

GO BIKE

Family Cycle Rides 2009



DAVID YOUNG/SUSTRANS



Saturday 13 June

10:00am

Hit the Silverhill Trail

Celebrate Bike Week with us as we ride along the recently opened Silverhill Trail with Derbyshire Countryside Service. Bring your own bike or borrow one FREE from Pleasley Vale Outdoor Activity Centre. From Tibshelf Ponds we will explore the trail, taking time to stop for lunch. This is an easy route, suitable for those new to cycling, so come along and have a go!

Meet Tibshelf Ponds car park, off Sunny Bank

Grid Ref SK440600

Duration 4 hours

Length Approx 8 miles

Car Park at start

Toilets at start / finish

Cost FREE (in partnership with Derbyshire Countryside Service)

Info Contact Clay Cross Countryside Centre, T:01246 866960.

Booking is essential—bike loan must be pre-booked. Booking contact: Call Derbyshire, T:08456 058 058

Saturday 27 June

1:00pm

Pleasley Vale and the Pleasley Trails Network (Walking Festival Cycle Ride)

Join us for an exploration of Pleasley's industrial past; from mills to mines. We travel out past Pleasley Mills to visit the last remains of north Derbyshire's coal industry, now part of Pleasley Pit Country Park, before heading around the Pleasley Trails Network and back along the Meden Trail to Pleasley Vale. The ride follows trails, bridleways and quiet lanes.

Meet Pleasley Vale Outdoor Activity Centre, Outgang Lane, Pleasley Vale, NG19 8FB

Grid Ref SK522649

Duration 3 hours

Length 12 miles

Car Park at start (FREE)

Toilets at start

Saturday 11 July

10:00am

Peter Fidler Reserve, Stockley Trail and Doe Lea Nature Reserve

We ride around Peter Fidler Reserve before following the Stockley Trail from Carr Vale to Glapwell, where we ride round the reclaimed former Glapwell colliery site. We return to Bolsover via Doe Lea Nature Reserve and the Stockley Trail. The ride follows trails, surfaced tracks and a short section of road.

Meet Stockley Trail Car Park, Riverside Way, Bolsover (off A632)

Grid Ref SK461706

Duration 2 hours

Length 10 miles

Car Park at start (FREE)

Toilets No

Saturday 25 July

10:00am

Blackwell Trail, Silverhill Trail and the Newton Link

Enjoy another opportunity to explore the Silverhill Trail. This time we also head along the Blackwell Trail from Hilcote towards Blackwell, returning via the Silverhill Trail and the recently upgraded Newton Link. The ride follows surfaced trails, bridleways and some busier roads.

Meet Newton Community Centre, Main Street, Newton DE55 5TE

Grid Ref SK446592

Duration 2 hours

Length 12 miles

Car Park No

Toilets at half way point

Saturday 8 August

10:00am

Through Whaley Common and along the Frithwood Trail to Creswell Model Village and Creswell Crags

Take a trip back in time to visit one of the most important archaeological landscapes in Europe, which contains the most significant cluster of cave sites inhabited during the last Ice Age in Britain. We will also call in at the new Creswell Crags visitor centre. The ride follows quiet roads, trails and bridleways

Meet Poulter Country Park Car Park off Whaley Road, Langwith

Grid Ref SK524705

Duration 2 hours

Length 10 miles

Car Park at start (FREE)

Toilets at half way point (Creswell Crags)

Saturday 22 August

10:00am

Hardwick Park, Stainsby Mill and Rowthorne

Join us for a ride around Hardwick Park and the surrounding villages, passing Hardwick Hall en route. The ride follows bridleways and quiet roads.

Meet Hardwick Park Centre, Hardwick Park, S44 5QJ
Grid Ref SK453640
Duration 2 hours
Length 10 miles
Car Park at start (£1.50 parking charge applies)
Toilets at start / finish

Saturday 5 September

10:00am

Through Welbeck to Clumber Park

Take a ride through Welbeck Park, former home of the Duke of Portland, to Clumber Park, where there will be a stop for refreshments. The ride follows bridleways with two road crossings in each direction.

Meet Creswell Crags Visitor Centre Car Park, Crags Road, S80
Grid Ref SK539744
Duration 2 hours
Length 12 miles
Car Park at start (FREE)
Toilets at start / finish and at half way point (Clumber Park)

Saturday 19 September

10:00am

Whitwell, Steeley and the Shire Oak

We head west through Hodthorpe before heading north towards Shireoaks. We return via Steeley (home to the smallest church in the district) and pass close to the Shire Oak, which marks the point where Derbyshire, Nottinghamshire and Yorkshire meet.

