



Cycle²⁰¹¹ north east

Your guide to cycle events and guided rides in the North East

Win a luxury bike!
See page 17

See inside for all Bike Week 2011 events



It's fun to Cycle North East

Welcome to our Cycle North East Magazine 2011 which is now your guide to cycling from the Tees to the Tweed. We are very happy to welcome new partners from Teesside and from many cycling organisations and clubs.

So read on and you'll find out about:

- What your local council has been doing for cyclists
- All the cycle rides and events you can enjoy in 2011
- The cycling organisations and clubs in your area
- Where to find the best cycling websites, free cycling maps and guides

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Cycling news from the Tees to the Tweed

Cycling in Tyne and Wear

Tyne and Wear Local Transport Plan Partners are keen to increase cycle journeys to work, school and for leisure, in order to reduce traffic congestion and improve accessibility and air quality.

Through excellent partnership working, they will launch an updated range of bespoke cycle maps in 2011, covering all districts of Tyne and Wear plus cross-boundary routes of South East Northumberland.

You can read more about mapping and the cycling strategy on the LTP website at www.tyneandwearltp.co.uk. Further details are available from Rohail Ahmed at the Tyne and Wear Local Transport Plan Core Team on 0191 277 8990 or at rohail.ahmed@newcastle.gov.uk

CYCLING news



Bike It

Now in its seventh year, the Sustrans sponsored Bike It project continues to be hugely successful in target schools, with five times more children cycling than the national average.

We believe that schools are at the core of a healthy, happy community, and our officers are experts at tackling vital issues such as practical cycle training, storage, travel plans and parental involvement in an education environment.

Highly regarded by Ofsted, our activities include tailored lessons linked to the national curriculum and initiatives such as Eco and Healthy Schools awards, all of which meet the government's sustainability and school travel requirements.

In Gateshead and South Tyneside alone, Bike It organises events for children of all ages, from bike rides in Hamsterley for over 16s to stabiliser free classes for over 4s, plus Bike It breakfasts, maintenance and safety classes, and more.

Additional funding from MetroCentre has also enabled us to buy the equipment and prizes for schools, including bikes for our Wheelie Wednesday incentive which increased the number of children cycling to school regularly.

The Bike It School Mark has now reached 14 schools, with many of them heading for Silver and Gold awards that show their commitment to cycling. And this year will be just as exciting, with even with more schools getting involved!



Journey planner

Did you know that wherever you're cycling to, you can plan your route at www.transportdirect.info All you need to do is click 'Plan a journey' and then 'Find a cycle route', enter your start and finish locations, and choose the quietest, quickest or most recreational route.

Right now, the site covers Tyne and Wear, Teesside, South East Northumberland, and North East Durham - but this area is constantly expanding.

National championships hit region for first time

Cycling's National Elite Road Race Championships are set to hit the north east for the first time this year, alongside the Northern Rock Cyclone weekend of cycling.

The races, which are at the highest level of UK cycling, will start and finish in the village of Stamfordham, near Newcastle upon Tyne on Sunday 26 June.

The weekend also includes a challenge ride for everyone from families to professionals on Saturday 25 June. Called the Northern Rock Cyclone Challenge, it features 33, 63 and 104 mile routes which head out into the Northumberland countryside from Newcastle Falcons' rugby ground at Kingston Park.

However the weekend begins on Friday 24 June with the Leazes Criteriums - a series of thrilling races for children, amateurs and professionals around Newcastle's Leazes Park.

Organiser Peter Harrison said: "The Northern Rock Cyclone has grown into a fantastic event in recent years. To add the National Elite Road Race Championships to the weekend is a real coup for us."

For full details, including routes and entries, visit www.northernrockcyclone.co.uk. You can also follow the Northern Rock Cyclone on Twitter at @nrcyclone and on Facebook.

Bike Club grows

Bike Club is a national initiative which helps groups organise high quality cycling activities for young people of all backgrounds who are aged between 10 and 20, and who don't already cycle.

After launching in Darlington in 2009, Bike Club has now expanded into Newcastle and Gateshead which means a club near you could soon be organising diverse and creative projects like these:

- Bike Club at Boldon School - The club funded a new bike trailer to help pupils access more trails and improve their skills.
- Triple B (Bikes, Blades and Boards) - The club are developing media activities to get more young people involved.
- Dryden School weekly Bike Club - The club provides adapted cycling equipment for pupils with severe, profound and multiple difficulties.

If you have an idea which could use advice, support, and possibly small grant funding of up to £2000, contact Patrick Carr on 07769 335 084 or at patrick.carr@bikeclub.org.uk

Go-Ride

Go-Ride clubs provide a fun and safe way to introduce young people to the world of cycle sport. Developed by British Cycling, the internationally recognised governing body for cycling in the UK, they offer a range of Community Coaching and Go-Ride Racing programmes, plus The Cycling Award for Young Volunteers. All of which can give under 16s the opportunity to compete in a real races against cyclists of the same age and ability, or gain fantastic insight into how the sport operates.

Here's what you need to know...

What type of bike will I need?

There are different bikes for each type of cycling, but you can use any bike to begin with. Some clubs even have their own bikes that you could borrow.

What should I wear?

Every rider must wear a helmet. Other than that you just need to wear comfortable sportswear and remember to bring a drink, as it's thirsty work.

How much will it cost?

Community Coaching programmes cost £10 per day. However, if you attend an entire four day programme you'll receive a Go-Ride cycling jersey worth £40 for FREE!

What experience do I need to become a young volunteer?

You don't need any previous experience as you'll pick up everything you need to know throughout the award.

For information on the Cycling Award for Young Volunteers, or to find your nearest Go-Ride club, race, or Community Coaching programme visit britishcycling.org.uk/go-ride or call 0161 274 2070.



Recyke y'Bike

Whether you're spring-cleaning or want to do a bit of recycling, Recyke y'Bike is here to help. They'll take your old bike off your hands, give it a new life and save it from landfill - and you can buy a fairly-priced, refurbished bike ranging from £20-£40 for kids and £60-£100 for adults. They also have some real beauties lovingly restored by our trained volunteers.

The team can get you started with basic bike maintenance, provide accredited training in bike mechanics, and even train you and your family in Bikeability - how to cycle legally and safely on quiet and (when you're ready) on busier roads.

Recyke y'Bike is a social enterprise and charity based in Byker, under the arches of the Ouseburn Viaduct. Since formally opening in September 2006, over 7000 bikes have been donated by the public. At least 500 of those have been shipped to school students and health workers in Africa in partnership with the Re-Cycle, Bikes 4Africa scheme, and over 300 bikes have been given to priority groups and charities closer to home.

Recyke y'Bike is open on Saturdays (for sales), Mondays, and Wednesdays 10am until 4pm, and Tuesdays 10am- 7pm. FixY'Bike sessions from 3pm but workbenches MUST be booked up in advance due to demand. For more information contact 0191 265 4197, email recyke@cooptel.net or visit www.recyke-y-bike.org



Do you need training?

- Want to learn to ride a bike, but don't know how to start?
- Know how to cycle but afraid of traffic?
- Would you like you and your family to learn to ride safely and effectively?
- Want to be accompanied on your route to work the first time you try?

Recycle y'Bike can train individuals, groups, families, women only groups, and people with learning/physical difficulties/disabilities - whether you are an absolute beginner, a born again cyclist or enthusiast pedaller. Their 'learn to ride a bike' sessions, and Bikeability training level 1, 2 and 3 courses can build your confidence to cycle for leisure, pleasure, health and to beat the traffic to work.

Their aim is to get more people cycling, more safely, more often. Since July 2008 they have trained over 70 people of all ages/abilities to confidently travel on 2 wheels for health, sport, fun, fitness and commuting.

Cycle Training Sessions

From March 2011 every second and fourth Saturday 1.00-3.00pm (meet at 12.30pm)

- 'Learn to ride a bike' group session (no charge, booking essential) for absolute beginners -traffic free
- Bikeability level 1 (traffic free) and level 2 (quiet roads) session (£20/person/hour, booking essential)
- Bikeability level 3 (ask for more details and booking)

Please check for the latest information on session dates and times. For more information or to book a place, contact: 0191 265 4197, email rybcycletraining@gmail.com or visit www.recyke-y-bike.org

Recyke y'Bike at Bill Quay

Due to the huge success of Recyke y'Bike in Byker, they now have a similar small scale workshop at Bill Quay Farm in Gateshead so that local people can drop off unwanted bikes, volunteer and learn about Bike Maintenance.

The workshop is open on Wednesdays from 2.00-4.00pm, but the team hope to increase these hours in the Spring and Summer once the workshop is fully established.

