

Wakefield District Cycle Forum (WDCF) is a voluntary organisation. We aim to promote and campaign for better cycling facilities for all cyclists within the Wakefield District, represent all kinds of cyclists, improve cycling infrastructure and encourage cycling throughout the district. We organise many FREE events throughout the year, including Cycle Rides, Cycle Skills Courses, Bike Doctor (bicycle safety & health checks), basic Bicycle Maintenance Classes and Information/Advice Stalls. We also organise volunteer work days on the Wakefield District cycle network. We encourage new members to join for a small one-off fee. WDCF helps influence local decision-making and meets periodically to determine priorities and activities.

For more information about the WDCF or to join please visit our website:
www.cycling-wakefield.org.uk





**Membership £5.00
 Including Wakefield Wheel
 & WoW cycle map**

Volunteering

Without our volunteers WDCF would not be able to provide our rides and events or be able to continue our campaigning. We need volunteers to assist us with our work, including

- Ride leaders
- Back markers for rides
- Cycle skills course staffing
- Information stall staffing
- Work days
- Steering group meetings & activities.

Training and qualifications are not necessary but may be provided for some roles. Even if you can spare one or two hours a month we would like to hear from you. For more information email:- info@cycling-wakefield.org.uk

-  : cycling-wakefield.org.uk
-  : /WDCF1
-  : @WDCF2
-  : info@cycling-wakefield.org.uk

Guided Cycle Rides & Events 2020



cycling-wakefield.org.uk



Wakefield District Cycle Forum Guided Cycle Rides and Events 2020

| January | February | March | April | May | June |
|---|--|---|---|---|--|
| Sat 4 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 1 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sun 1 Easy Nostell Start 10:30  | Sat 4 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 2 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 6 Steady-Plus Darrington Start 10:00 ROAD RIDE |
| Sun 5 Easy Nostell Start 10:30  | Sun 2 Easy Nostell Start 10:30  | Sat 7 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 4 Pedal in the Park Start 10:30 Thornes Park | Sat 2 Easy Havercroft Start 10:30 | Sat 6 Pedal in the Park Start 10:30 Thornes Park |
| Sat 11 Easy Castleford Mill Start 10:30 | Sat 8 Easy Castleford Mill Start 10:30 | Sun 8 Steady Nostell Start 10:00  | Sun 5 Easy Nostell Start 10:30  | Sun 3 Easy Nostell Start 10:30  | Sun 7 Easy Nostell Start 10:30  |
| Sun 12 Steady Nostell Start 10:00  | Sun 9 Steady Nostell Start 10:00  | Tue 10 Steady Pontefract Pk Start 10:00 | Sun 5 13:00-15:00 Anglers Basic Bike Maintenance Class Please email us to book: info@cycling-wakefield.org.uk |  | Tue 9 Steady Pontefract Park Start 18:00 |
| Tue 14 Steady Pontefract Park Start 10:00 | Tue 11 Steady Pontefract Park Start 10:00 | Sat 14 Easy Castleford Mill Start 10:30 | | | Sat 9 Easy Castleford Mill Start 10:30 |
| Interested? Please email us: info@cycling-wakefield.org.uk | Sat 15 Steady Anglers CP Start 10:00 | Sun 15 Easy Thornes Park Start 10:30 | Sat 11 Easy Castleford Mill Start 10:30 | Sun 10 Steady Nostell Start 10:00  | Sun 14 Steady Nostell Start 10:00  |
| Sat 18 Steady Anglers CP Start 10:00 | Sun 16 Easy Thornes Park Start 10:30 | Sat 21 Steady Anglers CP Start 10:00 | Get to actually know the place you live | Tue 12 Steady Pontefract Pk Start 18:00 | Sun 14 13:00-15:00 Anglers Basic Bike Maintenance Class Please email us to book: info@cycling-wakefield.org.uk |
| Sun 19 Easy Thornes Park Start 10:30 |  | Sun 22 Steady Thornes Park Start 10:00 | Sun 12 Steady Nostell Start 10:00  | Sat 16 Steady Anglers CP Start 10:00 | |
| Sat 25 Steady Castleford Mill Start 10:00 | | Help save the planet | Tues 24 Easy Nostell Start 10:30  | Tue 14 Steady Pontefract Pk Start 10:00 | Sun 17 Easy Thornes Park Start 10:30 |
| Sun 26 Steady Thornes Park Start 10:00 | Sat 22 Steady Castleford Mill Start 10:00 | Sat 28 Steady Castleford Mill Start 10:00 | Sat 18 Steady Anglers CP Start 10:00 Roger Talbot Ride | Sat 23 Steady Castleford Mill Start 10:00 John Harvey Ride | Sun 21 Easy Thornes Park Start 10:30 |
| Tues 28 Easy Nostell Start 10:30  | Sun 23 Steady Thornes Park Start 10:00 | Get Cycling Keep Smiling | Sun 19 Easy Thornes Park Start 10:30 | Sun 24 Pedal in the Park Start 10:30 Nostell  | Tues 23 Easy Nostell Start 10:30  |
| Our Pedal in the Park starts in April at Nostell | Tues 25 Easy Nostell Start 10:30  |  | Sat 25 Steady Castleford Mill Start 10:00 | Sun 24 Steady Thornes Park Start 10:00 | Sat 27 Steady Castleford Mill Start 10:00 |
| Life is like riding a bicycle... | Visit our website for more information: www.cycling-wakefield.org.uk | | We have a variety of rides available for all abilities. | Sun 26 Pedal in the Park Start 10:30 Nostell  | BH Mon 25 Easy Nostell Start 10:30  |
| You never have the wind with you – either it is against you or you're having a good day | | | We're on Facebook too: | Sun 26 Steady Thornes Park Start 10:00 | Wed 27, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides  |
|  | You can go longer on a bike than you can on foot |  Wakefield District Cycle Forum | Tues 28 Easy Nostell Start 10:30  |  | Cycling increases the lifespan of your car! |

