

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 [www.cycling-wakefield.org.uk](http://www.cycling-wakefield.org.uk)

**Membership £5**

Including Wheel & WoW cycle map

  
wakefieldcouncil  
working for you

  
Wakefield District  
Cycle Forum

  
National  
Trust

## 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.

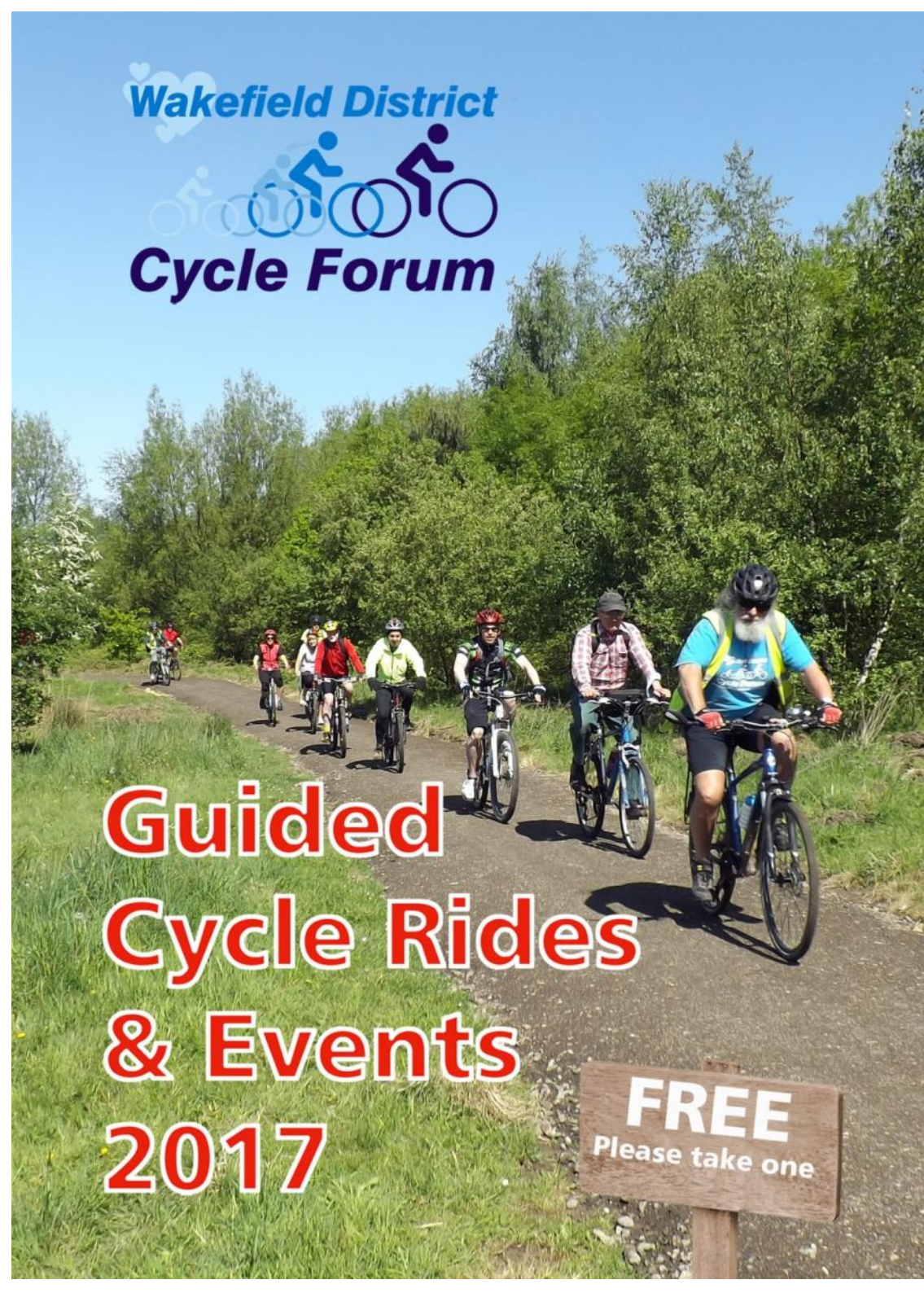
Even if you can spare one or two hours a month we would like to hear from you.

