

# National Bike Week in The National Forest

EVENTS PROGRAMME 13-21 JUNE 09



See overleaf for the events programme, to book a place on one of the rides call the contacts listed, visit [www.bikeweek.org.uk](http://www.bikeweek.org.uk) [www.nationalforest.org](http://www.nationalforest.org)

## Where in The National Forest



  
THE NATIONAL  
FOREST

All rides are free  
of charge...

  
Bike  
week



## National Bike Week in The National Forest EVENTS PROGRAMME 13-21 JUNE 09

### SUNDAY 14

#### Charnwood Triathlon Club

**Meeting Point:** Hood Park Leisure Centre  
**Time:** 9:00am  
**Distance:** A two hour ride to suit the group  
**Suitable for:** Novice to intermediate cyclists

**Contact:** Paul Jarvis 07982 276406  
**Comments:** Head out into the Ashby Wolds on a mixture of undulating trails and quiet lanes.

#### Meynell Valley Hunters

##### Ride 1

**Meeting Point:** Barton Marina  
**Time:** 9:00am  
**Distance:** 80 miles

**Suitable for:** Experienced cyclists  
**Contact:** Adrian Williamson 07810 467593  
**Comments:** A challenging ride for the enthusiastic cyclist.

##### Ride 2

**Meeting Point:** Barton Marina  
**Time:** 9:00am  
**Distance:** A 2 hour ride to suit the group

**Suitable for:** Novice cyclists  
**Contact:** Adrian Williamson 07810 467593  
**Comments:** Explore the western side of the Forest and the attractive area of Needwood.

#### CC Giro

**Meeting Point:** Rosliston Forestry Centre  
**Time:** 9:30am  
**Distance:** 80 miles

**Suitable for:** Experienced cyclists  
**Contact:** John Perks 07817 630552  
**Comments:** From the Forest to the Peaks. Head out to the Peak District's Ilam, A challenging ride with ups and downs!

### MONDAY 15

#### Derby Triathlon Club

**Off-road mtb ride for women only**  
**Meeting Point:** Ticknall Village Hall  
**Time:** 7:00pm – 8:30pm  
**Distance:** Approx 10 miles

**Suitable for:** Beginners  
**Contact:** Zoe Sewter 07912 360539  
**Comments:** It's ladies night, on a bike. An attractive ride exploring the area around Calke and Foremark Reservoir.

### TUESDAY 16

#### Derby Triathlon Club

**Meeting Point:** Conkers Visitor Centre  
**Time:** 10:00am  
**Distance:** 30 miles

**Suitable for:** Intermediate cyclists  
**Contact:** Alan Leather 07793 617512  
**Comments:** Explore the Forest's quiet lanes, villages and one of those wholesome cafés.

### WEDNESDAY 17

#### CC Giro

**Meeting Point:** Rosliston Forestry Centre  
**Time:** 10:00am  
**Distance:** 60 miles

**Suitable for:** Experienced cyclists  
**Contact:** John Perks 07817 630552  
**Comments:** Venture out with the club in pink and recover at the centre's comfortable café.

### THURSDAY 18

#### Cycle Ashby

**Meeting Point:** Hood Park Leisure Centre  
**Time:** 7:00pm  
**Distance:** 90 minute ride at a suitable pace

**Suitable for:** Novice to intermediate cyclists  
**Contact:** Paul Jarvis 07982 276406  
**Comments:** Ride from Ashby and explore the area's quiet lanes and some local trails.

### FRIDAY 19

#### Bonkers at Conkers; Work it on the circuit

Children from local schools will be taking part in a series of events to celebrate the opening of the Conkers Circuit. If you're aged 7-13 and would like to improve your cycling skills why not join one of the Go-Ride Cycling Clubs.  
Call 01530 838217 for more information.

#### Rosliston over 50's

**Meeting Point:** Rosliston Forestry Centre  
**Time:** 10:00am  
**Distance:** A one hour ride

**Suitable for:** Over 50's novice cyclists  
**Contact:** Debbie Chesterman 01283 563483  
**Comments:** A gentle ride around the centre's wooded trails ideal for the novice or those who've not sat on a bike for a while.

### SATURDAY 20

#### Charnwood Triathlon Club Kids ride

**Meeting Point:** Conkers Visitor Centre  
**Time:** 10:00am  
**Distance:** One hour

**Suitable for:** Kids above 8 years  
**Contact:** Paul Jarvis 07982 276406  
**Comments:** Join Charnwood Triathlon Club for some fun riding and to practice those skills.

### SUNDAY 21

#### Cycle Ashby and Charnwood Triathlon Club

**Meeting Point:** Hood Park Leisure Centre  
**Time:** 9:00am  
**Distance:** A two hour ride to suit the group

**Suitable for:** Novice to intermediate cyclists  
**Contact:** Paul Jarvis 07982 276406  
**Comments:** Head out into the Ashby Wolds on a mixture of undulating trails and quiet lanes.

#### Meynell Valley Hunters

##### Ride 1

**Meeting Point:** Barton Marina  
**Time:** 9:00am  
**Distance/Duration:** 4-5hr ride

**Suitable for:** Experienced cyclists  
**Contact:** Adrian Williamson 07810 467593  
**Comments:** Enjoy the restaurants, pubs and shops of the marina complex when you get back from your ride.

##### Ride 2

**Meeting Point:** Barton Marina  
**Time:** 9:00am  
**Distance:** 2 hour ride

**Suitable for:** Novice cyclists  
**Contact:** Adrian Williamson 07810 467593  
**Comments:** Have a trip out, then return to explore the 300 narrow boats at Barton Marina.

#### Website contacts for clubs:

**Derby Triathlon Club:**  
[www.derbytriathlonclub.co.uk](http://www.derbytriathlonclub.co.uk)

**Meynell Valley Hunters:**  
[www.meynellvalleyhunters.com](http://www.meynellvalleyhunters.com)

**CC Giro:**  
[www.ccgiro.net](http://www.ccgiro.net)

**Cycle Ashby:**  
[www.cycleashby.co.uk](http://www.cycleashby.co.uk)

**Charwood Triathlon Club:**  
[www.charwoodtriathlon.co.uk](http://www.charwoodtriathlon.co.uk)

## Stay Safe!

#### To ensure you stay safe you must bring:

A helmet, essential safety wear. A roadworthy bicycle suitable for the ride. A spare tube, puncture repair kit and basic tools. Food for the ride. A mobile phone. A bit of cash. Visible clothing and bring appropriate clothing for a change in the weather. If in doubt discuss what you need when you book with the ride leader. All rides are entered into at your own risk.



THE NATIONAL  
FOREST

The National Forest is a forest in the making, taking root in the heart of England. The creation of this new wooded landscape, the boldest environmental project in the country, brings with it new facilities and attractive areas for a range of recreational activities.

[www.nationalforest.org/visit/cycling](http://www.nationalforest.org/visit/cycling)