

Contact numbers Please do not phone after 9pm

In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	☎ 01224 571984
Secretary	Sheila	☎ 01224 639012
Runs Co-ordinator	John S	☎ 01224 790269
Social Secretary	Claire	☎ 01224 611550
Treasurer	Doug	
Membership Records	John T	☎ 01467 620146

Right to Ride Representatives

Aberdeen City	Dave L	☎ 01224 314127
South Aberdeenshire	Mark	☎ 01330 823418
Central Aberdeenshire	Albert	☎ 01467 651255
North Aberdeenshire	Bill	☎ 01888 562550

Runs Co-ordinators

Try Cycling Rides	Gerard	☎ 01224 734799
Morning Runs	Sandy	☎ 01224 682781
Slower Full Day Runs	Dave W	☎ 01224 730313
Medium Full Day Runs	Gordon M	☎ 01224 318507
Faster Full Day Runs	Sheila	☎ 01224 639012

Additional Runs Leaders

Dave B	☎ 01224 876136
Dave L	☎ 01224 314127
Cindy	☎ 01224 484891
Joe	☎ 07971 036 933
Hamish	☎ 013398 82333
Jonathan	☎ 01224 744658
Wilf	☎ 01224 658274

Discounts are available at the following shops on production of a current CTC membership card:

- Alpine Bikes: 10% on all accessories
- Nevisport 10% on selected goods

Grampian Cyclists' Touring Club



Cycle Runs List Jul to Sep 2008

Grampian CTC website: www.ctcgrampian.org.uk/

CTC headquarters website: www.ctc.org.uk/



Runs Lists: To obtain the next runs list, email John at j_m_scott@yahoo.com, or phone Sheila on 01224 639012. Runs are also on our website: www.ctcgrampian.org.uk

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

Runs Leaders are requested to contact the coffee/lunch stops with rider numbers and expected arrival time, as early as possible.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10-15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

Morning Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for **experienced cyclists**. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish pace. Distance normally 30-45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45-60 miles.

Faster Full Day Runs: Fast pace. Distance normally 60-75 miles (* runs are longer).

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila.

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning.

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £2.00 per head.

Tea & Biscuits: Visits to member's homes. Please give a contribution of £1.00 per head

Date	Type	Dist	Start time, Route	[Leader]	Start point	Grid ref.
July						
Wed 2	Pub Run	D	19:30 Leggart Terrace, Lairhillock	[Led by Sheila]	Airyhall Library, Springfield Rd.....	NJ 911046
Sat 5	Medium Full Day	B	09:30 B+Q Bridge of Don, coffee at Ythan Hotel, Newburgh (01358 789257/272), lunch at New Inn, Ellon (01358 720425)	[Led by John T]	Asda, Bridge of Dee..... Asda, Dyce Asda, Portlethen	NJ 925036 NJ 895127 NO 915968
Sun 6	Morning Run	D	09:30 Woodend Hospital, Eday Rd, Visit Keith Tower (Park Bridge) Flora's Cafe (01330 860848) for coffee	[Led by Joe]	B&Q, Bridge of Don Bridge of Feugh Car Park	NJ 946123 NO704951
Sun 6	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Sandy]	Brig o'Balgownie Cockers Garden Centre, Lang Stracht.....	NJ 943096 NJ 890066
Sun 6	Faster Full Day	A	09:00 B&Q Bridge of Don, to JRD Equipment, Ellon (01358 720294) for coffee, Picnic Lunch at Aden Country Park.	[Led by Wilf]	Cults Library..... Dobbies, Hazlehead..... Duthie Park, Polmuir Rd.	NJ 892028 NJ 897049 NJ 939046
Wed 9	Pub Run	D	19:30 Tesco, Danestone, Spider's Web, Dyce	[Led by Sheila]	Duthie Park, Riverside Drive (<i>Start for 'Try Cycling' in car park by the pond</i>) Dyce Railway Station	NJ 942043 NJ 884128
Sat 12	Car Assist	C/B	08:45 Airyhall Library, Drive to Aboyne, coffee at Corner House, dep 10.30, picnic in Glen Buchat. Bring coffee for return. Contact John B to offer/ask for lift.	[Led by John B]	Flora's Café, Cullerlie..... Footdee (Round House)	NJ 766029 NJ 959058
Sun 13	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Dave L]	Girdleness Lighthouse Hazlehead, Groats Rd	NJ 972053 NJ 895055
Sun 13	Slower Full Day	C	09:30 Girdleness Lighthouse, coffee at Asda, Portlethen (01224 782200), picnic at Stonehaven harbour	[Led by Dave W]	Inversneckie Café, Beach Esplanade King's College, High Street	NJ 954067 NJ 939083
Sun 13	Faster Full Day	A*	09:00 Westhill Shopping Centre, to Bistro, Alford (019755 63154) for coffee, picnic at Morgan McVeighs, Culsalmond (01464 841399) via Suie Hill	[Led by John T]	Kingswells Roundabout Leggart Terrace	NJ 869063 NJ 929034
Wed 16	Pub Run	D	19:30 Airyhall Library, Cove Bay Hotel	[Led by Sheila]	Mannofield water works (at traffic lights)..... Maryculter Community Hall.....	NJ 914040 NJ 856001
Sat 19	Special	A**	07:30 Tourists Mountain Challenge: Bridge of feugh car park, (NO704951) Cairn o mount, Drovers Inn, Memus for coffee, Lunch at Kirkton of Glenisla hotel (01575 582223), Devil's Elbow. 125 miles approx.	[Led by Sheila + Hamish]	The Shieling, Banchory..... Old Bank Bar, Peterculter	NO 696955 NJ 837007
Sat 19	Morning Run	D	09:30 Brig o'Balgownie, Lily, Corby, Bishop's Loch circle. Coffee Asda, Dyce (01224 724134).	[Led by Alan]	Old Mill Inn, Maryculter Parkhill Bridge, Dyce (south end of bridge)	NJ 857002 NJ 888139
					Peterculter Parish Church..... Peterculter (west end).....	NJ 841006 NJ 835007
					Sainsbury's, Bridge of Dee	NJ 926033
					Stewart Park, west entrance, Hilton Rd	NJ 919084
					Tesco, Danestone.....	NJ 911098
					Templars, Maryculter	NO 846999
					The Anvil, Netherley.....	NO 849950
					Westhill Shopping Centre	NJ 832070
					Woodend Hospital, Eday Rd.....	NJ 89706

