

## **Aylesbury Cycle Touring Club Rides in September 2017**

### **Sunday 3<sup>rd</sup> September - Start 9.30am Watermead Inn, Watermead. HP19 0FX**

#### **A 'NEWCOMERS RIDE'**

Aylesbury Cyclist Touring Club (CTC) invite you to a Newcomers circular cycle ride starting at Watermead Inn, Watermead with a coffee stop about halfway.

These are a great introduction to group cycling and are only 20 miles at a very easy pace.

Any reasonable serviceable bike will do, bring a spare tube, suitable clothing, a waterproof and a drink.

More details of our club and rides on [www.aylesburyctc.org.uk](http://www.aylesburyctc.org.uk)

Also Aylesbury CTC on Facebook and the South Bucks website

[www.southbuckscycling.org.uk](http://www.southbuckscycling.org.uk)

### **Sunday September 3<sup>rd</sup> - Start 9.30am Stone Crossroads. Stone. HP18 0NH**

Aylesbury Cyclist Touring Club (CTC) invite you to an **Easy Pace** circular cycle ride starting at the Stone Village Crossroads with a coffee stop at Waterperry Gardens. Rides are normally around 30 miles or so at an average speed of 10 to 11 mph and are aimed at people who do some cycling already but would like to try something more sociable and cycle in a group.

Leaders will look out for you and make sure that you are comfortable with the pace.

Bring a roadworthy bike, spare inner tube and a drink, as well as money for tea and cake!

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### **Sunday September 10<sup>th</sup> - Start 9.30am Stoke Mandeville Combined School. HP22 5XA**

Aylesbury Cyclist Touring Club (CTC) invite you to an **-Easy Pace PLUS-** circular cycle ride starting at the Stoke Mandeville village school with a coffee stop at Lakers Garden centre, near Winslow.

Rides are aimed at regular riders who want to do a bit more and may be 35 to 40 miles and/or hilly. New riders should try one of our ordinary 'Easy Pace' rides first.

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### **Sunday September 17<sup>th</sup> - Start 9.30am Aquavale , Park Street, Aylesbury HP20 1DX**

Aylesbury Cyclist Touring Club (CTC) invite you to an Easy Pace circular cycle ride starting at Aquavale, Park Street, Aylesbury, with a coffee stop at the Treacle Tea Room, Thame.

Rides are normally around 30 miles or so at an average speed of 10 to 11 mph and are aimed at people who do some cycling already but would like to try something more sociable and cycle in a group.

Leaders will look out for you and make sure that you are comfortable with the pace.

Bring a roadworthy bike, spare inner tube and a drink, as well as money for tea and cake!

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**Sunday September 24th - Start 9.30am Weston Turville Shops. HP22 5RH**

Aylesbury Cyclist Touring Club (CTC) invite you to an **-Easy Pace PLUS-** circular cycle ride starting at Weston Turville Shops with a coffee stop at the CuriosiTea tea shop in Ivinghoe.

Rides are aimed at regular riders who want to do a bit more and may be 35 to 40 miles and/or hilly. New riders should try one of our ordinary 'Easy Pace' rides first.

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