

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 workdays 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

**Life 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

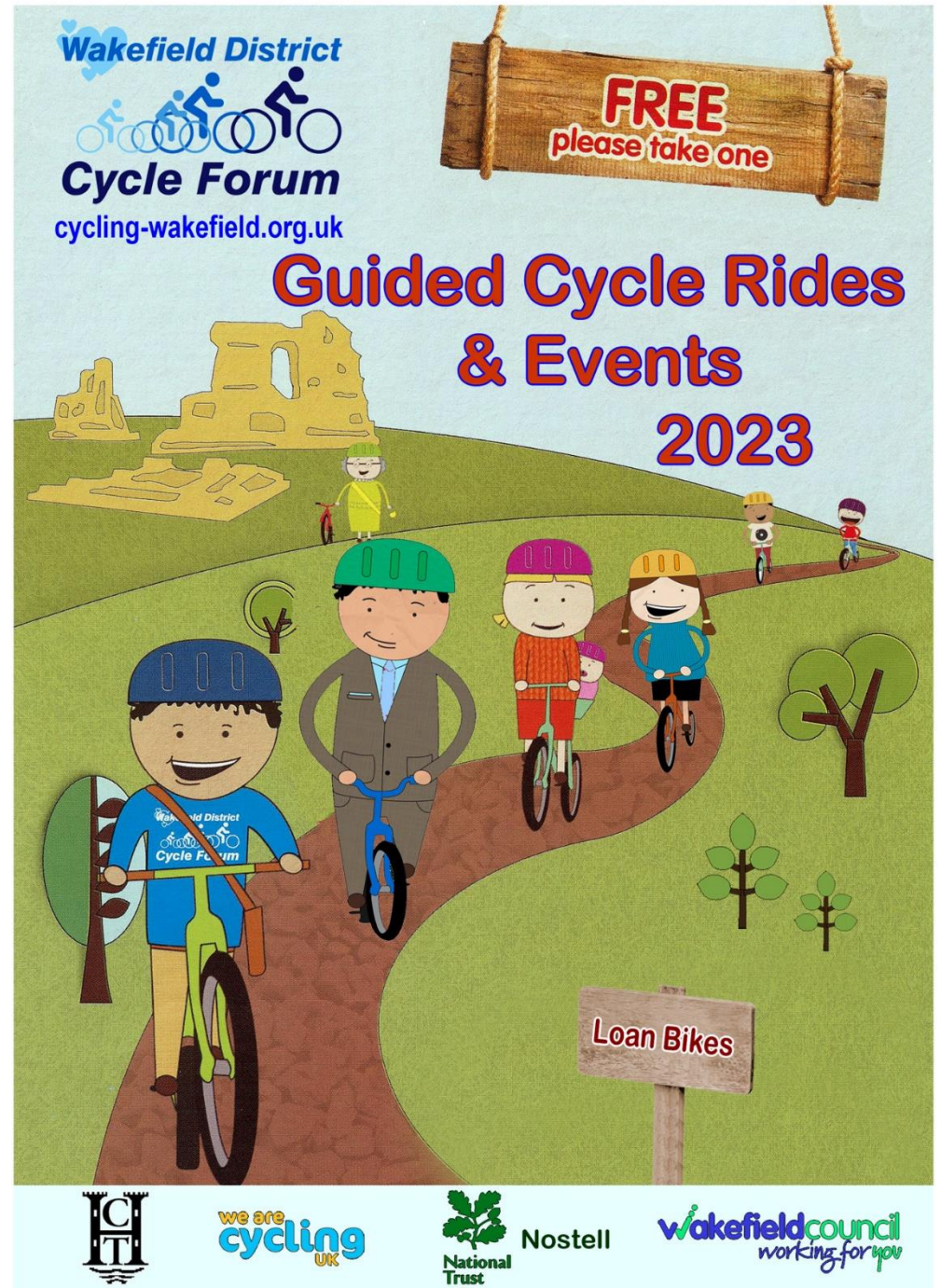
- Ride leaders
- Back markers for rides
- Cycle skills course staffing
- Information stall staffing
- Workdays
- Steering group meetings & activities.


Training and qualifications are not necessary but may be provided for some roles.