Since opening, they have trained young volunteers from Gateshead in puncture repairs, wheel care, gears, brakes and general assessment of bikes.

For more information, pop down to Bill Quay Farm and ask for Jeff at the Recyke y'Bike barn or phone the Byker workshop on 0191 265 4197.

Harry's game!

From pensioners to fresh faced youngsters, even more bikers of all ages have been hitting the trails in Kielder Water & Forest Park.

And now that the Kielder Partnership has opened the longest 'blue' graded mountain bike trail in England - which stretches across 20 kilometres of stunning Border landscape - so can you.

The route was unveiled last May by Carl Poulter, Kielder's Bike and Leisure Officer, together with a group of local bikers that included 81 year old Hexham pensioner Harry Manuel, who is possibly the oldest off-roader in the Upper North Tyne.

Local trail builders have hailed the new blue route - named the Osprey Trail - as a massive step forward in encouraging more people to take up biking and improve their riding skills.

Alex MacLennan, Recreation, Tourism and Communities Manager with the Forestry Commission, explained: "We have already created world class facilities at Kielder, but the blue route was the missing piece in the jigsaw. It's a tremendous new asset to the area and is attracting leisure riders from far and wide."

For more information on the Osprey Trail, and Kielder's other routes, visit www.visitkielder.com



Blyth: The UK's first Active Travel Town

You'll be excited to know that Sustrans has been working closely with Northumberland County Council to develop the UK's first 'Active Travel Town'.

A new Bike It Officer and Active Travel Officer will work with schools and employers within Blyth over the next three years to reduce congestion, pollution and health issues that relate to inactive lifestyles. The biggest goal is to get as many bikes as possible on the road. Over the past year, everyone involved has worked hard to meet this by:

- running bicycle maintenance courses
- creating school bike clubs at Bedlington and Hirst High Schools
- servicing over 100 bikes at community events and workshop open days
- increasing the fleet of recycled bikes on long-term lease to the community
- providing information about basic bike repairs to local people

What's more, the Active Travel workshop has also provided 74 loan bikes to people with an identified transport problem through closer working with Northumbria Police, Recycle y' Bike and the community.

To find out more about Active Travel in Blyth, contact Mark Curr on 01670 524 063/07795576975 or at markcurr@sustrans.org.uk



Get your kids on their bikes!

Want to get your kids outdoors? Want them to get fitter and stronger? Want to spend more time with them doing something fun and productive? Then tell them to get on their bikes!

Not only is cycling free and healthy, it's a great way to spend a sunny summer afternoon (or even a frosty winter morning). Just remember how much you loved the freedom, sense of speed, and spending time with your mates - kids are no different these days, so why not give them a little bit of encouragement.

Top tips for getting your kids cycling

Younger kids

For little ones who haven't learned to ride their bikes yet, the first milestone is to get them onto two wheels safely. This is much easier - and much more fun - than you think if you follow our simple tips:

- Remove the pedals (yes, you read that correctly)
- Lower the saddle so your child's feet can rest flat on the floor
- Pick a good spot in a quiet street or local park - preferably on tarmac and not grass as you want the bike to roll freely
- Show them how to scoot or push along with their feet
- Once they can do that, get them to try and keep their feet in the air whilst moving
- As soon as they can travel for 5-6 metres without putting their feet down, they are ready
- Put the pedals back on, give them a little push, and watch them go
- Keep practicing and don't forget to introduce braking and turning as they progress

Older kids

For children who can already ride, it's as simple as taking them out on a bike ride. It's a great learning experience for them, it can help get you all fit, and it's a fantastic way to spend time with your children. Here's how to make sure it's fun:

- Find a safe and preferably off-road route to ride
- Get everyone involved - kids love bike rides, especially when the whole family are taking part
- Pick a route that is within everyone's capabilities at first, then progress to longer rides
- A picnic is a great incentive and a welcome break on longer rides - pack a healthy lunch and take plenty of water and some fruit for snacks
- Carry a spare tube or puncture repair kit just in case, and don't forget a pump so you can blow up the tyres
- Get your kids to help you plan your route - it's a great way to introduce them to map reading
- If your kids are really keen, check out the British Cycling website at www.britishcycling.org.uk for local cycling clubs that offer expert coaching

Cycling to school

Most children live within cycling distance to school, and the school run is so much more fun on a bike than sitting in traffic twice a day. Here's how you can use the school run to make cycling part of your kids' everyday lives:

- First check with the school as to what their cycling policy is - most schools have a very inclusive policy and openly welcome cycling
- Pack bags the night before - making packed lunches and finding spare socks in the evening is easier than doing it first thing in the morning
- Make your kids a good breakfast and give them some healthy snacks to take to school
- Don't forget to use hi-visibility jackets, lights and reflectors in the winter months
- Teach your kids how to lock up their bikes and make sure they take their locks to school
- Get other children and parents involved and you'll be amazed at how quickly cycling catches on
- Get your local authority involved too - they can often help with Bikeability training and cycle storage, and some local authorities can also put you in touch with Sustrans and the Bike It project

Cycling courses for adults with learning disabilities

Following the success of two pilot courses, Gateshead Council's Road Safety Team have secured funding to run a series of cycling courses during 2011.

The courses are FREE and open to adults with learning disabilities who can ride a bike without any adaptations, plus their parents, carers and support workers. The cycle proficiency based training introduces some elements of the National Standard On-Road cycle training programme, and are run over 5 days for two hours per day.

Course dates are:

- 18th to 21st April (four day refresher course)
- 30th May to 3rd June (four day course due to bank holiday)
- 23rd July to 2nd September - (five day course and individual organised cycle rides)
- 24th to 28th October - (five day refresher course)

Places are allocated on a first come first served basis so contact Gateshead Council's Road Safety Team on 0191 433 3107 as early as possible.

Mountain biking - where to head

Whether you're looking for family friendly routes or something a little more extreme, The Forestry Commission's forests in the north east offer a selection of waymarked routes for all abilities.

Here's our guide to where you should head for the best mountain biking in the region.

Chopwell Woodland Park

Tyne and Wear's largest woodland at 360 hectares, Chopwell Woods offers a range of tracks including a railway path trail and The NEFA Powerline - a 2km single-track red grade trail. Visit www.nefa.co.uk or www.forestry.gov.uk/chopwell for more information

Guisborough Forest

Guisborough Forest on the edge of the North York Moors offers scenic trails with lots of rock outcrops, including The Black Cycle route for advanced riders and the Blue Cycle route for beginners. For more information visit www.forestry.gov.uk/northeastengland

Hamsterley Forest

With a huge 2,000 hectares, Hamsterley Forest offers a range of trails, from family friendly routes that meander through the forest to three new sections of red grade singletrack trail - all offering one of the best skills areas in the country. To read more visit www.forestry.gov.uk/hamsterleyforest

Kielder Water and Forest Park

Boasting one of Britain's biggest forests at 600 square kilometres (60,000 hectares) and one of the largest lakes in northern Europe with 27 miles of lake shoreline, Kielder is arguably the UK premier mountain biking destination.

Head to Kielder Castle first - it's a great place for starting out on trails, with a skills area, mountain bike hire centre and a full on trails area.

If you're looking for a gentle cycle ride, try the awesome 27 mile Lakeside Way along the shoreline - you can catch the ferry across the water if you fancy a shortcut.

For the rest of you, Kielder Water & Forest Park offers the fantastic Osprey & Borderline trails (blue grades), Lonesome Pine, Bloody Bush and Deadwater trails (black grade with downhill sections), plus an orange graded bike park.

But if you want a truly epic ride, choose a combination of the Lonesome Pine and Bloody Bush mountain bike trails that link across the border to the 7stanes Newcastleton mountain bike network. At over 65km, it's not for the faint hearted.

You can download maps and find out more about local accommodation, food and events at www.visitkielder.com. More information on bike hire is available at www.purplemountain.co.uk, and you can check out the 7stanes routes at www.7stanes.gov.uk



How to get involved in building trails

If you want to get stuck in to building mountain bike trails as well as riding them, there are four community volunteer mountain bike groups in the north east that can help:

- www.kieldertrailreavers.com
- www.descendhamsterely.co.uk
- www.nefa.co.uk
- www.hamsterleytrailblazers.co.uk

Improve your skills at Whickham Thorns

This year, Whickham Thorns Outdoor Activity Centre in Gateshead is bringing mountain biking back into their programme after taking delivery of 15 new Specialized Hard Rock Mountain Bikes.

