

Ayrshire CTC

Ladies Only 2010

Month	Date & Time	Start Point	Additional Info
FEBRUARY	Sat 6th. 11:00am	Crosshouse Cross Car Park	Pat S leads to coffee at Fraser's Garden Centre(01563 850215) - and back. 15 miles or so
MARCH	Sat 6th. 11:00am	Irvine Harbour Arts Centre	Catherine L navigates her way around a very easy 12-15 mile circuit. There will be a short snack stop half way round. The main lunch stop will be at the end of the ride where you can choose to eat and chat - or not as the case may be.
APRIL	Sat. 3rd. 11:00am	Dunlop Station	Susi B has a notion for the award winning Dunlop Dairy as the break point on her 12 mile circuit.
MAY	Sat. 1st. 11:00am	Fenwick War Memorial	Alice leads on an educational visit to Europe's largest wind farm which is located right on our doorstep at Eaglesham Moor. Lunch will be at the visitor centre.
JUNE	Sat 5th. 11:00am	Monkton Cross	Pat S. leads towards Hayes Garden Centre which is always a favourite for combining lunch with a little shopping. One or two climbs on this run but all at a very gentle pace and well worth it for the beautiful views of the coast
JULY	Sat 3rd. 11:00am	Galston Co-Op	An old favourite re-introduced. A slow and steady climb all the way, winding along the farm roads of Burns Country to the destination in Mauchline. Café lunch stop. Remember... it's downhill all the way back!
AUGUST	Sat 7th. 9:30am	Ardrossan Ferry for Arran	Please note the early start time to allow purchase of ferry tickets. Join Nancy for a day in Arran. Lunch will be either at a café or pub and both the route and lunch stop will be decided on the day. There will be a set ladies run on the day however friends or partners will be more than welcome as alternative 'self led' runs can easily be organised to suit all abilities.
SEPTEMBER	Sat 4th. 11:00am	Maybole Rail Station	Having visited a healthy Dairy earlier in the year, Susi B now seems to have taken up smoking as she leads a visit to Burns Country Smokehouse !
OCTOBER	Sat 2nd. 11:00am	Kilmarnock, Kay Park Lower car park	Meet Nancy L in the lower car park (just off Grassyards Road) for this trip to Galston's Balmoral Mill. Established in 1911 it is one of the few remaining knitwear manufacturers in Ayrshire.
NOVEMBER	Sun 6th. 11:00am	Largs Slip for Cumbrae	Alice leads round the beautiful island of Cumbrae. A gentle pace and an ideal route for anyone who's not been out for a while with lunch at Millport. Around 12 miles
DECEMBER	Sun 12th. 10:00am	Symington	Choice of two distances. Take your pick on the day.

Newcomers : You do not need to be a member of the CTC to join our cycle runs but, after approx. 5 runs, you would be expected to join the CTC or cease riding with us. This should be enough for you to gauge which category of rides suits you best. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Safety : Bicycles must be legal and roadworthy. We reserve the right to refuse participation to anyone who does not, in our opinion, possess a roadworthy bicycle. In addition to any mandatory requirements (e.g. working lights during hours of darkness) we recommend you consider carrying the following :

- spare tube(s) and puncture repair kit, pump, tyre levers
- some drink, food and money for emergencies
- where appropriate, wet weather gear and warm clothing
- address and telephone contact number.

Use proper bike bags to carry the above.
Mobile phone owners - please carry it for emergency use.

Group Riding : The guidelines used by the Ayrshire CTC can be found [here](#). These give general guidance on the terms used and expected behaviour of cyclists' in a group. They are guidelines only and common sense has to be applied in varying situations. All rides have a leader and a back marker who will identify themselves at the start of the ride and to whom any problems should be relayed.

Contact us :

Main : David mainruns@cycleayrshire.co.uk
Ladies Only: Nancy ladiesonly@cycleayrshire.co.uk
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Mid-week : Howard midweek@cycleayrshire.co.uk
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Secretary : Drew contactus@cycleayrshire.co.uk
Website : David webadmin@cycleayrshire.co.uk
Route Advice, Saddlebag and General enquiries:
Pat/Drew : contactus@cycleayrshire.co.uk

Ayrshire Cyclists' Touring Club

Ladies Only 2010



Cycle Run List

Website : www.cycleayrshire.co.uk

30/4/1020

Ladies Only :

Take place on the first Saturday of the month.
11 am start time.
Usually **12 - 15 miles** long.
Cycled at a very relaxed pace.
Coffee stop or lunch stop during the Run