Even if you can only 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
-  : info@cycling-wakefield.org.uk



Wakefield District

Cycle Forum
cycling-wakefield.org.uk

FREE
 please take one

**Guided Cycle Rides
 & Events
 2023**




Loan Bikes













we are cycling UK

National Trust Nostell

wakefield council
 working for you

Wakefield District Cycle Forum Guided Cycle Rides and Events 2023

| March | April | May | June | July | Holiday Wednesdays |
|---|---|---|---|---|---|
| Sat 4 Easy Thornes Park Start 10.30 | Sat 1 Easy Thornes Park Start 10.30 | Sat 6 Easy Thornes Park Start 10.30 | Sat 3 Easy Thornes Park Start 10.30 | Sat 1 Easy Thornes Park Start 10.30 | Cycle information stand Cycle Skills Course Short Guided Rides |
| Sun 12 Easy  Nostell NT Start 10:30 | Sat 8 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 13 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 10 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 8 Easy Eastmoor Start 10.30 St. Swithun's CC | May 31, 11:00-15:00  Holiday Event Nostell NT |
| Sat 18 Easy Castleford Start 10:30 Queen's Mill | Sun 9 Easy  Nostell NT Start 10:30 | Sun 14 Easy  Nostell NT Start 10:30 | Sun 11 Easy  Nostell NT Start 10:30 | Sun 9 Easy  Nostell NT Start 10:30 | July 26, 11:00-15:00  Holiday Event Nostell NT |
| Sun 19 Easy Rycroft Start 10:30 Leisure Centre | Sat 15 Easy Castleford Start 10:30 Queen's Mill | Fri 19 Easy Eastmoor Start 10.30 St. Swithun's CC | Fri 16 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 15 Easy Castleford Start 10:30 Queen's Mill | August 2, 11:00-15:00  Holiday Event Nostell NT |
| Sat 25 Easy Agbrigg Start 10:30 Community Centre | Sun 16 Easy Rycroft Start 10:30 Leisure Centre | Sat 20 Easy Castleford Start 10:30 Queen's Mill | Sat 17 Easy Castleford Start 10:30 Queen's Mill | Sun 16 Easy Rycroft Start 10:30 Leisure Centre | August 9, 11:00-15:00  Holiday Event Nostell NT |
| Sun 26 Easy Pontefract Park Start 10:30 Aspire | Fri 21 Easy Eastmoor Start 10.30 St. Swithun's CC | Sun 21 Easy Rycroft Start 10:30 Leisure Centre | Sun 18 Easy Rycroft Start 10:30 Leisure Centre | Fri 21 Easy Eastmoor Start 10.30 St. Swithun's CC | August 16, 11:00-15:00  Holiday Event Nostell NT |
| Tue 28 Easy  Nostell NT Start 10:30 | Sat 22 Easy Agbrigg Start 10:30 Community Centre | Tue 23 Easy  Nostell NT Start 10:30 | Sat 24 Easy Agbrigg Start 10:30 Community Centre | Sat 22 Easy Agbrigg Start 10:30 Community Centre | August 23, 11:00-15:00  Holiday Event Nostell NT |
|  | Sun 23 Easy Pontefract Park Start 10:30 Aspire | Sat 27 Easy Agbrigg Start 10:30 Community Centre | Sun 25 Easy Pontefract Park Start 10:30 Aspire | Sun 23 Easy Pontefract Park Start 10:30 Aspire | August 30, 11:00-15:00  Holiday Event Nostell NT |
|  | Tue 25 Easy  Nostell NT Start 10:30 | Sun 28 Easy Pontefract Park Start 10:30 Aspire | Tue 27 Easy  Nostell NT Start 10:30 | Tue 25 Easy  Nostell NT Start 10:30 |  |
| Get Cycling Keep Smiling | Interested? Please email: info@cycling-wakefield.org.uk | Website: - www.cycling-wakefield.org.uk | Facebook: /WDCF1 | Borrow a bike for one of our rides? Please email: rides@cycling-wakefield.org.uk | Read our newsletter. Available from our website every quarter |