Alongside skills courses and tests, the bikes will be available for individuals to use on site, around our trails at Whickham Thorns, or on local bridleways, and can be booked by the hour, half day or full day. Group bookings will focus on improving riding skills on site and will include helmet hire and a qualified instructor.

Contact Whickham Thorns Outdoor Activity Centre on 0191 433 5767 or at whickhamthorns@gateshead.gov.uk for bookings, prices and information.



Some previous winners collect their bikes from the Cycle Centre in Newcastle



Win a luxury bike!

We have three fantastic bikes to give away in our free prize draw! All you need to do is come along to one of our events and fill in an entry form.

- | | |
|-----------|--------------------------------------|
| 1st Prize | Cube Delhi Touring Bike (worth £950) |
| 2nd Prize | Giant TCX3 Cross Bike (worth £700) |
| 3rd Prize | GT Aggressor 2.0 MTB (worth £330) |

Winners can go to the Cycle Centre in Newcastle and choose their own frame size.

Now that's worth getting on your bike for!

Cycling events in Northumberland and Tyne & Wear

Chain Events NE

You'll probably have heard of the C2C cycle route. It's the most popular long distance cycle route in the UK with 15,000 finishers raising millions for charity every year, and two Global Tourism awards from British Airways in 1996 and the US Smithsonian Magazine in 1997.

But what you might not know is that the man who created it - David Gray - is behind Chain Events, a unique service that takes care of all the frustrating logistics of getting you, your bike and your luggage to your starting point.

Chain Events offers transport and mechanical support for all kinds of rides, including these:

- Pioneers Trip to South Wales, April 28th to May 3rd - Cycle from Fishguard to Swansea.
- Tyne Valley Sportives, June 18th - Start and finish in Blanchland for a 14 mile family ride, a 42 mile intermediate challenge, and a tough 72 mile senior sportive.
- C2C Challenge, 9th and 10th July - Transport for you and your bike from Sunderland to Whitehaven, then cycle back with a Saturday overnight stay at Alston.

For more information on all 2011 events, contact Chain Events on 01207 502388 or email david@chain-events.co.uk



Sunday 29th May

Sunderland Big Bike Ride

Herrington Country Park

With a focus on leisure, recreational and family cycling, Sunderland's first Big Bike Ride will offer three different length rides, providing a route to suit all ages and abilities. The short five mile ride is ideal for families and younger children, while the 20 mile and 40 mile rides are a great opportunity to enjoy some of the city's cycle routes and take in some amazing views and landmarks.

All rides are non-competitive and there are no prizes for first place, but everyone who takes part will receive a Sunderland Big Bike Ride goody bag.

To help you get up to speed before the big day, why not take advantage of a great Cycle Sunderland session? Ideal for beginners and anyone who hasn't cycled for a while, all sessions are led by trained cycle leaders, and quality mountain bikes and helmets can be provided.

For more information on the Big Bike ride and Cycle Sunderland session times and dates, visit www.activesunderland.org.uk or contact Richard Hood on 0191 561 4713 or richard.hood@sunderland.gov.uk

Sunday 5th June

Downhill All the Way

Gateshead Civic Centre

After a free bus ride provided by Gateshead Council for you and your bike to the top of the Waverley Way, you can enjoy a 27 mile ride from the famous Sea to Sea (C2C) route to Gateshead. You'll need to meet at Gateshead Civic Centre at 10am and the bus leaves at 10.30am prompt.

Booking is essential, so contact Neil Frier on 0191 433 3108 or email neilfrier@gateshead.gov.uk

Monday 20th - Friday 24th June

Cycle North East at Gateshead

Gateshead Civic Centre

You can have fun, get fit and feel free at Gateshead Civic Centre during this year's National Bike Week.

- Have Fun! - Try out bikes from leading manufacturers for free and meet new people on one of our organised rides.
- Get Fit! - Take part in a leisurely ride for all abilities along the Keelman's Way after work on Tuesday 21st June. Meet outside BALTIC at 5pm
- Feel Free! - Find out how and where to ride at the displays by Cycle North East, Sustrans, Tyne bikes, CTC, Recycle y'Bike, Gateway Wheelers, and Belles on Bikes

What's more, Dr Bike from the Cycle Centre will be on hand to give your bike a free check up, and there's a fantastic bike to win in our prize draw.

For more information contact Martin Kelly on 0191 433 3083 or email martinkelly@gateshead.gov.uk



Friday 24th - Sunday 26th June Northern Rock Cyclone

Now in its 5th year, the Northern Rock Cyclone weekend is one of the biggest cycling festivals in the UK. This year it takes place over three days, from Friday 24th to Sunday 26th June, and the weekend is made up of three main events:

Friday 24th June Newcastle Leazes Criteriums

The weekend begins on the evening of Friday 24 June with the Leazes Criteriums.

This series of thrilling races around Newcastle's Leazes Park starts at 6.15pm with youth races and amateur races, before building to a feature elite race which is expected to attract Tour de France and Olympic cycling superstars.

Whether you're new to cycling or a committed fanatic, sitting back and enjoying the atmosphere action is a great way to kick off the weekend - and don't forget to check out the trade village and sign up for Saturday's Northern Rock Cyclone Challenge.

Saturday 25th June Northern Rock Cyclone Challenge

The Northern Rock Cyclone Challenge is the biggest mass-bike ride to take place on open roads in the UK and brings thousands of cyclists to the north east.

This year up to 5,000 cyclists of all types - from families to professionals - are expected to take on the 33, 63, and 104 mile rides, with the two longer routes taking in parts of the National Elite Road Race Championships route.

All routes start and finish from the Newcastle Falcons Rugby Club at Kingston Park, which ensures a fantastic atmosphere and makes the most of Northumberland's beautiful countryside and quiet roads.

The Challenge features well-stocked feed stations, electronic timing, free bike checks at Newcastle's Cyclelogical bike shop, a personalised certificate for every rider, and photos within 48 hours of the end of the ride.

To make sure everyone completes the course safely, technical backup is provided by Madison, participants are accompanied by National Escort Group (NEG) motorcycle outriders, and the route is marked out by Northumberland County Council.

The official Charity Partner for this event is the NSPCC, and you can visit www.northernrockcyclone.co.uk for full entry information.

Sunday 26th June National Elite Road Race Championships

This year, Cycling's National Elite Road Race Championships will hit the north east for the first time. The races will start and finish in the village of Stamfordham, near Newcastle upon Tyne, which means the biggest single day of racing on the British calendar is right on your doorstep. Don't miss it.

Sunday 3rd July and Sunday 13th July

Tyneside Bike Rides 2011

Tynemouth Priory

Whether you ride with friends, family, a group from the office or on your own, the Tyneside Bike Ride is a great day out for a great cause.

All routes start and finish near Tynemouth Priory and then follow cycle paths and parkland for 5, 8, 23, or 44 miles. The 23 mile route takes you to the heart of Newcastle and the breathtaking Millennium Bridge before circling back to the coast. The 44 mile route then continues along through countryside to Wylam before returning to Tynemouth. After the ride, participants and their supporters are invited to join us for music and refreshments at the start/finish line.

All participants will receive a route map, t-shirt and medal. You will also receive a fundraising pack to help you reach the £50 minimum sponsorship (£120 for a family of up to five).

The ride costs £10 for individuals to enter and £20 for a family of up to five. Email tynesidebikeride@stroke.org.uk or call Janet Price on 0191 492 6166. You can also now register online at www.stroke.org.uk/tyneside

Saturday 23rd July

Peddler's Picnic

National Trust Gibside



Feeling inspired by the Tour de France? Feel the need to get out into the fresh air with the family? Then pack up the kids, the bikes and picnic and head down to National Trust Gibside for a rare opportunity to cycle round its spectacular landscaped garden and nature reserve. Only ten minutes drive from the Metro Centre, Gibside offers a unique taste of the country at the edge of the city, and you can choose a gentle ride by the Avenue, or brave some of its steep hills.

From 11am - 3pm you can also join the Peddler's Picnic which gives you the chance to relax and have some lunch while the kids transform their bikes with fabulous natural decorations.

Cycling will be free but normal admission charges will apply. National Trust members enjoy free entry, and you can join on the day.

For more information, email ed.Jagger@nationaltrust.org.uk

Sunday 28th August

Great North Bike Ride

Starting from Seahouses, the Great North Bike Ride route goes along the beautiful north Northumberland coastline including Boulmer Beach, Warkworth Castle and Amble Marina. After cycling an estimated 60 miles along the scenic coastline, participants arrive at Tynemouth Priory and Castle.

