



## TRAINING RIDES 2018

### **Saturday 17<sup>th</sup> March – 26 miles**

Time: Meet at 9:15am for a 9:30am start

Location: The Carpenters Arms, The Green, Coldred, Dover, CT15 5AL

From the charming village of Coldred, this 26 mile loop follows quiet country lanes used in sections of the Cycle Challenge, towards Whitfield and Kingsdown, before reaching our tea stop at Deal. Then, we turn away from the coast and return to Coldred through rolling countryside via the villages of Northbourne and Eythorne.

Map: <https://ridewithgps.com/routes/26822526>

Ride Leader: Colin Petchey

Contact: 07540 986956 or [colin\\_petchey@btinternet.com](mailto:colin_petchey@btinternet.com)

### **Sunday 25<sup>th</sup> March – 27 miles**

Time: Meet at 9:45am for a 10am start

Location: Grove Ferry Picnic Site, Grove Ferry Road, CT3 4BP

A nice, circular route taking in a section of the Pilgrims Hospice Cycle Challenge route between Preston and Canterbury. Then, winding through Fordwich and Stodmarsh to find a nice refreshment stop before heading out to Preston and back to the Pilgrims route.

Map: <https://www.strava.com/routes/11802075>

Ride Leader: Alan Martin

Contact: 07961 334237

### **Saturday 7<sup>th</sup> April – 45 miles**

Time: Meet at 9am for a 9:15am start

Location: Pilgrims Hospices, 56 London Road, Canterbury, CT2 8JA

Setting off from the Canterbury hospice, this 45 mile route is designed for those training towards the 45 mile Cycle Challenge and beyond. The route leaves Canterbury and passes through picturesque countryside to the villages of Adisham and Shephardswell before turning towards Sandwich and a well-earned tea stop. From there, we pass through open fields and beautiful woodland near Goodnestone before returning to Canterbury via Bekebourne.

Map: <https://ridewithgps.com/routes/26899298>

Ride Leader: Colin Petchey

Contact: 07540 986956 or [colin\\_petchey@btinternet.com](mailto:colin_petchey@btinternet.com)

### **Sunday 15<sup>th</sup> April – 42 miles**

Time: 9:45am for a 10am start

Location: Kingsdown Road Car Park, Walmer, Deal, CT14 7LH

This is a 42 mile loop taking in sections of the Pilgrims Hospices Cycle Challenge routes with a mystery tour to our refreshment stop at Gibsons Farm Shop Cafe, before heading back to Walmer via Shephardswell and Whitfield.

Map: <https://www.strava.com/routes/11808488>

Ride Leader: Alan Martin

Contact: 07961 334237

### **Sunday 29<sup>th</sup> April – 30 or 50 miles**

Time: 9:45am for a 10am start

Location: Pilgrims Hospices, 56 London Road, Canterbury, CT2 8JA

A training ride made up of two loops. The first loop is 30 miles and taking in a lot of the 45 mile Cycle Challenge route before returning to the start. The second route is about 20 miles towards Herne before coming back through Thornden Wood to Canterbury.

Map: <https://www.strava.com/routes/11959076>

Ride Leader: Alan Martin

Contact: 07961 334237

Helmets are compulsory and it is advised to carry a bike lock and spare inner tube on the ride. If you would like further information on any of these rides please contact the ride leader. Alternatively call the fundraising team on 01227 812609.