For more information email:-  
[info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk)

-  : [cycling-wakefield.org.uk](http://cycling-wakefield.org.uk)
-  : /WDCF1
-  : @WDCF2
-  : [info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk)

**Guided  
Cycle Rides  
& Events  
2017**

**FREE**  
Please take one





## 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, Anglers CP, and Pugneys CP. There is no charge but bikes must be booked in advance be emailing :- [info@cyclings-wakefield.org.uk](mailto:info@cyclings-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 led by one of our trained leaders, bring your own bike or use one of ours.

### DIY Bike Maintenance Drop-in

No need to book. Bring along your own bike and the Bike Doctor will coach you though repairing / maintaining it.

### 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@cyclings-wakefield.org.uk](mailto:info@cyclings-wakefield.org.uk)



## Key & Details

### Anglers Country Park (CP) WF4 2EB

3<sup>rd</sup> Saturday of the month  
Meet outside the tea room



### Castleford Queens Mill WF10 1JW

2<sup>nd</sup> & 4<sup>th</sup> Saturday of the month  
Meet outside the café



### Nostell WF4 1QE

1<sup>st</sup> (April to Oct), 3<sup>rd</sup> Sunday & 4<sup>th</sup> Tuesday of the month

Meet in front of the house



### Pugneys Country Park (CP) WF2 7EQ

2<sup>nd</sup>, 4<sup>th</sup> & last Sunday of the month  
Meet outside visitor centre/café.



### The Darrington Hotel WF8 3BL

1<sup>st</sup> Saturday of the month  
Meet in the car park (Road ride)



### Pontefract Park

3<sup>rd</sup> Tuesday of the month  
Meet at the main car park inside the racecourse



**About the routes** some routes may be muddy & uneven, particularly during wet weather.

## Facilities



Parking at start



Cycle parking at start



Café at start



Toilets at start



Ride usually has pub stop



Ride usually has café stop  
Excluding Castleford & Pugneys Easy ride.

## 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 hrs.  
Distance up to 10 miles.

### Steady Ride

If you're fairly confident on your bike, steady rides are the next step up. Cycling a bit further at a comfortable pace. Duration 2-3 hrs. Distance up to 20mls.

### Challenging

You'll need a good level of fitness, some cycling experience, longer rides cover a good distance at a slightly faster pace, may include some hills. Duration 3hrs. Distance up to 30 miles

### If you're unsure which ride is for you

please email:- [info@cyclings-wakefield.org.uk](mailto:info@cyclings-wakefield.org.uk) for advice