The entry fee is £15 which covers a Nike t-shirt, medal and refreshments. Generous sponsorship is recommended so a real difference is made to the lives of children and young adults suffering from cancer.

For more information please contact 0191 263 2884, email lynn@chrislucastrust.com or visit the website www.greatnorthbikeride.com

(Plus see the registration form on the back page of this brochure)

Saturday 3rd September

Kielder 100

Sponsored by Montane, this Mountain Bike race challenges cyclists from all over the UK and beyond to complete the 100 mile long circuit. Over 350 riders took part in 2010, and organisers are expecting at least 700 cyclists this year.

Visit www.sip-events.co.uk/kielder-home.html for more details, including how to enter.

Various dates between March - November

Wearside Family Cycle Group - Summer Rides

The Wearside Family Cycle Group provides cycle rides and support to new and intermediate cyclists and families in Sunderland. All events start at the Silksworth ski slope at 9.30am.

For further information on any of the rides listed below please contact Dave Wilcock on 0794 680 3629 or Clive Greenwood on 0191 561 1576.

Sunday 10th April

This 20 mile ride is suitable for families and goes to Northern Boundary, Cox Green, Nissan, Town End Farm and Cut Throat Dene, and back via NR1 and Ashbrooke.

Sunday 24th April

A family friendly 30 mile ride continues along the C2C route to Birtley, then past the Angel of the North and back via Follingsby Lane.

Sunday 8th May

This 18 mile family route goes via Tunstall Hills, Hillview and Ashbrooke, then along the old C2C route to Offerton and Penshaw Monument, before returning via Barnes.

Sunday 22nd May

From the ski slope, this moderate 36 mile ride passes through Hart Village, via the NCN1 & NR14 cycleways.

Sunday 29th May

Coinciding with the Sunderland Big Bike Ride at Herrington Country Park, today's ride offers a choice of family and moderate rides over 5, 20 and 40 miles.

Sunday 5th June

Going via NCN1, this family orientated 20 mile ride takes in the City Centre, Wear Bridge, Fatfield and Penshaw.

Sunday 19th June

A 45 mile blast for experienced riders, this route heads to Thorpe Thewles and back via NCN1.

Saturday 25th and Sunday 26th June

This 90 mile 2-day route for experienced riders follows the CTC route to York Bike Rally.

Sunday 17th July

This moderate 38 mile ride is suitable for families with older children and heads to Finchale Abbey via W2W, Durham City, Frankland and Rainton Meadows.

Sunday 31st July

This 22 mile route is suitable for families and passes through Warden Law, Hetton Country Park, Rainton Meadows and East Rainton, and back via the old C2C.

Sunday 14th Aug

A 40 mile ride for moderately experienced riders takes in St Mary's Lighthouse and Whitley Bay via the coast and Shields Ferry.

Sunday 28th Aug

An easy, family friendly 18 mile ride to Dalton Park, Cherry Knowle and Seaham, returning via minor roads north of Murton, Warden Law and Doxford Park.

Sunday 11th Sept

This family friendly 25 mile route heads to Sunderland City Centre and South Shields, then returns via Lizard Lane.

Sunday 25th Sept

This 20 mile 'Tour De Wear' for families takes in NR1, the Wear Bridge, C2C, Wildfowl Centre, Cox Green and Pallion.

Sunday 9th Oct

A moderate 26 mile ride to Newcastle Quayside via Ferryboat Lane and Follingsby Lane.

Sunday 23rd Oct

Another moderate 25 miles to the A19 bridge, Boldon Colliery, Whiteleas, Cleadon and back via the coast.

Sunday 6th Nov

This moderate 30 miler heads to Castletown, along Follingsby Lane to the Angel of the North and back via the C2C.

Sunday 20th Nov

An 18 mile family ride along the Stephenson trail to Festival Park and the East End, then along the coast to Ryhope and Seaham, before heading back.

Cycling events in in Durham and Teesside

Sunday 4th and Sunday 11th November

Durham Big Ride 2011

Now well-established on the social cycling scene, the Durham Big Ride is turning out to be just what the organisers wanted. It's a well organised family day out with a fantastic atmosphere that's suitable for all ages and abilities.

As well as the usual rides, last year saw the addition of probably the toughest 50 miler in the region - The Beast. Over 200 people took part in the race which covered almost every hill in North Durham, with the fastest finishers coming in around 3 hours after the police escorted start.

This year The Beast will be off on the 4th September from the Sniperly Park and Ride car park in the north of Durham City with quality polo shirts for all who complete. The rest of us can enjoy the more sedate 3, 10 or 25 mile rides a week later on the 11th September that all start and finish at County Hall.

For more information go to www.durhambigride.co.uk

County Durham and Darlington Community Health Service Get Active Family Cycle Rides 2011

Each of these free two hour rides begins at around 10am and follows a flat, family friendly route along the National Cycle Network. Booking is required if you want to loan a bike. For more details contact Steven Hart 0191 569 2847 or steven.hart@nhs.net

Saturday 2nd April

Leaving from Broompark in Durham.

Sunday 10th April

Leaving from St Paul's Church in Spennymoor.

Saturday 16th April

Leaving from The Glebe Centre in County Durham.

Sunday 1st May

Leaving from Belle Vue Leisure Centre.

Saturday 7th May

Leaving from Meadowfield Leisure Centre.

Sunday 8th May

Leaving from Pioneering Care Centre in Newton Aycliffe.

Saturday 14th May

Leaving from The Bowes Museum at Barnard Castle.

Saturday 28th May

Leaving from Castle Eden Inn at Castle Eden.

Saturday 4th June

Leaving from Chester-le-Street Riverside.

Sunday 5th June

Leaving from The Louisa Centre at Stanley.

Saturday 11th June

Leaving from Cockfield Lipscomb Hall at Mickleton.

Sunday 12th June

Leaving from Castle Eden Walkway Country Park at Stockton on Tees.

Saturday 25th June

Leaving from Seaham Leisure Centre at Seaham.

Saturday 2nd July

Leaving from Broompark in Durham.

Sunday 3rd July

Leaving from Belle Vue Leisure Centre.

Saturday 9th July

Leaving from Middleton in Teesdale Village Hall.

Sunday 10th July

Leaving from St Paul's Church in Spennymoor.

Saturday 23rd July

Leaving from Wingate Welfare Park in Wingate.

Saturday 30th July

Leaving from Meadowfield Leisure Centre.

Saturday 6th August

Leaving from Chester-le-Street Riverside.

Sunday 7th August

Leaving from The Louisa Centre at Stanley.

Saturday 13th August

Leaving from Cotherstone Village Hall in County Durham.

Sunday 14th August

Leaving from Pioneering Care Centre in Newton Aycliffe.

Sunday 27th August

Leaving from Blackhall Community Centre in Hartlepool.

Saturday 3rd September

Leaving from Coxhoe Leisure Centre.

Sunday 4th September

Leaving from Belle View Leisure Centre in Conssett.

Saturday 10th September

Leaving from The Bowes Museum at Barnard Castle.

Saturday 17th September

Leaving from Hamsterley Forest.

Saturday 1st October

Leaving from Broompark in Durham.

Focus on your region



Focus on Darlington

In 2005, Darlington was awarded Cycling Demonstration Town status and was selected to receive £500,000 per year from the Department for Transport through Cycling England until March 2011.

A further £500,000 per year from Darlington Borough Council, developer contributions and other external funding sources has since helped make a huge impact on cycling in Darlington.

Improved cycle network

Before the project, Darlington's cycle network consisted of a number of fragmented cycle paths and crossing points. The funding has enabled the council to create six fully signed radial routes into the town centre with new crossing points on the ring road. A brand new circular route runs around town and connects the radial routes and a seventh radial route that connects Harrowgate Hill to the town centre will be completed soon.

Each of the signed routes uses off road cycle paths and quiet residential streets and are signed using time rather than distance.

Increased cycling levels

Over the course of the project cycling levels increased by 57% according to automatic cycle counters located around the town. Trips to school by bike have also increased to a fantastic 7.5% of all journeys - compared to just 1% in 2005!

Your Darlington cycling contact:
Louise Neale
Darlington Borough Council
Units 8 - 11 The Beehive
Lingfield Point, Darlington
DL1 1YN
Email: cycling@darlington.gov.uk





Focus on Durham

Cycling has never been more popular in County Durham and we can put that down to our Olympic successes and a renewed interest in healthier and more sustainable lifestyles.

Durham County Council is committed to making the most of cycling's new found popularity and to encouraging more people to cycle to work and school as part of a healthy lifestyle.

