Barwick pub lunch	Barrowby Lane to Aberford via Parlington Wood
24/6/21	Graham + Graham, Tony & Carol J.	Birkin Fisheries & Selby Canal circular
13/7/21	Dave, Tony, Graham, & Carol J.	Barrowby Lane, Garforth Golf Course, Parlington Wood, Aberford & return
2/8/21	Duncan, Dave, Marion, Graham, Tony and Carol J.	St. Aidan's carpark along canal to Armouries & return
27/8/21	Dave + Graham & Tony + new new members Gill & Derrick	St. Aidan's carpark over to Rivers Meet Café – back through RSPB reserve
8/9/21	Dave + Marion, Graham, Martin, Carol G., + Gill & Derrick	Barrowby Lane, Temple Newsam, Skelton Lakes, Lemonroyd Marina, Garforth
28/9/21	Martin+ Carol G., Dave, Marion and Graham	Darrington to Hidden Tea Rooms in Knottingley, via Womersley & return
29/10/21	Dave postponed ride due to health issues rescheduled for 3 rd December	St. Aidan's carpark to Castleford Greenway area, Stanley Ferry & return
3/12/21	Health issues meant today's ride didn't go ahead.	Proposed route: as above.
20/1/22	Some of us met for a social walk around St. Aidan's reserve - warm mulled wine & mince pies!	
15/2/22	Another walk, this time around Fairburn Ings reserve. Welcome to new members Colin Roberts & Len Fisher	
1/3/22	Dave + Marion, Tony, Pete, Colin, Graham, Carol J. & Len.	An enjoyable ride around St. Aidan's bird reserve, with a coffee at Rivers Meet café, Methley. Wet conditions but a good trip.
24/3/22	Dave + Marion, Tony, Martin, Carol G. and Len	Methley Farm Bridge shop (WF10.1QR) onto Castleford Greenway, past Fairy's Lock, Stanley Ferry tow path, to Starbuck's coffee shop on edge of Wakefield. Lovely ride
19/4/22	Martin and Carol + Len and Tony B.	Darrington Hotel car park to Dainty Doris café in Norton via Womersley, Norton, Knottingley via A19

3/5/22	Martin and Carol + Tony B. and Sue	Darrington to the Hidden Tea Room, Knottingley via Womersley & back
17/5/22	Dave + Tony R., Marion, Len, Carol J., Tony B., Duncan, Colin, Sue and Wendy	Barrowby Lane on NCN66 to Temple Newsam, down to Skelton Lakes, Lemonroyd Marina via Fleet Bridge, edge of St. Aidan's RSPB, Linesway back to start.
31/5/22	Dave + Tony R., Len, Martin and Marion	Barrowby Lane, then 1st right across railway line, then left and right past Shippen House Farm. Stay on bridleway (going north), turn right, across Garforth Golf Club, then farm shop to Barwick Road. Go over and through Parlington Wood on NCN66 to Aferford. Coffee at Aferford Interiors, then back by road, using footpaths where possible, over M1/A1 back to Garforth
28/6/22	Dave+ Wendy, Colin, Len, Carol J., Sue and Gill	Ninlands Lane onto Linesway NCN697 to Allerton Bywater. Pass Samuel Valentine's to Boat Inn. Follow track by river Aire to A656 bridge in Castleford. Follow track to Millenium bridge by flour mill. Cross over and follow Methley Road west to Methley Bridge Farm Shop for coffee. Join Castleford Greenway west short distance and join road near St. Oswald's Church in Methley, turn right down Church Lane and right again for Mickletown, then onto St. Aidan's reserve and return by rejoining Linesway.
12/7/22	Dave + Wendy, Sue, Colin, Carol G, Martin, Marion, Elaine, Len, Tony B, and Carol J.	Barrowby Lane, to Springs, Temple Newsam, nr. Skelton Lakes & St. Aidan's then back via Linesway. Some interesting alternatives to a well known route
26/7/22	Dave + Martin?Carol G, Marion, Tony B, & Marion	Darrington, to Dainty Doris Café, via Wentbridge & Smeaton, then to Norton & back via Walden Stubbs. A good all-road ride.
2/8/22	Dave +Colin, Tony R., Wendy, Sue, Marion, Len and Elaine	Podger Pub, to Barrowby Lane via Oak estate. On NCN66 over motorway then right, past Shippen House Farm to Leeds Country Way & then right, across golf club and over Barwick Road, through Parlington Wood to Aferford. Turn right for coffee at Aferford Interiors continue to junction with B1217, keeping on cycle track back to Garforth.
16/8/22	Dave + Tony B., Elaine and Marion	We did the same ride as on 24/3/22. See above for route. Its worth adding we joined the A6194 road to Starbucks at Welbeck Lane for 1 or 2 miles. Starbucks is next to a roundabout on the edge of Wakefield (and shown as being on Doncaster Road but is actually at the end of Neil Fox Way – A6194. It's a very enjoyable route, on smooth tracks.

