



**CTC Dumfries and Galloway Members Group welcomes everyone to join them for all or part of a ride, or just for lunch on their**

## *Summer - Autumn 2023 Runs' List June - Oct*

DATE	TIME	START at	DESTINATION	Miles	FOOD	LEADER
4 June 2023	10:00	NEWTON STEWART	Hills and Forests	40	cp/bf	BY
11 June 2023	10:00	CASTLE DOUGLAS	Solway Riviera - Sandyhills - Rockcliffe	30	cp/bf	RH
June 2023	NOTE 5 -	11 is Cycling UK - Bike Week 100 - Support your local Cycling activities	VARIOUS	????		
25 June 2023	8:30	ANNAN	Centuary - Cumbria Plains - Bowness Mawbray	112	cp/bf	IL
1 July 2023	9:30	GLEN LUCE	New Luce - Barrhill	52	cp/bf	BR
9 July 2023	10:00	CASTLE DOUGLAS	Moniave/Penpont	56	cp/bf	HS
16 July 2023	9:00	DUMFRIES	Durisdeer Volver via Moffat/Elvanfoot	75	cp/bf	TH
23 July 2023	10:00	NEW GALLOWAY	JOINT RIDE with Cycle Ayrshire - PICNIC	36	bf	NM - TH
30 July 2023	10:00	CLAYGATE CANNONBIE	BEWCASTLE - Reivers Lanes and tracks -	36	bf	SC
6 Aug 2023	10:00	NEWTON STEWART	GROUP MEET UP AT GATEHOUSE	37	cp/bf	BR
13 Aug 2023	10:30	NEW GALLOWAY	Lochinvar - Carsphairn	34	cp/bf	RH
19 Aug 2023	09:30	THORNHILL	JOINT RIDE with K M Wheelers	50	cp/bf	DS - TH
27 Aug 2023	10:00	LOCKERBIE	Eskdalemuir Hub - Cafe	34	cp/bf	IG
3 Sept 2023	10:00	NEWTON STEWART	Barrhill	40	cp/bf	BY
10 Sept 2023	10:00	DALBEATTIE	Loop, incl Old Military Rd - C.D. - Cafe	40	cp/bf	PH
17 Sept 2023	10:00	DUMFRIES	Kirkcudbright	55	cp/bf	GC
24 Sept 2023	10:00	ANNAN	Langholm. - Cafe	46	cp/bf	IG
30 Sept 2023	10:00	WIGTOWN	Saturday Ride - Isle Of Whithorn	42	cp/bf	JC
8 Oct 2023	10:00	CASTLE DOUGLAS	Corsock Highways & Byways - No Cafe	40	bf	EH
15 Oct 2023	10:00	DUMFRIES	Moffat	45	cp/bf	GC
22 Oct 2023						
29 Oct 2023	10:00	POWFOOT	LOCKERBIE - Cafe Stop	40	cp/bf	SC

**Starts:-** Annan, Town Clock Tower car park; Castle Douglas, Market Hill car park at TIC; Dalbeattie, Coach Parking on A711; Dumfries, Devorgilla Bridge; Glenluce, War Memorial; Lockerbie, Victoria Car Park; Minnigaff, Riverside car park; Stranraer, Breastworks Car Park; Thornhill, LIBRARY  
**Food:-** cp = café/pub; bf = bring food

**Leaders:-** GC Garry Collins 07902916980; JC Jim Cowan 01776 830 315; SC Stewart Cully 07421 136623; TH Tom Hanley 01387 261969; EH Eamon Hastings 07736 050367; RH Robin Hogg 07974814172; PH Phil Howard 01556 610998; IG Ian Gilbert 07754 262160; IL Ian Ludlam 07709 710301; Bob Rostock 07776 311978; HS Helen Sainsbury 07740 401065; DS David Shaw 07802 434828; BY Bill Yate 01671 403928; (NM Niall M Cycle Ayrshire 07850641137)

Guest/Non-Cycling UK riders are allowed. Guests can participate in a maximum of 3 rides before being expected to join CUK. All participants will agree to give personal and Emergency Contact details; these details will not be kept without your agreement.

All mileages approximate. Rides (but not starts) may vary due to, say, weather, route conditions. All riders must have roadworthy bikes and carry SPARE TUBE, FOOD, DRINK, WET WEATHER CLOTHING, and preferably, pump, puncture kit and any tools particular to their bikes. Under 18's must be accompanied by responsible adults. Individuals are responsible for themselves, (adults for their accompanying children).

Web site: [DANDGCYCLING.ORG.UK](http://DANDGCYCLING.ORG.UK) or Facebook

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