| August | September | October | November | December | Steady Rides |
|---|---|---|---|--|--|
| Sat 5 Easy Thornes Park Start 10.30 | Sat 2 Easy Thornes Park Start 10.30 | Sat 7 Easy Thornes Park Start 10.30 | Sat 4 Easy Thornes Park Start 10.30 | Sat 2 Easy Thornes Park Start 10.30 | When we have a Ride Leader available |
| Sat 12 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 9 Easy Eastmoor Start 10.30 St. Swithun's CC | Sun 8 Easy Nostell NT Start 10:30  | Sat 11 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 9 Easy Eastmoor Start 10.30 St. Swithun's CC | 1 st Saturday Darrington |
| Sun 13 Easy Nostell NT Start 10:30  | Sun 10 Easy Nostell NT Start 10:30  | Sat 14 Easy Eastmoor Start 10.30 St. Swithun's CC | Sun 12 Easy Nostell NT Start 10:30  | Sun 10 Easy Nostell NT Start 10:30  *Santa Ride | 1 st Sunday WoW (See Facebook for start location) |
| Fri 18 Easy Eastmoor Start 10.30 St. Swithun's CC | Fri 15 Easy Eastmoor Start 10.30 St. Swithun's CC | Sun 15 Easy Rycroft Start 10:30 Leisure Centre | Fri 17 Easy Eastmoor Start 10.30 St. Swithun's CC | Fri 15 Easy Eastmoor Start 10.30 St. Swithun's CC  *Santa Ride | 2 nd Saturday Queens Mill, Castleford |
| Sat 19 Easy Castleford Start 10:30 Queen's Mill | Sat 16 Easy Castleford Start 10:30 Queen's Mill | Fri 20 Easy Eastmoor Start 10.30 St. Swithun's CC | Sat 18 Easy Castleford Start 10:30 Queen's Mill | Sat 16 Easy Castleford Start 10:30 Queen's Mill  *Santa Ride | 2 nd Tuesday Pontefract Park |
| Sun 20 Easy Rycroft Start 10:30 Leisure Centre | Sun 17 Easy Rycroft Start 10:30 Leisure Centre | Sat 21 Easy Castleford Start 10:30 Queen's Mill | Sun 19 Easy Rycroft Start 10:30 Leisure Centre | Sun 17 Easy Rycroft Start 10:30 Leisure Centre | 3 rd Sunday Thornes CP |
| Tue 22 Easy Nostell NT Start 10:30  | Sat 23 Easy Agbrigg Start 10:30 Community Centre | Sun 22 Easy Pontefract Park Start 10:30 Aspire | Sat 25 Easy Agbrigg Start 10:30 Community Centre | Sat 23 Easy Agbrigg Start 10:30 Community Centre | All rides start at 10:00 |
| Sat 26 Easy Agbrigg Start 10:30 Community Centre | Sun 24 Easy Pontefract Park Start 10:30 Aspire | Tue 24 Easy Nostell NT Start 10:30  | Sun 26 Easy Pontefract Park Start 10:30 Aspire | Sun 24 Easy Pontefract Park Start 10:30 Aspire | |
| Sun 27 Easy Pontefract Park Start 10:30 Aspire | Tue 26 Easy Nostell NT Start 10:30  | Sat 28 Easy Agbrigg Start 10:30 Community Centre | Tue 28 Easy Nostell NT Start 10:30  | Merry Christmas!!  | Get Cycling Keep Smiling |
| Borrow a bike for one of our rides? Please email: rides@cycling-wakefield.org.uk | Interested? Please email: info@cycling-wakefield.org.uk | Website: - www.cycling-wakefield.org.uk | Facebook: /WDCF1 | *Santa Rides Dress up yourself and/or your bike for these festive rides. Free hot drink & mince pies Merry Christmas!! | No easy rides Jan / Feb 2024 |

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. Ride leaders are always waiting at the start point so don't be put off, just dress for the weather. Where there are extreme weather warnings, rides may have to be cancelled and you should check our Facebook page for updates.

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.

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.

EVENTS

Cycle information stand

Wakefield District Cycle Forum stand 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

Bring your own bike and 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

Explore The WoW and The Wheel guided by one of our experienced Ride Leaders

Check Facebook for dates to explore these routes without needing to consult a map.

<https://www.facebook.com/groups/WDCF1>

Read our newsletter.
Available from our website every quarter.

DETAILS

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@cyclings-wakefield.org.uk for advice.



LOCATIONS

Agbrigg Community Centre WF1 5BB

Meet outside the cafe



Castleford, Queens Mill WF10 1JL

Meet outside the entrance to the mill building



Nostell NT, WF4 1QE

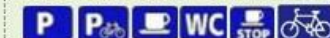
Meet in front of the house

(Car park charge for non NT members)



Pontefract Park, WF8 4RA

Meet outside the entrance to Aspire



Rycroft Leisure Centre WF4 2BB

Meet outside the cafe



St Swithuns Community Centre WF1 4RR

Meet in the car park



(Weekdays)



(Weekends)

The Darrington Hotel, WF8 3BL

Meet in the car park (Road ride)



Thornes Park, WF2 8TY

Meet outside the stadium



Loan Bikes

A limited number of bikes are available to borrow at rides and events at Agbrigg, Pontefract Park, Nostell NT, Queen's Mill, Castleford, St Swithuns and Thornes Park. There is no charge, but bikes must be booked in advance by emailing :-

rides@cyclings-wakefield.org.uk



Parking at start



Cycle parking at start



Café at start



Toilets at start



Café stop



Loan bike available

Open the leaflet for a full list of rides and events