Meet Whitwell Station, off Station Road, Whitwell
Grid Ref SK534762
Duration 2 hours
Length 10 miles
Car Park at start (FREE)
Toilets No

Saturday 10 October

10:00am

From Pleasley Vale to Shirebrook Wood (and back)

From pit to park...we take a trip from Pleasley Vale to Shirebrook Wood, on the site of the former Shirebrook Pit Tip. The site is criss-crossed by paths and surfaced tracks, giving us chance to explore the young woodland and enjoy great views over the local countryside. The ride follows bridleways and quiet roads between Pleasley Vale and Shirebrook Model Village and surfaced tracks around Shirebrook Wood.

Meet Pleasley Vale Outdoor Activity Centre, Outgang Lane, Pleasley Vale, NG19 8FB
Grid Ref SK521649
Duration 2 hours
Length 10 miles
Car Park at start (FREE)
Toilets at start / finish

Saturday 24 October

10:00am

Elmton, Whaley and Oxcroft

We head out of Clowne via Clowne Linear Park and Markland Lane before following quiet roads and bridleways to Whaley Common and Whaley. We head back to Clowne via Elmton, Oxcroft and Stanfree before following bridleways through Hoodcroft to Slayley Hill. The ride follows quiet roads, tracks and bridleways

Meet Clowne Community Centre, Recreation Close, Clowne S43 4PL
Grid Ref SK491757
Duration 2 hours
Length 10 miles
Car Park at start (FREE)
Toilets No

GO BIKE Bolsover's better by bike

GO BIKE is a joint project run by Bolsover & District Cycling Club and Bolsover District Council, which aims to encourage individuals and families to take up or to re-discover cycling as a healthy and accessible way to become more active and to build the confidence of those who may not have cycled for some time.

The project is part funded by Sport England through the Community Investment Fund (CIF) and runs for three years from 2008 to 2010. Each year, the project will run a series of 10 family friendly bike rides on Saturday mornings throughout the spring and summer months.

GO BIKE Family Bike Rides follow off-road trails, tracks, bridleways and quiet roads at a leisurely pace, with stops to take in points of interest or to just admire the view. The rides start from a variety of locations across the district and will visit some of Bolsover's best bits: trails, country parks, historic houses, picturesque villages, prehistoric caves and nature reserves.

Rides last for approximately 2 hours and are designed for casual riders and families; all shapes, sizes and ages of cyclist are welcome! All rides run from 10.00am to 12.00pm and will be run at a pace to suit the group. Toilet / refreshment stops will be made where possible, either at the start / finish or at the half way point.

How do I join a ride?

All rides are FREE of charge and you don't need to book in advance. Just decide which ride you'd like to join and turn up at the start point. Please note that there may be charges for parking and these have been indicated where known. A list of all participants' names and contact details (including emergency contact details) will be collected at the start of each ride.

On your bike!

This might be the first time that your bike has been out of the shed for years so it is essential that it is in good working order. The ride leader will be carrying a basic tool kit, but to avoid delays due to breakdowns, please ensure that:

- * Brakes, gears and chain are in good working order.

- * All nuts and bolts are tight.
- * You have a spare inner tube and pump with you.

Leaders

There will be a ride leader and a ride support (back marker) on each ride, who will both be wearing high visibility vests. First aid and tools will be carried on all rides.

Weather

The ride leader(s) will be at the start of the ride, whatever the weather. It is important to be prepared for bad weather by bringing light waterproofs. Rides may be subject to alteration or cancellation at short notice, but this will only be done by the leader in consultation with those who turn up for the ride on the day. Registered participants will be notified of changes in advance, where possible, by telephone, email or text.

Children

Under 16's must be accompanied by a responsible adult.

Insurance

Whilst Bolsover & District Cycling Club and Bolsover District Council both have Public Liability Insurance, it is your sole responsibility to arrange insurance against loss or damage to your bike and for personal accident cover. We strongly recommend that you arrange personal liability insurance for all your cycling activities.

More information?

Bolsover & District Cycling Club runs a series of regular rides for cyclists of all abilities and offers opportunities to get involved in competitive cycling (BMX, cycle speedway, cyclo-cross, mountain biking) and non-competitive cycle touring events. The club also has an active social calendar with events and activities throughout the year.

For more information

T: 01246 593060 / 07767 444598

E: go-bike@bolsoveranddistrictcyclingclub.org.uk

W: www.bolsoveranddistrictcyclingclub.org.uk

Visit the UK's leading sustainable transport charity www.sustrans.org.uk