The council's priorities are:

- Developing and looking after a high quality network of connecting routes across the county.
- Designing and planning new developments that enhance cycling in the region.
- Enabling more people to cycle as part of a healthy lifestyle choice.
- Raising the profile of cycling in County Durham and promoting the county as a destination for cycle tourism.

New cycle maps

The council has produced three cycle maps covering different parts of County Durham that outline circular routes for recreational cycling as well as networks through and between town centres:

- County Durham North - skirting the Cities, Route to Roam
- County Durham West - Hills and Hollows, Trees and Trails
- County Durham South - Villages and Towns, Tracks Without Trains

Maps can be ordered by contacting pedalpower@durham.gov.uk

Driving or parking in cycle lanes

Durham County Council is also more committed than ever to keeping cycle lanes free of obstructions. Drivers are being warned that if they park or drive in a cycle lane they may be issued with a Penalty Charge Notice within Durham district, or a Fixed Penalty Notice (FPN) elsewhere in County Durham. Contact Durham Constabulary on 0345 606 0365 (Minicom: 0191 375 2090) for more information.

Your County Durham cycling contact:
Access and Rights of Way Officer
Regeneration and Economic Development
Durham County Council
Email: prow@durham.gov.uk

Focus on Gateshead

Gateshead Council is delighted to report that 31% more people have started using its cycling network since 2004, with individual routes such as the NCN14 seeing huge increases.

What's even more exciting is that the council plans to carry on improving its cycling facilities and Councillor Gary Hayley, the Council's Cycle Champion and a keen cyclist himself, has established a series of quarterly meetings with traffic officers and local cycling groups to ensure cycling remains a priority.

Proposed Improvements for 2011

- The Team Valley cycle routes will be enlarged and improved.
- The Newburn Underbridge scheme will create a walk/cycleway below Newburn Bridge to help people avoid the busy bridge.
- Assisting partners will help create the Great North Cycle Way from Birtley to Newcastle with new facilities and signage.

On Road Cycling Training

Gateshead's cycling instructors are continuing to visit primary schools to explain to pupils and teachers what is involved in our Bikeability cycle training scheme.

The scheme is now fully registered and accredited with the Department of Transport, and the council's own evaluation tells us that 80% of children surveyed feel confident when cycling to school and 94% of parents have noted an increase in their child's confidence after training.

That means it's a great success and the training will continue.

Your Gateshead cycling contacts:

General Cycling Issues

Neil Frier on 0191 433 3108 or neilfrier@gateshead.gov.uk

Bike It & Child Cycle Training

Angela Burnett on 0191 433 3107 or angelaburnett@gateshead.gov.uk

Bike It Officer

Alan Barlow on 0191 261 6160 or Alan.barlow@sustrans.org.uk

School Travel Plans

Siobhan Bowery on 0191 433 3109 or siobhanbowery@gateshead.gov.uk

For cycle routes and information, visit www.cycle-routes.org/cycle-gateshead





Focus on Middlesbrough

Middlesbrough Cycle Circuit

This year, a fantastic new cycling facility opens in Middlesbrough. The 1km enclosed circuit will enable beginners, recreational, club and elite cyclists to enjoy the thrill of cycling on a safe, purpose built track.

Funded by British Cycling, Middlesbrough Healthy Towns and NHS Middlesbrough, the track features a six metre wide tarmac surface, streetlighting and a clubhouse, and will be available for both casual use and group or club hire.

To find out more visit www.middlesbroughcyclecircuit.co.uk

Middlesbrough Cycle Centre

If you're not familiar with Middlesbrough Cycle Centre, it's about time you took advantage of this fantastic cycling resource. You'll find it in Middlesbrough bus station and it offers free, indoor secure cycle parking, showers, changing facilities, lockers and an information centre. Over 1500 cyclists use it regularly while they work or shop.

The Cycle Centre also provides guided rides, cycle maintenance sessions and accredited road safety training, including National Standards and Bikeability, and you can pick up route and touring maps, cycle guides and other information on cycling throughout the Tees Valley.

It's open 8am - 6pm on Monday to Friday, and 8.45am-12.15pm and 1-5pm on Saturday.

To find out more, visit www.middlesbroughcyclecentre.co.uk or call 01642 219620.

Cycling Network

Middlesbrough's cycling network continues to expand and now hosts a section of NCN1 around the River Tees, and the start/end point of NCN65 at the Middlesbrough Transporter Bridge. The Middlesbrough Cycle map and a series of self guided route folders are available to download at www.middlesbrough.gov.uk

For copies of maps and folders, or for any other cycling queries, please contact 01642 728196 or email cycling@middlesbrough.gov.uk

Your Middlesbrough cycling contacts:

Call 01642 728196 or email cycling@middlesbrough.gov.uk



Focus on Newcastle

2011 is an exciting year for cycling in Newcastle with lots of work being done on cycle routes to and through the city centre.

Improvements include a new set of cycle only lights at the junction of John Dobson Street and Northumberland Road that will give better access into the university campus and the east of the city. Two brand new routes from the Tyne Bridge, one to the Civic Centre and another linking with the Hadrian Cycleway at the quayside, will also improve cycle flow in that area.

Further plans include:

- Improvements to the southbound route from the Civic Centre to the Tyne Bridge
- Better walking and cycling facilities on Percy Street
- A redesign of the area around the Newcastle side of the Redheugh Bridge
- Improved links from the quayside to the city centre
- Cycle routes to the universities and to the hospital
- Increased cycle parking in the city centre and at leisure centres and libraries throughout the city
- Cycle routes from Great Park to Gosforth and the city centre

Right now, Newcastle's Cycling Strategy is being rewritten to encourage everyone to cycle, and the council are working closely with the local cycling community through the Cycling Forum, which brings together people with an interest in cycling.

The Forum is open to bike shops, groups, and organisations and anyone can come along. You can find details of meetings at www.cyclenewcastle.co.uk

Cycle Smart!

Every year children from the City's primary and middle schools take part in Cycle Smart! The sessions, which involve practical cycling training in the school grounds together with cycle related homework, reinforce road safety messages and remind children to always wear a helmet and bright clothing when they are out cycling.

All children are encouraged to get involved, and if they pass a cycle proficiency test they receive a certificate of achievement and a badge. For any children who missed out, the Road Safety Team will be holding catch up events - so look out for information in your school.

Bikeability

Bikeability is the new National Standards Cycle Training Programme for year 5 and 6 pupils. Last academic year just under 1300 pupils were trained to Level 2 national standard, and the council are planning to help even more pupils stay safe on the roads this year.

The council will be working with BikeRight!, an experienced cycle training supplier who has already started working with children on roads around their school, and feedback from pupils and teachers has been really positive.

National Bike Week

In addition to Cycle Smart! and the new Bikeability programme, the council also teach 30 children per day during National Bike Week to cycle on an off road environment on the scenic Newburn to Wylam Route. This year, National Bike Week is between 18-26 June, and the rides will be led by experienced cycle trainers and supported by teaching staff from schools.

Your Newcastle cycling contacts:

Ann Clark, Cycling Officer

0191 277 8907

Email: anne.clark@newcastle.gov.uk

For further details about Cycle Smart! Training, cycle trips and Bikeability please contact the Road Safety Team at road.safety@newcastle.gov.uk

For adult cycle training and information about some of the cycle clubs in the city check the Active Newcastle website at www.activenewcastle.co.uk





Focus on Northumberland

In Northumberland, the council is working on a number of initiatives to promote cycling across the county.

- The Active Travel Initiative in Ashington is encouraging more people to improve their physical and mental well-being by walking and cycling.
- The partnership with local Development Trusts and Northumberland Tourism is implementing two Cycle Hubs at Haltwhistle and Wooler, and maps of the routes will be available in 2011.
- Thanks to Northern Rail, cycle parking is being improved at various railway stations and this year's work includes northbound facilities at Alnmouth Station.
- Plans to integrate cycling with bus transport are ongoing, however the Watbus Community Transport Charity continues to run a service for cyclists. Find out more at watbus.org.uk/watbike

Training for children

Bikeability continues to offer free training to every middle school in Northumberland, and thousands more children will get involved this year. The Blyth Academy Schools show just how successful this training can be - with 112 kids cycling to the primary site and 116 cycling to the secondary site every day, it's great to hear that their bike storage is now full!

Connect2

Cycling in Bedlington and Blyth is improving fast with the Sustrans Connect2 Projects and Blyth recently became the UK's first Active Travel Town. By the end of this year, much of the infrastructure should be in place and by 2013, Bedlington, Blyth and Cramlington (plus the waggonways of North Tyneside) will be linked with high quality cycling routes.

What else?

