



COME CYCLING



CTC Dumfries and Galloway Member Group

Sunday Ride List: March to early July 2013

We welcome all capable cyclists on our (Sunday) rides. These are typically 40+ miles (usually a bit further in the summer with the longer days and better (?) weather). Given the geographic extent of D&G we encourage riders to join rides part way, or link up with them, or even just join us for lunch and a natter. But please contact the ride leader to check route and logistics.

Please check start times as these vary, depending on the length on the route.

DATE	Miles (approx)	START	FROM/MEET	DESTINATION	Contact
10 th March	55	10:00	Newtown Stewart Riverside car park	N/Galloway & Gatehouse (lunch)	TN
24 th March	45	10:00	Castle Douglas TIC car park	Gatehouse & Kirkcudbright (lunch)	PH
7 th April	70	09:00	Dumfries, W'sands. Devorgilla Br	Eskdale (Samye Ling, lunch)	MG
21 st -22 nd April	-	-	Ayr Mem Group/New Lanark YH	www.cycleayrshire.co.uk	-
27 th -28 th April	-	-	Scottish Bike Show, Glasgow	www.thescottishbikeshow.com	-
5 th May	65	10:00	Newtown Stewart Riverside car park	Dalry & Corsock (lunch)	TN
19 th May	19 & 72	-	Solway Sportive (Dumfries CC)	Book at www.sientries.co.uk or phone Betty Howard 01556 610998	-
24 th -27 th May	20 - 70	Rides ~09:30	CTC-S KM Rally, Barnsoul Camp Site (near Shawhead)	Booking details and form on www.dandgcycling.org.uk and www.ctcscotland.org.uk	MG/PHw
2 nd June	55	10:00	Dalbeattie Coach Park	New Galloway & Clatteringshaws (lunch)	PH
9 th June	100	-	CTC-S Tri-Vets Ride/Stirling	www.ctcscotland.org.uk	PHw
			Green Team Britain Bike Week 16 – 24 JUNE		
16 th June	80	09:00	Newtown Stewart Riverside car park	N/Galloway & Moniaive (lunch). A bash at the Tynron Hill if legs OK!	TN
30 th June	50	10:00	Moniaive car park (nr bridge)	Carsphairn, New Galloway (lunch)	MG
6 th July	100	07:00	Castle Douglas TIC car park	John Taylor Memorial Ride to Crawford via the Dalveen Pass	TN
				Please contact Ted if you will be riding the JTMR – need to know numbers to forewarn the shop in Crawford (lunch)	

PTO for contact numbers, general notes and comments

Contacts:-

MG (Mike Gray) 01387 270995 PHw (Peter Hawkins) 0131 443 6712 PH (Phil Howard) 01556 610998
TN (Ted Norfolk) 01988 700432 DO (Dougie Oberheim) 01387 710384

Last but not least our ‘western’ riders now have a **Facebook** page "**Cycling, South West Scotland**". Rides are run in the area (roughly Newtown Stewart – Stranraer) on a regular basis on weekdays, in the well known ‘mates out for a ride’ style. Look into Facebook for info or call Ted Norfolk (01988 700432).

Notes (CTC Rides):-

- For general info & updates please see our website (www.dandgcycling.org.uk), or contact Mike Gray
- Rides usually include a cafe lunch stop but check with the ride leader.
- Riders 17 and under must be accompanied by a parent or guardian.
- Please aim to arrive at least 15 minutes before the start time to allow for signing on and briefing
- Please bring snacks, drinks and suitable clothing, depending on length of ride and weather conditions.
- In the event of poor road conditions (ice and snow especially) the Ride Leader may cancel or modify the ride for safety reasons – if in doubt please contact the appropriate RL