**Open up the leaflet for a full list of Rides & Events**

# Wakefield District Cycle Forum Guided Cycle Rides and Events 2017

January		February		March		April		May		June		
Sat 7 Steady Meet 10:15am	Darrington ROAD RIDE	Sat 4 Steady Meet 10:15	Darrington ROAD RIDE	Sat 4 Steady Meet 10:15	Darrington ROAD RIDE	Sat 1 Steady Meet 10:15	Darrington ROAD RIDE	BH Mon 1 Easy Meet 10:15	 Nostell	Sat 3 Steady Meet 10:15	Darrington ROAD RIDE	
Sun 8 Steady Meet 10:15	Pugneys CP	Sat 11 Easy Meet 10:15	Castleford Mill	Sun 5 Steady Meet 10:15	Pugneys CP WoW 21mls	Sun 2 Pedal in the Park Meet 10:15	Nostell 	Sat 6 Steady Meet 10:15	Darrington ROAD RIDE	Sun 4 Pedal in the Park Meet 10:15	Nostell 	
Sat 14 Easy Meet 10:15	Castleford Mill	Sun 12 Steady Meet 10:15	Pugneys CP	Check our Website or Facebook for more details		Sat 8 Easy Meet 10:15	Castleford Mill	Sun 7 Pedal in the Park Meet 10:15	Nostell 	Sun 4 Steady Meet 10:15	Pugneys CP WoW 21mls	
Sun 15 Easy Meet 10:15	 Nostell	Sat 18 Steady Meet 10:15	Anglers CP	Sat 11 Easy Meet 10:15	Castleford Mill	Sun 9 Steady Meet 10:15	Pugneys CP	Sat 13 Easy Meet 10:15	Castleford Mill	Check our Website or Facebook for more details		
Sun 15 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm		Sun 19 Easy Meet 10:15	 Nostell	Sun 12 Steady Meet 10:15	Pugneys CP	Sat 15 Steady Meet 10:15	Anglers CP Roger Talbot Ride	Sun 14 Steady Meet 10:15	Pugneys CP	Sat 10 Easy Meet 10:15	Castleford Mill	
		Sun 19 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm		Sat 18 Steady Meet 10:15	Anglers CP	Check our Website or Facebook for more details		Tue 16 Steady Meet 5:45	Pontefract Park	Sun 11 Steady Meet 10:15	Pugneys CP	
Tue 17 Steady Meet 12:45	Pontefract Park			Sun 19 Easy Meet 10:15	 Nostell	Sun 16 Easy Meet 10:15	 Nostell	Sat 20 Steady Meet 10:15	Anglers CP	Sat 17 Steady Meet 10:15	Anglers CP	
Sat 21 Steady Meet 10:15	Anglers CP	Tue 21 Steady Meet 12:45	Pontefract Park	Sun 19 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm		Sun 16 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm		Sun 21 Easy Meet 10:15	 Nostell	Sun 18 Easy Meet 10:15	 Nostell	
Sun 22 Easy Meet 10:15	Pugneys CP	Sat 25 Steady Meet 10:15	Castleford Mill					Tuesday 23 Easy Meet 10:15	 Nostell	Sun 18 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm		
Tuesday 24 Easy Meet 10:15	 Nostell	Sun 26 Easy Meet 10:15	Pugneys CP	Sun 19 1 to 3pm Anglers CP Basic Bike Maintenance Class To book email <a href="mailto:info@cyclng.org.uk">info@cyclng.org.uk</a>		Tue 18 Steady Meet 5:45	Pontefract Park	Sat 27 Steady Meet 10:15	Castleford Mill			
Sat 28 Steady Meet 10:15	Castleford Mill	Sun 26 Challenging Meet 9:15	Pugneys CP			Sat 22 Steady Meet 10:15	Castleford Mill	Sun 28 Easy Meet 10:15	Pugneys CP	Tue 20 Steady Meet 5:45	Pontefract Park	
Sun 29 Challenging Meet 9:15	Pugneys CP	Tuesday 28 Easy Meet 10:15	 Nostell	Tue 21 Steady Meet 12:45	Pontefract Park	Sun 23 Easy Meet 10:15	Pugneys CP	Sun 28 Challenging Meet 9:15	Pugneys CP	Sat 24 Steady Meet 10:15	Castleford Mill	
Check out our website or Facebook for extra rides and events		Our Pedal in the Park starts in April at Nostell		Sat 25 Steady Meet 10:15	Castleford Mill	Tuesday 25 Easy Meet 10:15	 Nostell	BH Mon 29 Easy Meet 10:15	 Nostell	Sun 25 Easy Meet 10:15	Pugneys CP	
				Sun 26 Easy Meet 10:15	Pugneys CP	Sun 30 Meet 9:15	Pugneys CP	Wed 31, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides 		Sun 25 Challenging Meet 9:15	Pugneys CP	
				Sun 26 Challenging Meet 9:15	Pugneys CP	Wakefield Wheel 38mile Challenging & Steady pace Check our Website or Facebook for more details <a href="http://www.cycling-wakefield.org.uk">www.cycling-wakefield.org.uk</a>				Tuesday 27 Easy Meet 10:15	 Nostell	
				Tuesday 28 Easy Meet 10:15	 Nostell	Check out our website or Facebook for extra rides and events		Get Cycling Keep Smiling				

