

CYCLING

Over the second half of the year the cycling group have done a further 11 rides covering 250 miles. Several of the rides have been from Grange or very nearby including one from High Newton to Greenodd for ice cream. The ride was lovely and the company was great but definitely the highlight was the ice cream.

We ventured up and down the county going as far north as the Solway Firth where we did a beautiful flat ride along the coast cycling past the remains of the old railway line which went from Port Carlisle to Annan before sinking into the Solway mud. The café at Bowness on Solway was lovely and had a really interesting model of the Roman encampment which had stood nearby.

The most recent ride was one of my favourites - it is a circular ride from Austwick to Ribbleshead Viaduct. It was a cold morning but as we headed past Clapham and on to Ingleton, we all quickly warmed up. The climb up to the viaduct always seems never ending but it did end at the very welcome pub where a warm drink was enjoyed by all of us. The views of the viaduct and the surrounding countryside were as spectacular as always but next time we need to do this ride in the summer so we can sit in the beer garden and take in the spectacular view of the viaduct. Once we had left the pub the undulating route continued to be as lovely as the first section and we arrived back in Austwick just before the rain started, so that was excellent.

I cannot finish this look at the cycling group's last few months without mentioning the **RIDE** of the 16th October. I was just getting sorted when Les announced he was taking me for a romantic meal as part of my birthday celebrations, instead of joining the group. As we travelled past Grange Golf Course on a beautiful sunny morning, I was thinking about the rest of the group out enjoying the ride and the weather. We arrived at the Pheasant at Allithwaite with me saying how busy the car park was for a Monday. I will never get over walking in and finding all the group waiting to spoil me for my birthday. I could not believe that they had been so kind and so sneaky in organising a wonderful meal and that I had had no idea what was happening. Thank you all so much.

Sue Edlington