



Cycle²⁰¹² north east

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

Win a luxury bike!
See page 12

Cycling from the Tees to the Tweed

It's fun to Cycle North East

Welcome to our Cycle North East Magazine 2012 which is your guide to cycling from the Tees to the Tweed. This year we have all the cycling updates from your region and some great news on helping more children cycle to school and cycle for fun.

So read on and you'll find out about:

- What your local council has been doing for cyclists
- All the cycle events and rides in 2012
- The cycling organisations and clubs in your area
- Where to find the best cycling websites, free cycling maps and guides



Contents

Cycling news

03

Mountain Biking - where to head
recycle y'bike
Journey planner
Tyne and Wear gets kids cycling
Sustrans Active Travel
Great North Cycleway
Tyne and Wear Cycling
Improve your skills at
Whickham Thorns
Bike It
St Winifrid's gets cycling
West Gateshead goes National
New Name for Cyclone

Cycling events in Northumberland and Tyne and Wear

14

Cycle events for women
Cycle Speedway
Derwent Dash
Time Trails
Chain Events
Sunderland Big Bike Ride
Downhill all the Way

Cycle North East at Gateshead
Sustrans Fresh Air Miles at Washington
Tyneside Bike Ride 2012
Virgin Money Cyclone Festival of
Cycling
Great North Bike Ride
Social rides in Washington
Kielder 100
Wearside Family Cycle Group rides

Cycling events in Durham and Teesside

29

Halfords Tour Series
The Durham Big Ride
The Beast
Etape Pennines
Local Motion MEGA Festival
Cycle in Darlington rides
Bike Week in Middlesbrough

Focus on your region

34

Darlington
Durham
Gateshead
Middlesbrough
Newcastle
Northumberland

North Tyneside
South Tyneside
Sunderland

Cycle organisations and clubs

46

CTC
Sustrans
WatBike
Newcastle Cycle Campaign
Darlington Cycle Campaign
Gateshead Cycling Forum Website
Newcastle Mountain Bike Club
Hetton Hawks Cycle Club
Derwentside Cycling Club
British Cycling North East
Wearside Family Cycle Group
Coast Cycling
GS Metro

Websites, maps and guides

58

Websites
Maps and guides

Mountain biking: where to head

Whether you're looking for family friendly routes or something a little bit 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 our region.

Chopwell Woodland Park

At 360 hectares, Chopwell Wood is Tyne and Wear's largest woodland and it 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

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.

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 single track trail - all offering one of the best skills areas in the country.

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 hiring 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 and 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 Newcastle 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 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.descendhamsterley.co.uk
www.nefa.co.uk
www.hamsterleytrailblazers.co.uk

Recyke y'Bike

Whether you're spring-cleaning or want to do a bit of recycling, Recyke y'Bike is here to help. We take your old bike off your hands, giving it a new life and saving it from landfill, and we'll sell you a fairly-priced, refurbished bike ranging from £60-£150.

We can also train you in basic bike maintenance and provide accredited training in bike mechanics. If you prefer we'll deliver cycle training to you and your family - learn to ride a bicycle or how to cycle confidently 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 we opened in September 2006 we have:

- sold 3,600 bikes to the local community;
- taken in over 9,100 donated bikes from the public ;
- shipped at least 600 bikes (with the charity Re-Cycle, Bikes 2Africa scheme) to bike projects in several countries supplying school students and health workers with a means of transport; and
- supplied around 300 bikes to individuals in local priority groups and local charities.

One of our aims is to encourage more people into cycling. Research shows that the more cyclists drivers see during their journeys, the more care those drivers take on the roads. By cycling or walking you can avoid being part of the problem and be part of the solution.

We would like more regular volunteers to help us, so if you have a spare day in the week why not come along and see us. We also have occasional jobs that you can help with, such as spreading the word or staffing exhibitions.

