

## Cycling UK Bedfordshire, Rides Programme. 1st July 2018 to 31st December 2018

Day	Date	Time	Miles	Type	Start	Destination	Leader	Phone
Saturday	7 July	09.30 am	20-25	Easy riders	Bedford Park	Wrest Park, Silsoe	Jeff	07854 168076
Sunday	22 July	09.00 am	30-35	Sunday Ride	Bedford Park	Stripes, Woburn Sands	Neville	07811 030308
Saturday	28 July	09.30 am	20	Easy riders	Bedford Park	Millbrook Golf Club	Chris	07715 063210
Saturday	4 August	09.30 am	20	Easy riders	Bedford Park	Brown's Farm Shop, Stagsden	Pat O	07813 717795
Sunday	12 August	09.30 am	45-50	Day ride	Stony Stratford	* Canons Ashby (car assisted). Tea at Stowe Gardens	Paul	07816 151081
Saturday	18 August	09.30 am	20	Easy riders	Bedford Park	Southill Tea Rooms	Chantal	07910 597487
Saturday	8 September	09.30 am	25	Easy riders	Bedford Park	St Neots	Terry	07989 140234
Sunday	16 September	09.00 am	30-35	Sunday Ride	Bedford Park	Sherington Golf Club	Alan	07779 304552
Saturday	22 September	09.30 am	20-25	Easy riders	Bedford Park	Bike Bus, Bourne End	Mark	07785 293924
Saturday	6 October	09.30 am	20	Easy riders	Bedford Park	Emmaus, Carlton	Jeff	07854 168076
Sunday	14 October	09.00 am	30-35	Sunday Ride	Bedford Park	Oliver's Cafe, Kimbolton	Pat O	07813 717795
Saturday	20 October	09.30 am	20	Easy riders	Bedford Park	Wixams/Wilstead	Pat B	07594 583241
Saturday	3 November	09.30 am	15-20	Easy riders	Bedford Park	Blossoms Cafe, Willington	Steve	07739 707604
Sunday	11 November	09.00 am	30-35	Sunday Ride	Bedford Park	Raunds	Richard	07762 329505
Saturday	17 November	09.30 am	20	Easy riders	Bedford Park	Milton Ernest Garden Centre	Alan	07779 304652
Saturday	8 December	09.30 am	15-20	Easy riders	Bedford Park	Scald End	Chantal	07910 597487
Sunday	16 December	09.00 am	30-35	Sunday Ride	Bedford Park	Wood View, Gamlingay	Steve	07739 707604
Saturday	22 December	09.30 am	20	Easy riders	Bedford Park	Gunns, Sandy	Terry	07989 140234

\* Joining instructions and full details of this ride will be provided in July.