

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	Heather T	☎ 07548 886999
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	Gordon M	☎ 01224 318507
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
Alan	☎ 01224 861209
Joe	☎ 07971 036933
Hamish	☎ 013398 82333
Jonathan	☎ 01224 744658
Wilf	☎ 01224 658274
Heather R	☎ 01224 873380

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

Apr to Jun 2009

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 £2.50 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.
<u>April</u>						
Sat 4	Faster Full Day	A	09:00 Parkhill Bridge, Dyce , to Lochters, Oldmeldrum (01651 872000/787) for coffee, Lunch at The Vale, Fyvie (01651 891376).	[Led by Wilf]	Airyhall Library, Springfield Rd..... Asda, Bridge of Dee..... Asda, Dyce	NJ 911046 NJ 925036 NJ 895127
Sun 5	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]	Asda, Portlethen B&Q, Bridge of Don	NO 915968 NJ 946123
Sun 5	Slower Full Day	C	09:30 Airyhall Library, to Flora's (01330 860848) for coffee, visit sand dunes at Balmedie, lunch at White Horse Inn, Balmedie (01358 742404)	[Led by Alan]	Brig o'Balgownie Castlegate..... Cockers Garden Centre, Lang Stracht.....	NJ 943096 NJ 945063 NJ 890066
Sat 11	Medium Full Day	B	09:30 Peterculter (west end), to Millers, Midmar (01330 833462) for coffee, Lumphanan Motte , lunch at Crossroads Inn, Lumphanan (013398 83275)	[Led by John S]	Cults Library..... Dobbies, Hazlehead Duthie Park, Polmuir Rd. Duthie Park, Riverside Drive (<i>Start for 'Try Cycling' in car park by the pond</i>)	NJ 892028 NJ 897049 NJ 939046 NJ 942043
Sun 12	Try Cycling	E	10:00 Hazlehead Park, Groat's Road entrance, Short easy rides, all welcome	[Led by Sandy]	Dyce Railway Station..... Flora's Café, Cullerlie	NJ 884128 NJ 766029
Sun 12	Morning Run	D	09:30 Round House, Fittie, Coffee at Parkhill Garden Centre (01224 722167)	[Led by Heather R]	Footdee (Round House) Girdleness Lighthouse	NJ 959058 NJ 972053
Sun 12	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, to Kirktown Garden Centre, Stonehaven (01569 764343) for coffee, lunch at Alastair's Cafe, Fettercairn (01330 860848)	[Led by Dave B]	Hazlehead, Groats Rd Inversneckie Café, Beach Esplanade King's College, High Street..... Kingswells Roundabout	NJ 895055 NJ 954067 NJ 939083 NJ 869063
Sat 18	Slower Full Day	C	09:30 Brig o'Balgownie, to Pitmedden Gardens (01651 842352) for coffee, visit Prop of Ythsie (Tower 3), lunch at Redgarth, Oldmeldrum (01651 872353).	[Led by Gordon M]	Leggart Terrace Mannofield water works (at traffic lights)..... Maryculter Community Hall.....	NJ 929034 NJ 914040 NJ 856001
Sat 18	Social		Contact Albert (01467 651255) before the 18th, if you are attending the slide show on the 25th of April.		The Shieling, Banchory..... Old Bank Bar, Peterculter	NO 696955 NJ 837007
Sun 19	Try Cycling	E	10:00 Seaton Park, Main car park, Don St, Short easy rides, all welcome	[Led by Dave L]	Old Mill Inn, Maryculter Parkhill Bridge, Dyce (south end of bridge)	NJ 857002 NJ 888139
Sun 19	Faster Full Day	A	09:00 Peterculter (west end), to Inchmarlo Golf Club, Banchory (01330 826426) for tea/coffee, Lunch at Victoria Tea Rooms, Dinnet (013398 85337).	[Led by John T]	Peterculter Parish Church..... Peterculter (west end)..... Sainsbury's, Bridge of Dee	NJ 841006 NJ 835007 NJ 926033
Sat 25	Morning Run	D	09:30 Woodend Hospital, Eday Rd, Coffee at Culter Parish Church	[Led by Jonathan]	Stewart Park, west entrance, Hilton Rd Tesco, Danestone..... Templars, Maryculter	NJ 919084 NJ 911098 NO 846999
					The Anvil, Netherley Westhill Shopping Centre	NO 849950 NJ 832070
					Woodend Hospital, Eday Rd.....	NJ 89706