6/9/22	Dave + Tony R., Carol J., Len and Bryan, who Tony R. brought along for his first ride with us	Dave and Carol met on Linesway in Garforth and met Tony, Bryan and Len where this crosses Breck Lane. We cycled further and branched off to St. Aidan's reserve and across the causeway to the Rivers Meet café and returned the same way.
27/9/22	Tony B. was going to lead this ride but it was postponed as a number of people weren't available on this date.	
11/10/22	Tony B., Dave, Marion, Wendy, Len, Elaine, Martin, and Carol G., (plus potential member Michelle)	From Castleford Lock we followed the canal to Fairburn Ings RSPB, then to Brotherton, Ferrybridge, Knottingley to the 'Hidden Tea Room' in Kellington. On to Beal, Birkin, Hillam, Burton Salmon, Fairburn and back.
25/10/22	Len and Elaine led today's ride, with Marion, Dave, Martin, Carol G., Wendy and potential member Michelle	From the Podger Pub to Barrowby Lane, and Springs shopping centre, join the East Leeds Orbital Road cycle path, to just before the end, for refreshments at The Arium garden centre.
8/11/22	Dave not well so Tony B., + Martin, Carol, Elaine and Len	Centre of Saxton via Barkston Ash, Church Fenton, Ullskelf & Ryther to Cawood (garden centre for coffee). Back via B1222 to Biggin, Church Fenton & back to Saxton
22/11/22	Wendy + Elaine, Tony B. & Dave	Podger Pub to Temple Newsam via NCN66. Then onto Wykebeck Way NCN677 to Roundhay Park & Lakeside Café for coffee. Back via Street Lane & ELOR & NCN66.
13/12/22	Planning/review meeting at Dave's. 10 members present	
10/1/23	Walk was called off due to very poor weather.	
24/1/23	Again, poor weather and so didn't go ahead	
14/2/23	Dave + Tony B., Elaine, Martin, Carol G. Marion, Wendy, Carol J., Len, + prospective member Harry Bratley. We had new hi.viz vests plus logo!	From Methley Bridge Farm Shop passing Fairies Hill Moorings, Stanley Ferry & onto A.6194 Neil Fox way to Starbucks on edge of Wakefield and return.
28/2/23	Dave + Elaine, Tony B., Les, Martin, Carol G., and Garol J. 13.5 miles total.	St. Aidan's car park around to join canal (west), past Lemon Royd and Fleet Bridges to Skelton Bridge to view recent work. Return same way, stopping at Rivers Meet Café.
14/3/23	Ride did not go ahead – not enough interest.	Martin's proposed ride was from and around Darrington
28/3/23	Dave + Marion and Elaine (11.4 miles)	Podger pub, Barrowby Lane to Springs Centre & ELOR cycle path to Arium and return
11/4/23	Dave + Len, Tony R. and Elaine. (16.5 miles)	Podger pub, Barrowby Lane, Springs Centre, Temple Newsam House, Skelton Lakes for coffee, passing Lemonroyd Marina to Rivers Meet Café, St. Aidan's reserve, then back via The Linesway to the Podger carpark.

25/4/23	Dave + Martin, Carol G., Tony B., Elaine, Wendy, Carol J., Pete, Len. (15.5 miles)	Podger pub, Linesway, Sam Valentine's, Boat Inn, (suspension bridge closed), road bridge & off-road track by river to Methley Bridge Farm Shop. Back via St. Oswald's Church, then Mickletown, Station Road, St. Aidan's reserve and Linesway to Podger pub.
9/5/23	Wendy + Dave, Marion, Tony B., Len, Martin, Carol G. & Elaine (14.5 miles)	St. Mary's Church carpark in Boston Spa., Cycled Harland Way with connecting roads to Spofforth, Wetherby and return. Muddy in places but a great route. Lunch/picnic good.
23/5/23	Elaine + Dave, Tony R., Carol J., Sue, Duncan, Len + prospective members Harry, David T. and Vivian (17 miles)	Podger carpark, Oak estate & up Barrowby Lane, over motorway to Springs. Across via Austhorpe Lane to Temple Newsam, down hill & under M.1 to Skelton Lakes for coffee. Back via Lemonroyd Marina & edge of St. Aidan's to return via Linesway to Podger pub.
13/6/23	Martin + Tony B., Wendy and Carol G. (24 miles)	Darrington Hotel, Womersley, Norton, over A19 for ½ mile off-road to Fenwick, Moss (to Old Hayloft café) & back via Askern, Campsall, Norton and Smeaton to Darrington
27/6/23	Dave + Tony R., Elaine, Carol J. and Pete (Dave's friend). Sue joined us for coffee stop. (9.5 miles)	Podger Carpark, Oak estate & Barrowby Lane, over motorway and right, past Shippen House Farm and right onto Leeds Country Way. Turn right, over Garforth Golf course to Barwick Road, across this & through Parlington Wood to Abertford. Coffee at Aberford Interiors. South on B1217 and then west on pavement /track to Garforth, via motorway roundabout.
11/7/23	Elaine + Martin, Carol G., & Tony B., (left an hour early, to missed the forecast rain – it worked). (20 miles)	Lay-by 200 m. north of Crooked Billet pub on B.1271, to Saxton and Headwell Lane to A162. After v. short distance turned left for Barkston Ash & on to Church Fenton. Past East Leeds Airport to Ullskelf, & right on B.1223, passing Rhyther to Cawood. Coffee stop 100 yards from centre crossroads. Home via same route
25/7/23	Dave + Tony B., Duncan, Marion, Elaine, Carol J., Harry, Tony R., Len plus new member Martin = 10! (15.5 miles).	Podger Pub, Linesway, Sam Valentines, Boat Inn, Castleford suspension bridge, by river to Methley Bridge Farm Shop, St. Oswald's Church, Mickletown, Station Road, St. Aidan's reserve and Linesway back to Podger.