Northumberland County Council hopes to begin a range of other developments in 2011, including:

- Creating the Boulmer to Howick coastal cycle route.
- Establishing more Active Travel Towns with Sustrans.
- Improving cycle routes to offer more safe routes to schools.
- Improving cycle tourism within the county.
- Long term maintenance of all cycle routes, especially on the Coast & Castles Route.

Your Northumberland cycling contacts:

Cycling Issues

Aln Elliott on 01670 543096 or aln.elliott@northumberland.gov.uk

Cycling Policy

Richard McKenzie on 01670 533975 or richard.mckenzie@northumbeland.gov.uk

Focus on North Tyneside

Cycling in North Tyneside has more than doubled over the last five years, thanks to all users of the network. This year, North Tyneside Council plans to build on that success by:

- Completing the resurfacing of the Blue Bell waggonway in Shiremoor which forms part of the Reivers NCN 10 Cycle Route.
- Diverting NCN 10 so that it uses the improved facilities and crossings from the Blue Bell waggonway between North Killingworth via Backworth, before rejoining the existing route in Burradon.
- Reintroducing the off-road option of the North Sea Cycle Route from Tynemouth to Whitley Bay.
- Reviewing route signage across the borough.
- Working with all user groups, businesses and other organisations to promote cycling to work and for leisure.
- Organising family summer cycling roadshows across the borough.

Your North Tyneside cycling contacts:

Graeme Clark
Public Rights of Way and Cycle Projects Officer
North Tyneside Council
Cobalt Business Park
West Allotment
Newcastle upon Tyne
NE27 0BY
Email: graeme.clark@northtyneside.gov.uk



Focus on South Tyneside

This year, South Tyneside Council are focusing on improving their cycle infrastructure and network in a range of areas, including:

- Re-routing the Tyne Dock to Commercial Road section of NCN 14, which is becoming very busy, to a quieter route along South Elsdon St to Laygate together with an off road section that meets NCN 1 at Crossgate.
- Removing unsightly cycle barriers on three sections of NCN 1 to improve accessibility.
- Using Safe Routes to School funding to create a new route to the rear of Toner Avenue Primary School from Mill Lane and a new cycle facility.
- Developing the John Reid Road Cycleway to create a high quality 3m wide cycle route parallel to John Reid Road and a new north south route to the New South Shields Community School.
- Creating a new high quality cycle/ pedestrian route that links the pedestrian tunnel to Straker Street roundabout before joining the current NCN 14 route.

Your South Tyneside cycling contacts:
Cycling Issues Trevor Mackie on 0191 424 7665
or email: trevor.mackie@southtyneside.gov.uk

Focus on Sunderland

During the last 12 months, Sunderland City Council has been looking into how they can develop their cycling network, increase safety, decrease pollution and congestion, and encourage more people to get out on their bikes.

The council has worked in partnership with a number of organisations such as neighbourhood authorities, Sunderland University, the NHS Trust, Sustrans and Voluntary Rangers to make a wide range of improvements, from ensuring routes are clear of plants, litter and other obstructions, to creating new bike parking facilities.

What's the result?

Since 2006, the council's work has made a huge difference. Cycle trips have increased by over 8% each year to over 1.1 million trips in 2009-10, and over 70% more 10-11 year olds are getting involved in cycle training.

Whats next?

The future of cycling in Sunderland City Council is looking great and plans will soon be put in place to develop more cycle network connections, improve existing routes, and contribute to the creation of a regional cycle network.

Your Sunderland cycling contacts:
Cycle Network & Public Rights of Way Officer
Contact Tim Ducker on 0191 561 2450 or tim.ducker@sunderland.gov.uk



Cycling organisations and clubs



Get Active Get Cycling

The Get Active Get Cycling scheme was originally set up by The County Durham and Darlington Community Health Services Get Active Team in Easington in 2002. It was rolled out into Sedgefield in 2008, before becoming a county wide programme in 2010.

The Get Active Get Cycling initiatives include:

Community Tours

Local Community Cycle Tours take place every week throughout the year.

Cycling Away Days

A great chance for cycling groups to get together once a month between April-September for a full day's ride.

Bike Week

Get Active supports National Bike Week in June every year.

Family Healthy Cycle Rides

A range of two-hour weekend rides are aimed at families and cover a variety of difficulty levels.

Cyclability

Disability Inclusion sessions and a wide range of disability bikes are available.

Go Ride

Go Ride offers two 90 minute sessions to young people during curriculum time, with additional sessions with cycling clubs or Family Healthy Cycle Rides.

Training

Get Active can help people build their skills with a range of cycle training programmes in cycle marshalling, First Aid, bike maintenance and more.

All Get Active sessions are led by qualified cycle marshals. Rides are generally off road on County Durham's vast range of National Cycle Networks, and bikes and helmets can be borrowed.

For more information contact Steven Hart on 0191 569 2847 or steven.hart@nhs.net

CTC (Cyclist Touring Club)

Who they are

As the UK's national cyclists' organisation, CTC has been protecting and promoting the rights of cyclists since 1878. CTC is a not-for-profit organisation that is funded through its membership and donations.

What they do

By joining CTC you are supporting UK cycling and giving cyclists a louder voice when campaigning locally and nationally on the issues that are important to you. Members enjoy free third-party insurance cover, legal cycle-related advice, route and travel information, access to over 1,000 cycling-events each year, a bi-monthly cycling magazine and weekly email newsletter, technical and product advice, access to CTC holiday and tours and discounts on many cycling products.

For more information contact 0844 736 8450 or visit www.ctc.org.uk
Details of cycle maps and route leaflets for the UK can be downloaded from the website.

Organised Rides

For some, cycling is the perfect solitary recreation, but riding in a group also has many benefits: anyone not familiar with the roads in the area can enjoy a day cycling without worrying about navigation; there is help and support in case of a breakdown and there is usually a social scene that develops beyond the common interest. Details of group rides are given below.

Every Tuesday, 10.30am

From Merton Hall in Ponteland (across the road from Waitrose) and covering 35-50 miles with a stop for lunch at a café or pub. The group is made up of retired people or those with time off from work midweek. The pace is easy and no-one is left behind, although riders sometimes choose to leave the group early. Return to Ponteland is normally by 4pm.

April to September

During April to September, on the last Tuesday in each month the group arranges an 'away day' when, instead of cycling from Ponteland they meet in another location. This allows everyone to cycle further afield in order to see much more of Northumberland and Durham. The start location is made known to regular riders on the previous Tuesday.

For further details visit www.tynesidectc.org.uk or telephone Joe Seery on 0191 285 2145 or Heather Evans on 0191 2738042.



Sustrans

Sustrans is the UK's leading sustainable transport charity, and encourages people to choose to travel in ways that benefit their health and the environment.

The charity is behind the National Cycle Network, Bike it, Safe Routes to Schools, TravelSmart and many other groundbreaking projects. The award winning National Cycle Network is a comprehensive network of safe and attractive walking and cycling routes throughout the UK. The network extends to more than 12,500 miles bringing these routes to within one mile of 50% of the population.

Sustrans' work relies on the generous donations of nearly 40,000 supporters, and the support of charitable trusts, companies and the National Lottery. They also work closely with local authorities and many other partners.

Regional Work

Sustrans' regional offices are based in Newcastle and Stockton and the regional teams work alongside local authorities and other key partners to promote sustainable, active travel. This is done through the creation of new and improved green infrastructure, publicity, tourism, community projects and research into health and environmental impacts of walking and cycling.

The region boasts three Bike It officers (for Gateshead and South Tyneside, Darlington and Middlesbrough and Stockton), three Active Travel Co-ordinators (for North Tyneside, Ashington and Middlesbrough) and three Connect2 schemes (in Blyth, Bedlington, Cramlington, and Durham) all helping to encourage more people to get active more often on an increasingly impressive infrastructure.

Sustrans also has over 150 regional Volunteer Rangers who help maintain the NCN, improve signage, pick up litter and report fly tipping. This year their wonderful work has been recognised by funding from "Be Air Aware", the Tyne and Wear Local Authorities' Air Quality Improvement programme, to support their efforts to help more people walk and cycle on the NCN.

For more information contact Sustrans on:

Phone: 0191 261 6160

Email: newcastle@sustrans.org.uk

Website: www.sustrans.org.uk

Address: Sustrans, Cross House, Westgate Road, Newcastle upon Tyne, NE1 4XX.



Wearside Family Cycle Group

Since 2007, the Wearside Family Cycle Group has been organising rides and providing support to intermediate and experienced cyclists and families across the north east.