July	August		October	November	December
Sat 1 Steady Darrington Meet 10:15 ROAD RIDE	Wed 2, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides	BH Mon 28 Easy Nostell Meet 10:15	Sun 1 Pedal in the Park Meet 10:15 Nostell	Sat 4 Steady Darrington Meet 10:15 ROAD RIDE	Sat 2 Steady Darrington Meet 10:15 ROAD RIDE
Sun 2 Pedal in the Park Meet 10:15 Nostell		Wed 30, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides	Sat 7 Steady Darrington Meet 10:15 ROAD RIDE	Sat 11 Easy Castleford Mill Meet 10:15	Sat 9 Easy Castleford Mill Meet 10:15
Sat 8 Easy Castleford Mill Meet 10:15	Sat 5 Steady Darrington Meet 10:15 ROAD RIDE	<b>September</b>			Sun 10 Steady Pugneys CP Meet 10:15  <b>Santa Ride</b> Wakefield Hospice Book your place via <a href="http://www.wakefieldhospice.org">www.wakefieldhospice.org</a>
Sun 9 Steady Pugneys CP Meet 10:15	Sun 6 Pedal in the Park Meet 10:15 Nostell	Sat 2 Steady Darrington Meet 10:15 ROAD RIDE	Sat 14 Easy Castleford Mill Meet 10:15	Sat 18 Steady Anglers CP Meet 10:15	Sat 16 Steady Anglers CP Meet 10:15
Sat 15 Steady Anglers CP Meet 10:15	Wed 9, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides	Sun 3 Pedal in the Park Meet 10:15 Nostell	Sun 15 Easy Nostell Meet 10:15	Sun 19 Easy Nostell Meet 10:15	Sun 17 Easy Nostell Meet 10:15  <b>Santa Ride</b> Dress up yourself and/or your bike for this festive ride Free tea/coffee & mince pie
Sun 16 Easy Nostell Meet 10:15	Sat 12 Easy Castleford Mill Meet 10:15	Sun 3 Steady Pugneys CP Meet 10:15 <b>WoW 21mls</b> Check our Website or Facebook for more details	Sun 15 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm	Sun 19 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm	
Sun 16 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm	Sun 13 Steady Pugneys CP Meet 10:15	Sat 9 Easy Castleford Mill Meet 10:15	Sun 15 1 to 3pm Anglers CP Basic Bike Maintenance Class To book email <a href="mailto:info@cycling.org.uk">info@cycling.org.uk</a>	Tue 21 Steady Pontefract Park Meet 12:45	Sat 25 Steady Castleford Mill Meet 10:15
Tue 18 Steady Pontefract Park Meet 5:45	Wed 16, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides	Sun 10 Steady Pugneys CP Meet 10:15	Tue 17 Steady Pontefract Park Meet 12:45	Sun 26 Easy Pugneys CP Meet 10:15	Sun 17 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm
Sat 22 Steady Castleford Mill Meet 10:15	Sat 19 Steady Anglers CP Meet 10:15	Sat 16 Steady Anglers CP Meet 10:15	Sat 21 Steady Anglers CP Meet 10:15	Sun 26 Challenging Meet 9:15 Pugneys CP	
Sun 23 Easy Pugneys CP Meet 10:15	Sun 20 Easy Nostell Meet 10:15	Sun 17 Easy Nostell Meet 10:15	Sun 22 Easy Pugneys CP Meet 10:15	Tuesday 28 Easy Nostell Meet 10:15	Tue 19 Steady Pontefract Park Meet 12:45
Tuesday 25 Easy Nostell Meet 10:15	Sun 22 Easy Nostell Meet 10:15	Sun 17 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11am & 1pm	Tuesday 24 Easy Nostell Meet 10:15	 <b>Join us on one of our Santa rides in December</b>	Sat 23 Steady Castleford Mill Meet 10:15
Wed 26, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides	Tuesday 22 Easy Nostell Meet 10:15	Tue 19 Steady Pontefract Park Meet 4:45 pm	Sat 28 Steady Castleford Mill Meet 10:15		 <b>Merry Christmas</b>
Sun 30 Wakefield Wheel 38mile Meet 9:15 Pugneys CP Challenging & Steady pace Check our Website or Facebook for more details	Wed 23, 11am – 3pm Nostell Holiday Wednesday, Skills course, info stall & short rides	Sat 23 Steady Castleford Mill Meet 10:15	Sun 29 Wakefield Wheel 38mile Meet 9:15 Pugneys CP Challenging & Steady pace Check our Website or Facebook for more details	Get Cycling Keep Smiling	
	Sat 26 Steady Castleford Mill Meet 10:15	Sun 24 Easy Pugneys CP Meet 10:15		<b>Watch out for our 2018 Rides &amp; Events leaflet out this December</b>	 <b>HAPPY NEW YEAR</b>
	Sun 27 Easy Pugneys CP Meet 10:15	Sun 24 Challenging Meet 9:15 Pugneys CP	Tuesday 31 Steady Anglers CP Meet 6:15pm <b>Halloween Ride</b> Dress up yourself & your bike for a spooky night ride, Bright headlights essential		
	Sun 27 Challenging Meet 9:15 Pugneys CP	Check out our website or Facebook for extra rides and events			