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Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
<u>June continued...</u>					<u>April continued...</u>				
Sun 14	Try Cycling	E	10:00 Hazlehead Park, Groat's Road entrance, Short easy rides, all welcome	[Led by Dave L]	Sat 25	Faster Full Day	A	09:00 B&Q Bridge of Don, to The Gallery Coffee Shop, Ellon (01358 722372) for coffee, Lunch at Aden Country Park, visit museum	[Led by Wilf]
Sun 14	Discovery	C/B	09:30 Airyhall Library, Stone circles and their background (Andrew), to Cullerlie, Sunhoney & Midmar etc. Coffee at Flora's (01330 860848), picnic lunch	[Led by John T]	Sat 25	Social		19:45 for 20:00 The Mill, Monymusk, Slide show (The Chinese Himalayas) at Albert and Muriels house (01467 651255), The Mill, Monymusk.	
Sun 14	Faster Full Day	A*	09:00 Parkhill Bridge, Dyce, to Inverurie Garden Centre (01467 621402) for coffee, picnic lunch at Leith Hall, Kennethmont (01464 831216).	[Led by Wilf]	Sun 26	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Heather T]
Wed 17	Pub Run	D	19:30 Duthie Park, Riverside Drive, Shepherd's Rest, Westhill	[Led by Sheila]	Sun 26	Medium Full Day	B	09:30 Airyhall Library, to Flora's (01330 860848) for coffee, Elsick Mounth to The Ship Inn, Stonehaven (01569 762617) for lunch or picnic [4 miles of track]	[Led by Dave W]
Sat 20	Morning Run	D	09:30 Duthie Park, Riverside Drive, Coffee at Asda, Portlethen (01224 782200)	[Led by Gerard]	Sun 26	Medium Full Day	B	09:30 Airyhall Library, Ghillies Lair, Bridge of Dee	[Led by Sheila]
Sat 20	Faster Full Day	100	08:00 Westhill Shopping Centre, to Bistro, Alford (019755 63154), picnic lunch at Ballater	[Led by Sheila]	Wed 29	Pub Run	D	19:30 Airyhall Library, Ghillies Lair, Bridge of Dee	[Led by Sheila]
Sun 21	Try Cycling	E	10:00 Seaton Park, Main car park, Don St, Short easy rides, all welcome	[Led by Sandy]	<u>May</u>				
Sun 21	Medium Full Day	B/A	09:30 Old Mill Inn, Maryculter, to Bowling Green, Stonehaven (07732 336435) for coffee, picnic at Inverbervie/Gourdon.	[Led by Dave W]	Sat 2	Discovery	C	09:30 Mannofield Water Works, Aberdeen Water Supply 1856: Mannofield Water Works (T/Lights) to late coffee at Somerfield, Banchory, (01330 824086) to Invercannie waterworks (Picnic)	[Led by Gerard]
Wed 24	Pub Run	D	19:30 Donview, Bridge of Don, Northern Lights, Hatton of Fintray (01224 791261)	[Led by Sheila]	Sat 2	Faster Full Day	A*	09:00 Old Mill Inn, Maryculter, to Inchmarlo Golf Club, Banchory (01330 826426) for coffee, Picnic lunch at Drumtochty Glen via Cairn o' Mount	[Led by John S]
Sat 27	Faster Full Day	A*	09:00 Old Mill Inn, Maryculter, to Kondit Bakery, Inverbervie (01561 361221) for Coffee, Picnic Lunch at Edzell	[Led by Dave B]	Sun 3	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Dave L]
Sun 28	Slower Full Day	C	09:30 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee, picnic at Aquorthies Stone Circle, nr Inverurie	[Led by Joe]	Sun 3	Slower Full Day	C/B	09:30 Kingswells Roundabout, to Millers, Midmar (01330 833462) for coffee, Torphins, visit Castle Maud and Cluny Crichton castle (MR 685995) nr Raemoir hotel, Picnic.	[Led by Hamish]
Sun 28	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Gerard]	Wed 6	Pub Run	D	19:30 Woodend Hospital, Eday Road, Donview, Bridge of Don	[Led by Sheila]
					Sat 9	Medium Full Day	B	09:30 B&Q Bridge of Don, to Haddo House (01651 851440) for coffee, picnic lunch at Cruden Bay.	[Led by Joe]
					Sun 10	Morning Run	D	09:30 Leggart Terrace, Visit Boswell's Tower for picnic (tower 4)	[Led by Sandy]