The group rides at a relaxed and social pace over distances that vary from 15 to 55 miles, and is currently expanding to include new members who would like to ride more regularly, and those who would like to cover short distances of up to 10 miles. However, the longer rides use local cyclist knowledge and you might discover routes you never knew existed!

All rides use off-road cycle-ways where possible, most of the routes are suitable for touring bikes, mountain bikes and folding bikes, and the pace matches that of the slowest rider, with regular stops for refreshments.

The cycle group meets every two weeks, on a Sunday, between 9 to 9.30am in the car park of the Silksworth Ski Slope Recreation Centre, New Silksworth, Sunderland.

For more information contact David Lawther or Julia Watson on david.wfcg@hotmail.co.uk or julia.watson2@ntlworld.com

Alternatively contact Dave Wilcock or Clive Greenwood to find out more about Wearside Family Cycle Group.

Phone: 07946 803 629 or 0191 561 1576

Email: saiadave@yahoo.co.uk

Website:

www.cyle-routes.org/wearsiderangers

We are also on Facebook - just search for "wearside family cycle group" for up to date rides.

Newcastle Mountain Bike Club

The club has a mixed membership from all over the UK and beyond with ages ranging from 18 to 60.

Rides take place every Thursday night from 7pm (strong lights needed) and every Sunday, generally from 8am, and start outside the Benton Square Industrial Estate at Holystone just past the Wheatsheaf Hotel near ASDA at Benton.

Thursday rides are local, last between 2.5 and 4 hours and can range from 12 to 25 miles. Sunday rides cover all of the manmade Trail Centres (Seven Stanes) in Scotland, the Lake District and Yorkshire as well as the vast array of Cross Country rides across the whole of Northumbria plus the many urban trails around Newcastle and Gateshead. They occasionally send teams to compete in organised MTB events but are not serious racers!

The club caters for all abilities, however reasonable fitness and a degree of bike handling skill is advisable, especially for longer Sunday rides. Established members are always willing to pass on advice, carry out trailside repairs and assist new members when required.

All you need is a cycle helmet, appropriate clothing and basic spares such as an inner tube, patches and tyre levers, as well as an adequate supply of water or other liquid, and a snack. Hybrid bikes are not suitable and neither are fingerless gloves, and you should be aware that the club seeks out the roughest ground!

Newcastle Mountain Bike Club is a completely free organisation with no membership fees, and there are discounts set up with most local bike shops.

All ride details are posted on www.midaircrisis.co.uk well in advance, and new riders can find more guidance on www.newcastlembc.org for new riders.

Contact Terry Kirkup at info@newcastlemtb.co.uk or on 07538 489 714 for more information.



Hetton Hawks Cycling Club

Founded in 2001, Hetton Hawks Cycling Club's motto is "Finding Our Future Champions". The club focuses on encouraging young people to get involved in cycling and introduces anyone with talent into British Cycling's Talent Team structure.

A Go-Ride club, it has been recognised as a Super Club by British Cycling and has attained Club Mark by Sport England.

Anyone who is aged 5-23 years old is welcome to attend whatever their ability, and coaches help to develop riders cycling skills, fitness and health in a safe traffic free environment at a purpose built venue.

The club also organises a variety of social and leisure rides throughout the year, predominately on traffic-free roads and bridleways. During the school holidays it teams up with regional British Cycling Coaching and Development staff to provide weekly 'training camps' that cover mountain biking, cyclo-cross, road racing and more.

Regular coaching and training sessions are held at Hetton Lyons County Park on Saturday mornings between 10am and 12noon. Check the website at www.hettonhawks.org.uk for the latest information.

Newcastle Cycling Campaign - the voice of local cyclists

Newcastle Cycling campaign is a brand new organisation for people cycling in and around Newcastle. The campaign launched in October 2010 and now has a growing number of members who aim to bring together the existing extensive network of enthusiastic cyclists, activists and organisations involved in making Newcastle a cycle-friendly city.

The campaign lobbies for the development of continuous cycling routes through the urban core, more bike lanes, pedestrian areas which are shared with cyclists, bikes on public transport (in particular on the Metro), and more generally a greener urban infrastructure. Members believe that by improving the cycling network and associated facilities, it will be easier and more pleasant to cycle in and around the city and more people will cycle more often.

Organisers also promote cycling and its benefits to all, in particular those who make short urban trips, encourage commuting by bike, and support those who make cycling part of their everyday life. Two third of all trips in Tyne and Wear are less than five miles - why use a car when it could be faster, cheaper, better for your health and the environment to get on a bike!

The campaign is for everybody, whether you are a regular cyclist, newly converted or an aspiring one, and whether you ride on busy roads or stick to the leisure off-road tracks.

2011 will see the first City Chief Cycling Challenge where the top officers and politicians will be invited to cycle an urban route through Newcastle and share their experience.

For membership information and a complete list of activities, news and events, visit the website at www.newcycling.org.uk, or email newcastle.cycling.campaign@gmail.com if you have any questions.



Darlington Cycling Campaign

Darlington Cycling Campaign was founded in 2005, just as the town was gearing up to become one of six government-backed Cycling Demonstration Towns.

From the outset, members have campaigned to make cycling an attractive option for anyone - young, old, unfit, male, female - and to make cycling to school as safe, direct and as attractive as possible.

In 2007, the campaign held a cycling Symposium in the town, and declared its base principles:

- Cycling has to be safe, convenient, fast and uninterrupted.
- Cycling infrastructure has to cater for cyclists from the age of 10.
- The average speed of motorists has to be reduced considerably.

Members called for a 20mph speed limit in the town, cycling to be permitted in the new pedestrianised town centre, cycle paths to be built on the busiest, most dangerous, roads in town, and a principle of advantage for cyclists over motorists in a range of situations, such as advanced stop lines at junctions and contraflow operations on one way streets.

Members are also active in exploring why cycling levels amongst women are especially low in the town, and have helped local film-makers Darlington Media Group to explore this further with a documentary film called Beauty and the Bike (www.bikebeauty.org). Teenage girls from Darlington, and the cycle-friendly city of Bremen in Germany, visited one another to assess the relative merits of cycling in each town.

As most of the girls from Darlington were not regular cyclists, their observations gave the campaign important pointers about encouraging more cycling. And the German girls showed how much needs to be done to make motorists more aware - and respectful - of cyclists.

The Darlington girls set up a bike hire scheme with a difference, sharing fashionable dutch-style bikes. Now the Campaign has raised funding to expand it, and DarLOVElo (www.darlovelo.org) is the result. A fleet of 30-odd beautiful dutch bikes can be hired by anyone for a few pounds a week.

Cycling, in the right conditions, can be great fun, as well as a way of keeping fit. The local council has used the Cycling Demonstration Town to create a number of great leisure routes around the town and one or two notable practical routes, and cycling in the town centre is now much more relaxed and easy too. But there is still so much to do, and Darlington Cycling Campaign is making it happen.

To find out more, visit the website at bikedarlington.blogspot.com/ or email darlocycling@gmail.com



WATBike

WatBike was established in 2010 by Wansbeck based WATBus Community Transport to develop leisure cycling in Northumberland and the north east.

They provide minibuses with attached bike trailers and organise regular guided leisure rides which provide easy access to the countryside and a great variety of routes. The organisation supports all levels of cyclists and anyone can join the rides.

All proceeds go to WATBus, a small local registered community transport charity, to help pay for the maintenance and daily operation of their vehicles.

2010 was a busy year for volunteers who have supported many charity rides and events, dropping groups off as far away as Whitehaven, Berwick-upon-Tweed and Edinburgh, and 2011 promises to be even busier.

Guided rides are proving increasingly popular as the group explores Northumberland's Areas of Outstanding Natural Beauty and evening rides are also growing in demand.

Colin Hall, one of the group's three cycle guides has completed his Bike Maintenance training and there are now three trained Bikeability Instructors. What's more, WATBike is also developing an innovative bike training course this year which will give novice cyclists a range of skills and experience to give them the confidence to get out more on their bikes.

Finally, the group is always looking for more opportunities to develop sustainable community transport. Contact Colin Hall, Cycle Development Officer, on 01670 522999 or at Colin. watbus@yahoo.co.uk, or visit the website at www.watbus.org.uk for more information.



Derwentside Cycling Club

Derwentside Cycling Club is an active cycling club with approximately 70 members ranging from 5 - 80 years old. As well as qualified cycling coaches they have a number of committed volunteers who organise social and competitive events.

The 'Derwent Dash Reliability Ride' takes place on Sunday 10th April and is open to all.