| July | August | September | October | November | December |
|--|--|--|---|--|--|
| Sat 4 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 1 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 5 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sat 3 Steady-Plus Darrington Start 10:00 ROAD RIDE | Sun 1 Easy Nostell Start 10:30 | Sat 5 Steady-Plus Darrington Start 10:00 ROAD RIDE |
| Sat 4 Easy Havercroft Start 10:30 | Sat 1 Pedal in the Park Start 10:30 Thornes Park | Sat 5 Pedal in the Park Start 10:30 Thornes Park | Sat 3 Pedal in the Park Start 10:30 Thornes Park | Sun 1 13:00-15:00 Anglers Basic Bike Maintenance Class Please email us to book: info@cycling-wakefield.org.uk | Sun 6 Easy Nostell Start 10:30 Santa Ride |
| Sun 5 Easy Nostell Start 10:30 | Sun 2 Easy Nostell Start 10:30 | Sun 6 Easy Nostell Start 10:30 | Sun 4 Easy Nostell Start 10:30 | | Dress up yourself and/or your bike for this festive ride. Free hot drink & mince pies |
| Sun 5, 11:00-15:00 Nostell Cycle Fun Day, Skills course, info stall & short rides | Wed 5, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides | Sun 6 13:00-15:00 Anglers Basic Bike Maintenance Class Please email us to book: info@cycling-wakefield.org.uk | Sat 10 Easy Castleford Mill Start 10:30 | Sat 7 Steady-Plus Darrington Start 10:00 ROAD RIDE | Merry Christmas!!  |
| Sat 11 Easy Castleford Mill Start 10:30 | Sat 8 Easy Castleford Mill Start 10:30 | | Sun 11 Steady Nostell Start 10:00 | Sun 8 Steady Nostell Start 10:00 | Tue 8 Steady Pontefract Park Start 10:00 |
| Sun 12 Steady Nostell Start 10:00 | Sun 9 Steady Nostell Start 10:00 | Tue 8 Steady Pontefract Park Start 17:00 | Tue 13 Steady Pontefract Park Start 10:00 | Tue 10 Steady Pontefract Park Start 10:00 | Sat 12 Easy Castleford Mill Start 10:30 Santa Ride |
| Tue 14 Steady Pontefract Park Start 18:00 | Tue 11 Steady Pontefract Park Start 18:00 | Sat 12 Easy Castleford Mill Start 10:30 | Sat 17 Steady Anglers CP Start 10:00 | Sat 14 Easy Castleford Mill Start 10:30 | Dress up yourself and/or your bike for this festive ride. Free hot drink & mince pies |
| Sat 18 Steady Anglers CP Start 10:00 | Wed 12, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides | Sun 13 Steady Nostell Start 10:00 | Sun 18 Easy Thornes Park Start 10:30 | Sun 15 Easy Thornes Park Start 10:30 | Merry Christmas!!  |
| Sun 19 Easy Thornes Park Start 10:30 | Sat 15 Steady Anglers CP Start 10:00 | Sat 19 Steady Anglers CP Start 10:00 | Sat 24 Steady Castleford Mill Start 10:00 | Sat 21 Steady Anglers CP Start 10:00 | Sun 13 Steady Nostell Start 10:00 |
| Wed 22, 11:00-15:00 Nostell Holiday Wednesday, Skills Course, info stall & short rides | Sun 16 Easy Thornes Park Start 10:30 |  | Get Cycling Keep Smiling | Sun 22 Steady Thornes Park Start 10:00 | Sat 19 Steady Anglers CP Start 10:00 |
| Sat 25 Steady Castleford Mill Start 10:00 | Wed 19, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides | | | Sun 20 Easy Thornes Park Start 10:30 | Sun 25 Steady Thornes Park Start 10:00 |
| Sun 26 Steady Thornes Park Start 10:00 | Sat 22 Steady Castleford Mill Start 10:00 | Tues 22 Easy Nostell Start 10:30 | Sun 25 Pedal in the Park Start 10:30 Nostell | Tues 24 Easy Nostell Start 10:30 | Tues 22 Easy Nostell Start 10:30 |
| Sun 26 Pedal in the Park Start 10:30 Nostell | Sun 23 Steady Thornes Park Start 10:00 | Sat 26 Steady Castleford Mill Start 10:00 | Tues 27 Easy Nostell Start 10:30 | Sat 28 Steady Castleford Mill Start 10:00 | Sun 27 Steady Thornes Park Start 10:00 |
| Tues 28 Easy Nostell Start 10:30 | Sun 23 Pedal in the Park Start 10:30 Nostell | Sun 27 Steady Thornes Park Start 10:00 | Sat 31 Steady Anglers CP Start 18:15 | Join us in December for our Santa rides |  |
| Wed 29, 11:00-15:00 Nostell Holiday Wednesday, Skills Course, info stall & short rides | Tues 25 Easy Nostell Start 10:30 | Sun 27 Easy Havercroft Start 10:30 | Halloween Ride Dress up for a spook-tacular night ride | | |
|  | Wed 26, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides | August BH Mon 31 Easy Nostell Start 10:30 |  | Rides & Events Leaflet SOON | |