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<u>May continued...</u>					<u>May continued...</u>				
Sun 10	Try Cycling	E	10:00 Hazlehead Park, Groat's Road entrance, Short easy rides, all welcome	[Led by Gerard]	Sat 30	Special	A**	07:00 Westhill Shopping Centre, Tourist Mountain Challenge - Huntly for Coffee, Tomintoul for Picnic Lunch - approx 135 miles	[Led by Sheila]
Sun 10	Car Assist	B/C	07:45 Airyhall Library, Drive to Ballater, leave 9.30 for Balmoral, picnic Strathdon. Bring flask .Contact John B to offer/request lift.	[Led by John B]	Sun 31	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Heather T]
Wed 13	Pub Run	D	19:30 Leggart Terrace, Old Mill Inn, Maryculter.	[Led by Sheila]	Sun 31	Slower Full Day	C	09:30 Hazlehead, Groats Rd, to Flora's (01330 860848) for coffee. Picnic at Scolty (Tower 5), nr Banchory. Bike+Hike	[Led by Joe]
Fri 15	Social		19:15 for 19:30 , The Solid Silver Sixties Show, Music Hall.		<u>June</u>				
Sat 16	Slower Full Day	C	09:30 Old Mill Inn, Maryculter, BURN'S 250th anniversary {the homecoming}. to Kirktown Garden Centre Stonehaven (01569 764343) for coffee (Picnic lunch en route)	[Led by Gordon M]	Wed 3	Pub Run	D	19:30 Footdee (Round House), The Neuk, Portlethen	[Led by Sheila]
Sun 17	Try Cycling	E	10:00 Seaton Park, Main car park, Don St, Short easy rides, all welcome.	[Led by Sandy]	Sat 6	Car Assist	B/C	07:45 Airyhall Library, Drive to Rhynie, run leaves 09.00, coffee at Deans shortbread factory, Huntly (01466 792086), picnic Dufftown Castle, Cabrach. Bring flask for end of ride. Contact John B to offer/request lift.	[Led by John B]
Sun 17	Faster Full Day	A*	09:00 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee , picnic lunch at Glenkindie .	[Led by Sheila]	Sat 6	Slower Full Day	B/C	09:30 Cults Library, to Crathes Castle, Banchory (01330 844634/525) for coffee. Visit Fowlsheugh, Crawton, Picnic lunch.	[Led by I rene]
Wed 20	Pub Run	D	19:30 Brig o' Balgownie, Spider's Web, Dyce	[Led by Sheila]	Sun 7	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Heather R]
Sat 23	Morning Run	D	10:00 Airyhall Library, Coffee at Flora's (01330 860848)	[Led by Jonathan]	Sun 7	Morning Run	D	09:30 Duthie Park, Riverside Drive, WW2 70th Anniversary (1939) Tour	[Led by Sandy]
Sat 23	Faster Full Day	A*	09:00 B&Q Bridge of Don, to The Gallery Coffee Shop, Ellon (01358 722372) for coffee, picnic lunch at Delgatie Castle, Turriff.	[Led by John T]	Sun 7	Faster Full Day	A*	09:00 Old Mill Inn, Maryculter, to Kirktown Garden Centre, Stonehaven (01569 764343) for coffee, picnic lunch at Inverbervie	[Led by Hamish]
Sun 24	Medium Full Day	B	09:30 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee, visit 2 Big Stone Circles at My Lords Throat (MR 616198) and Old Keig (MR 596195) Picnic.	[Led by Wilf]	Wed 10	Pub Run	D	19:30 Airyhall Library, Four Mile House, Kingswells	[Led by Sheila]
Sun 24	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Heather R]	Sat 13	Medium Full Day	C	09:30 B&Q Bridge of Don, to The Gallery Coffee Shop, Ellon (01358 722372) for coffee, picnic at Culsh (Tower 6), New Deer	[Led by Gordon M]
Wed 27	Pub Run	D	19:30 Hazlehead, Groats Rd, Bieldside Inn, Bieldside .	[Led by Sheila]					

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