To find out more information on the ride and other activities, along with details how you could join the club, check out the website on derwentsidecc@gmail.com

British Cycling North East

British Cycling is the governing body for cycling whose aim is to inspire participation in cycling as a sport, recreational activity and a sustainable means of transport through worldwide success.

British Cycling governs all cycling disciplines and is funded by membership, UK Sport and Sport England. With British Sky Broadcasting, its principle partner, British Cycling has the shared aim of getting one million more people cycling regularly by 2013.

Whether you race competitively, ride just for fun or ride to work, British Cycling is there to support you. There are many benefits to being a member and it is reassuring to know that, through your membership, you are contributing to cycling at grass roots level and beyond. Discounts are available for under 18s, and families and membership packages support all cyclists, from Olympic champions to complete beginners.

The north east region is governed by the Regional Board which meets regularly and brings matters to the National Council. To join, contact andrewjohnston@britishcycling.org.uk

Websites

For up to date information on events, publications and news from Cycle Northeast, find us on facebook or follow us on twitter:
www.facebook.com/cyclene
www.twitter.com/cyclenortheast

Details of maps and routes in the Tees Valley area can be found at
www.doitbycycle.com

For information about cycling in the beautiful Yorkshire Dales National Park and around visit: www.cyclethedailes.org.uk

Sustrans is responsible for the UK's National Cycle Network, which includes a number of long distance cycle routes through the region including the C2C, Three Rivers, Coast and Castles and Reivers Routes. For details visit: www.sustrans.org.uk or www.nationalcyclenetwork.org.uk

For cycle routes and map downloads for the Gateshead area visit:
www.cycle-routes.org/cycle-gatehead

For the official C2C guide, with all the information and links you could ever need to complete this famous cycle route, visit:
www.C2C-guide.co.uk

For your definitive guide to a number of cycle routes across the region, including Hadrian's Cycleway and the Pennine Cycleway, England's longest 'challenge' cycle route visit: www.cycle-routes.org

For accommodation listings and information for the Coast and Castles route between Tynemouth and Edinburgh visit:
www.coast-and-castles.co.uk

For information about the North Sea Cycle Route, the world's longest signed international cycle route visit:
www.northsea-cycle.com

To find out more about the Walney to Wear Regional Cycle route from the Cumbrian coast to the North Sea visit: www.cyclingw2w.info

For your definitive online guide to cycling in England's North East visit
www.cyclenorthumbria.org.uk

For your guide to the new Coast-to-Coast route following Hadrian's Wall from Cumbria to South Shields visit:
www.cycle-routes.org/hadrianscycleway

To find out more about the longest challenge route in the UK from Derbyshire to Northumberland visit:
www.cycle-routes.org/penninecycleway

To find out more about the 187 mile route from Tynemouth via Kielder Water and the Scottish Borders to Whitehaven in Cumbria visit: www.reivers-guide.co.uk

Cycle Away
Details of maps and route leaflets for the UK can be downloaded at:
www.ctc.org.uk

Three Rivers
The 135 miles of routes linking the Tyne, Wear and Tees are great for beginners and families, so visit:
www.cycle-routes.org/threerivers

Maps and Guides

Keelman's Way

Cyclist and pedestrian route map to the linear route along the south bank of the River Tyne between Wylam and Bill Quay. Contact: www.sustrans.org.uk Telephone 0845 1130065.

NCN Sea to Sea (C2C)

Whitehaven/Workington - Newcastle/Sunderland

From the Irish Sea to the North Sea, from Cumbria to Tyneside. Starting in Whitehaven or Workington and finishing in Sunderland, Wearside or Tynemouth, this world famous cycle challenge route takes you 140 miles through the Lake District and over the Pennines - the 'roof of England'. Cost: £6.99. Contact: www.sustrans.org.uk Telephone 0845 1130065.

NCN Coast and Castles South

Newcastle - Edinburgh

New fully revised and expanded edition.

The 200 mile Coast and Castles South cycle route (National Route 1) links the Forth and Tyne estuaries, taking in some of Britain's best built and natural heritage, including Hadrian's Wall World Heritage site, unspoiled coastline and the beautiful Tweed Valley before arriving in Edinburgh, Scotland's capital city. Cost: £6.99.

Contact: www.sustrans.org.uk Telephone 0845 113 0065

NCN Three Rivers

Middlesbrough - South Shields, Sunderland - Consett and other routes

The unique Three Rivers Cycle route travels through contrasting landscapes and past some of the most iconic sights and attractions in the North East. Numbered as National Route 14, blue signposts will guide you along its snaking 80 miles (129km) between Middlesbrough and South Shields and along a host of interesting alternative routes including the C2C Sculpture Trail and Two Rivers cycleway between Sunderland and South Shields which passes Souter Lighthouse. Cost: £6.99. Contact: www.sustrans.org.uk Telephone 0845 113 0065.

NCN Pennine Cycleway

North Pennines - Appleby-in-Westmorland or Penrith - Berwick-upon-Tweed

This is the northern section of the longest of the National Cycle Network Routes, and uses mostly quiet lanes plus some traffic-free paths to travel between Appleby and Berwick-upon-Tweed. Plenty of wonderful scenery, with some challenging gradients. Cost: £5.99. Contact: www.sustrans.org.uk Telephone 0845 113 0065.

NCN Hadrian's Cycleway

Ravenglass - South Shields

The Hadrian's Cycleway is 170 miles between Ravenglass on the coast of Cumbria and South Shields on the Northumberland Coast. Linking sites of Roman archaeology and stretching the length of Hadrian's Wall World Heritage site in the north of England, the route offers contrasts of the Lake District and Northumberland National Parks. Cost: £6.99.

Contact: www.sustrans.org.uk Telephone 0845 113 0065.

Walney to Wear (W2W)

This 153-mile 'challenge' route links Walney Island (just outside Barrow-in-Furness on the Cumbrian Coast) to the mouth of the River Wear on the North Sea Coast. Between these end points, the route traverses the Lake District Peninsulas, South Cumbria's Low Falls, and the Lune Gorge, the Orton Fells, the Eden Valley and the North Pennines area of outstanding natural beauty, mainly on country lanes and quiet roads with a few sections of traffic-free cycle path. Cost: £4.95. Contact: www.sustrans.org.uk Telephone 0845 113 0065.

Reivers Cycle Route

Full colour, fold out map showing the 171-mile route running northwest from Tynemouth near Newcastle through unspoilt Northumberland and the Kielder Forest, before turning Southwest to Carlisle and the Lake District to the coast at Whitehaven. An alternative return route for the Sea to Sea (C2C). Cost: £4.95.

Contact: www.sustrans.org.uk Telephone 0845 113 0065.





GNBR

GREAT NORTH BIKE RIDE

THE REVOLUTION
WILL NOT BE MOTORIZED
www.edinburghbicycle.com

Sunday 28th August 2011

REGISTER ONLINE NOW
www.greatnorthbikeride.com

The Great North Bike Ride starts from Seahouses at approximately 9:00am. You will cycle along the beautiful North Northumberland coastline. A designated area of outstanding natural beauty, Seahouses is the ideal starting point to explore this magnificent part of England. After cycling an estimated 54 miles along the scenic coastline you will arrive at Tynemouth priory and castle. Entry Fee is £10 to include Nike T-Shirt, Medal and refreshments. This is a sponsored Charity Bike Ride for The Chris Lucas Trust. Your entry fee only covers the cost of running the event so please ask family and friends to sponsor you generously to make a real difference to the lives of children and young adults suffering from Cancer.



Name: _____

Address: _____

Postcode: _____

Phone Day: _____

Team Name: _____

TICK IF YOU'RE A TEAM LEADER ☐ TEAM NO. _____

I enclose a payment for: £ _____

ENTRY FEE IS £10 PER CYCLIST

TOTAL £ _____

Please tick if you would like Chris Lucas Trust to claim
Gift Aid on your Registration Fee ☐

Conditions: I understand that this event is not a race and all riders must obey the highway code and the Bike Events Rules of the Road. Cycling can be a dangerous activity and I accept that the organisers cannot be held responsible for personal injury accident, loss, damage or public liability. Minimum age 16, riders under 18 must be accompanied by an adult and wear a cycle helmet. I have read and agree to the above conditions.

SIGNED: _____

DATE: _____

PLEASE SEND YOUR ENTRY FEE TO:

Chris Lucas Trust, The Great North Bike Ride, 95 Lancaster Drive, Hadrian Park, Wallsend, North Tyneside, NE28 9TF

MORE INFO: Tel: (0191) 263 2884 Email: info@greatnorthbikeride.com

Website: www.greatnorthbikeride.com

Registered Charity No. 1085775

 **Gateshead**
Council

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