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## CTC Grampian Rides - 14 June to 21 June Bike Week 2009

The Grampian Cyclists Touring Club together with the Aberdeen Cycle Forum have organised the following rides during Bike Week. All rides are led by experienced leaders. There will always be a sweeper to look after those going a little more slowly.

During the Bike Week, you can **just turn up** with your bike to any of the rides. You don't have to be a member; you don't have to be a very good cyclist (except on the longer rides).

**Sunday 14 June** Come and **Try Cycling** from Hazlehead Park, Groat's Road entrance. Start at 10.00 a.m. These rides are easy, visit places of interest in or near Aberdeen and, most importantly, stop for tea or coffee. The time on the saddle is usually no more than an hour and a half.

**Sunday 14 June** For a somewhat faster **Discovery Ride**, meet at 9.30 a.m. at Airyhall Library. The group will take you to various Stone Circles. Picnic Lunch at one of the circles. The ride will be about 45 miles.

**Wednesday 17 June** For a **Pub Run**, come to Duthie Park by the Pond at 7.30 p.m. The leader will take you to a pub of her choosing. Make sure you have good lights. You will be at a pub at about 9.00 and by the time you cycle home, you will need to be lit up.

**Saturday 20 June** For a **Morning Run**, come to Duthie Park by the Pond at 9.30. The leader will take you to Portlethen. Total ride distance about 20 miles.

**Sunday 21 June** Come again to **Try Cycling, this time from Seaton Park**, in the main car Park off Don Street. Start at 10.00 a.m. These rides are easy, visit places of interest in or near Aberdeen and, most importantly, stop for a tea or coffee. The time on the saddle is usually no more than an hour and a half.

**Sunday 21 June** For a **50 Mile Ride**, join us at the Old Mill Inn, Maryculter at 9.30. The leader will take you to the Bowling Green Café Stonehaven for tea or coffee and from there to Inverbervie/Gourdon for picnic lunch.

**Remember, all rides are accompanied by sweepers, you will not get lost, you will not be left out in the wilderness. To top it all, you have third party insurance provided by the CTC when you cycle with us. With the CTC you are in safe hands.**

**For more information, see [www.ctcgrampian.org.uk](http://www.ctcgrampian.org.uk)**