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
<u>September continued...</u>					<u>July continued...</u>				
Sun 14	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Sandy]	Sun 20	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]
Sun 14	Car Assist	B/C	08:45 Airyhall Library, bring coffee, drive to Brechin Castle, run leaves 10.00am to Forfar and Arbroath for picnic lunch. Contact John B to offer/ask for lift	[Led by John B]	Sun 20	Medium Full Day	B	09:30 B&Q B of Don, Coffee at Ythan Hotel, Newburgh (01358789257), picnic at Cruden Bay, Haddo House (01651 851440) for afternoon tea.	[Led by Gordon M]
Sat 20	Faster Full Day	A	09:00 Westhill Shopping Centre, to Millers, Midmar (01330 833462) for coffee, picnic lunch at Aboyne or Boat Inn (013398 86137/287), if wet.	[Led by Dave W]	Wed 23			Let Joe know if attending barbecue on the 27th	
Sun 21	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Dave L]	Wed 23	Pub Run	D	19:30 Kings College, High Street, Broadstraik Inn, Elrick	[Led by Sheila]
Sun 21	Slower Full Day	C	09:30 Parkhill Bridge, Dyce , coffee at Pitmedden Gardens (01651 842352), picnic at Prop of Ythsie	[Led by Gerard]	Sat 26	Faster Full Day	A*	09:00 Parkhill Bridge, Dyce , Parkhill, Dyce to Lochter's Oldmeldrum (01651 872787) for coffee, Picnic at Leith Hall, Kennethmont (01464 831216).	[Led by John S]
Sat 27	Faster Full Day	A	09:00 B&Q Bridge of Don, B+Q, Bridge of Don to JRD Equipment, Ellon (01358 720294) for Coffee, Picnic Lunch at Fyvie Castle or Vale Hotel (01651 891376), if wet	[Led by Alan]	Sun 27	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Sandy]
Sat 27	Morning Run	D	09:30 Woodend Hospital, Eday Rd, coffee at Flora's Cafe (01330 860848)	[Led by Dave L]	Sun 27	Slower Full Day	C	09:30 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 826426), picnic at Forest of Birse.	[Led by Wilf]
Sun 28	Medium Full Day	B	09:30 Parkhill Bridge, Dyce , Haddo House (01651 851440)for coffee; Loanhead stone circle, Daviot for picnic lunch.	[Led by Joe]	Sun 27 Social			16:00 22 Forbesfield Road, BBQ, let Joe know if you are attending by Weds 23, BYO food and drink [Joe]	
Sun 28	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]	Wed 30	Pub Run	D	19:30 Bucksburn Police Station, Cults Hotel	[Led by Sheila]
					<u>August</u>				
					Sat 2	Medium Full Day	B	09:30 Peterculter (west end), .Crathes (01330 844634) for coffee, then Cryne's Cross Mounth to Inverbervie. (8 miles of rough track) Picnic en route.	[Led by Gordon M]
					Sun 3	Morning Run	D	09:30 Airyhall Library, Coffee at Flora's Cafe (01330 860848), visit wooden lumberjills house (circa 1941).	[Led by Sandy]
					Sun 3	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Dave L]
					Sun 3	Faster Full Day	A*	09:00 Peterculter (west end), to Inchmarlo Golf Club, Banchory (01330 826426) for coffee, Picnic Lunch at Burn o' vat or Victoria tea rooms, (013398 85337) Dinnet, if wet.	[Led by Dave B]