RIDES

There's a Ride for everyone

The rides are of varied lengths and difficulty. We will always ride at the pace to suit the least experienced rider. We use traffic free routes & some minor roads. Most rides are suited to hybrid or mountain bikes.

Bad weather

The weather doesn't usually stop a ride. The ride leaders are always waiting at the start point so don't be put off, just dress for the weather.

How to book on a ride

Just come along unless it states otherwise in the ride information

How much does it cost?

WDCF rides are FREE unless stated otherwise in the ride details.

What to bring on a Ride

Please see ride details for specific requirements, but it is always useful to bring:

- Yourself, friends & family
- A roadworthy bike
- Suitable clothing
- A bottle of water
- We also recommend that you wear a cycle helmet.

Loan Bikes

A limited number of bikes are available to borrow at rides and events at Nostell, Castleford Mill and Thornes Park. There is no charge but bikes must be booked in advance by emailing :- info@cycling-wakefield.org.uk

EVENTS

Cycle information stand

Wakefield District Cycle Forum with a mix of cycle information, maps, leaflets and advice

Cycle Skills Course

Practice your cycling skills, whatever your age. If you feel like a challenge come along to one of our events where the cycle skills course is advertised and have a go. Bring your own bike or use one of ours.

Short Guided Rides

Short Guided rides are led by one of our trained leaders. Bring your own bike or use one of ours.

Basic Bicycle Maintenance Class

Using your own bike the WDCF Bike Doctor will teach you how to carry out basic bicycle maintenance tasks.

Booking for this class is required. Email:- info@cycling-wakefield.org.uk



Key & Details

Difficulty

Pedal in the Park

Short guided rides by one of our trained leaders lasting up to 1 hour. Distance up to 5 miles.

Easy Ride

Cycling at an easy-going pace, easy rides ideal for beginners, families & those wanting to build their confidence, Duration 2-3 hours. Distance up to 10 miles.

Steady Ride

If you're fairly confident on your bike, steady rides are the next step up. Cycling further at a comfortable pace. Duration 3 hours. Distances up to 20 miles.

Steady-Plus Ride

You'll need a good level of fitness and cycling experience. Duration 3-4 hours. Distances usually up to 25 miles. Longer rides as stated on the calendar.

The WoW

A picturesque 21 mile ride using mostly traffic-free cycle tracks.

The Wakefield Wheel

A 38 mile challenging cycle ride using a mixture of on-road and traffic-free cycle tracks. Cycled at a steady pace.

If you're unsure which ride is for you please email:-

info@cycling-wakefield.org.uk for advice.

Open up the leaflet for a full list of rides and events.

Anglers Country Park (CP) WF4 2EB

Meet outside the tea room



Castleford Queens Mill, WF10 1JW

Meet outside the café



Nostell, WF4 1QE

Meet in front of the house (First ride – Free Parking)



The Darrington Hotel, WF8 3BL

Meet in the car park (Road ride)



Pontefract Park, WF8

Meet in the main car park inside the racecourse



Thornes Park, WF2 8TY

Meet outside the sports centre



Havercroft, WF4 2BD

Meet outside the Havercroft & Ryhill Community Learning Centre



Parking at start

Cycle parking at start

Café at start

Toilets at start

Ride usually has pub stop

Ride usually has café stop