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
<u>August continued...</u>					<u>August continued...</u>				
Wed 6	Pub Run	D	19:30 Woodend Hospital, Eday Rd, Donview, Bridge of Don	[Led by Sheila]	Wed 27	Pub Run	D	19:30 Brig o'Balgownie, Ghillies Lair, Bridge of Dee.	[Led by Sheila]
Sat 9	Slower Full Day	C	09:30 Brig o'Balgownie, coffee at Ythan Hotel, Newburgh (01358 789257/272), picnic at Old Slains Castle	[Led by Jonathan]	Sat 30	Medium Full Day	B	09:30 Kingswells Roundabout, Coffee at Ross's, Inverurie (01467 620764), Dunnideer Hill Fort for picnic lunch.	[Led by Gordon M]
Sun 10	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]	Sun 31	Morning Run	D	09:30 Brig o'Balgownie, visit Newmachar war memorial and standing stone (NJ871 183) coffee Asda, Dyce (01224 724134).	[Led by Sandy]
Sun 10	Faster Full Day	A*	09:00 B+Q Bridge of Don, The Gallery Coffee Shop, Ellon (01358 722372) for coffee, Picnic Lunch at Maud.	[Led by John T]	Sun 31	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Dave L]
Wed 13	Pub Run	D	19:30 Leggart Terrace, Ploughman, Peterculter .	[Led by Sheila]	Sun 31	Faster Full Day	A*	09:00 Peterculter (west end), to Inchmarlo Golf Course, Banchory (01330 826426) for coffee, Picnic at Fettercairn via Cairn o' Mount.	[Led by Hamish]
Sat 16	Faster Full Day	A*	09:00 Leggart Terrace, Here and Now, Stonehaven (01569 767099) for coffee, Picnic Lunch at Johnshaven (Fish Festival)	[Led by Joe]	<u>September</u>				
Sat 16	Morning Run	D	09:30 Duthie Park, Riverside Drive, visit Loriston Loch (Redmoss end), Coffee- Asda, Portlethen (01224782200)	[Led by Sandy]	Wed 3	Pub Run	D	19:30 Hazlehead, Groats Rd, Cocket Hat, Anderson Drv.	[Led by Sheila]
Sun 17	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Dave L]	Sat 6	Nicholl Trophy	D	10:00 Flora's, coffee at Flora's Cafe (01330 860848), details to be advised.	[Led by Albert]
Sun 17	Slower Full Day	B	09:30 Old Mill Inn, Maryculter, coffee at Stonehaven Bowling Green (07732 336435), Stonehaven Bike Ride	[Led by Alan]	Sun 7	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]
Wed 20	Pub Run	D	19:30 Parkhill Bridge, Dyce , Four Mile, Bucksburn.	[Led by Sheila]	Sun 7	Faster Full Day	A	09:00 Parkhill Bridge, Dyce , to Lochters, Oldmeldrum (01651 872787) for coffee, picnic at Dunnydeer Fort, Inch or Kellockbank (01464 851114) if wet	[Led by John S]
Sat 23	Faster Full Day	A*	09:00 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee, Picnic Lunch at Glenkindie Arms Hotel (01975641288)	[Led by John T]	Wed 10	Pub Run	D	19:00 Airyhall Library, Pub supper: Four Mile House, Kingswells.	[Led by Sheila]
Sun 24	Medium Full Day	B	09:30 Old Mill Inn, Maryculter, Here and Now, Stonehaven (01569 767099) for coffee, to Crawton, Catterline, Kineff Church, Inverbervie for picnic , Castle of Fiddes	[Led by Joe]	Sat 13	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, to Kirktown Garden Centre, Stonehaven (01569 764343) for coffee, picnic lunch at Inverbervie or Salutation Hotel (01561 361455), if wet.	[Led by Dave B]
Sun 24	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Sandy]	Sat 13	Morning Run	D	09:30 Cults Library, coffee Asda, Portlethen (01224 782200)	[Led by Jonathan]

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15