The shop is open for bikes and spares on Saturdays and Tuesdays 10am-4pm (sometimes later in the summer) and we take in donations on Monday, Tuesday, Wednesday and Saturday. The project is closed on Thursdays and Fridays.

Phone 0191 265 4197

email: recyke@cooptel.net

or visit: www.recyke-y-bike.org



'Learn to ride a bike' Cycle Training Sessions

- 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 before you take the plunge?

Recyke y'Bike provides adult cycle training. Our aim is to see more people cycling, more safely, more often. Since July 2008 we have trained over 100 people of all abilities to confidently travel on two wheels for health, sport, fun, fitness and commuting.

We train individuals, groups, families, women only groups, people with learning/physical difficulties/disabilities, whether you are an absolute beginner, a born again cyclist or enthusiast pedaller.

We pride ourselves in our 'learn to ride a bike' training for absolute beginners. We also do Bikeability training level 1, 2 and 3.

Second Saturday of the month 1-3pm (meet at 12.30pm) - Beginners group taster session (no charge) and National Standard level 1 and 2 assessment session (£20 per session, booking essential). Bike and helmet can be provided - training is on a traffic free area.

Please check with us for the latest information on session dates and times. For more information or to book yourself a place contact us on 0191 265 4197, email

rybcycletraining@gmail.com
or visit www.recyke-y-bike.org

Recyke y'Bike at Bill Quay

Due to the unprecedented success of Recyke y'Bike in Byker we have developed a similar small scale workshop in Bill Quay Community Farm. This is to enable local people to drop off unwanted bikes, volunteer and learn a bit about bike maintenance from the mechanic.

Although the workshop is only open on Wednesdays from 2-4pm, these hours will increase in the Spring and Summer with the hope that the workshop will become more established and useful to local people. Up to now we have offered training to local Gateshead youngsters who have come to volunteer and show commitment to the project. This has included puncture repairs, wheel care, gears and brakes and general assessment of bikes.

For further information please pop down to Bill Quay on Wednesday and ask for Jeff at the Recyke y'Bike barn or phone 0191 265 4197.



Bike Festival

A Newcastle Bike Festival is proposed for September 2012 incorporating films and many other cycling events - Alleycats, Treasure Hunts, led cycling adventures. Cycling organisations wishing to participate please get in touch. Please keep an eye on the Recyke y'Bike website for more details www.recyke-y-bike.org

Journey Planner

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.

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



Tyne & Wear gets kids cycling & walking

Tyne and Wear Councils with Sustrans and Living Streets have been awarded £4.95m via the Government's Local Sustainability Transport Fund (LSTF) to help children choose to cycle, walk and use public transport. The Tyne and Wear LSTF key components projects will get young people, and their parents and carers, thinking about how they can travel to school in a greener, healthier and more enjoyable way. This integrated programme of walking, cycling, road safety and public transport initiatives will also benefit our economy by reducing congestion, improving travel to work times and increasing use of public transport.

Plan partners are working with Living Streets, Sustrans and other key stakeholders to deliver a number of sustainable transport initiatives at schools.

Living Streets

Living Streets is the national charity working to create safe, attractive and enjoyable streets around the UK. Its Walk to School campaign aims to encourage all parents and children to make walking to school part of their daily routine.

In primary schools, the charity's popular scheme, Walk once a Week (WoW), rewards children who 'walk once a week' with collectible badges; and in secondary schools the Free Your Feet and Campaign-in-a-Box projects challenge students to walk more, equipping them with the skills to run their own campaigns.

Sustrans

Sustrans has expanded its Bike It project which helps schools create a cycling culture and ensures more children cycle to school. It's more than tripling the daily cycling levels at its target schools. Nursery-age children are also benefiting from Balance Bikes which are small pedal-free bicycles aimed at children who are not yet ready to move up to a pedal bike. They have been trialled with excellent results in all nursery schools in South Tyneside. The intention of this project is to purchase a supply of balance bikes for all nursery schools in Tyne and Wear and where training is required; this will be provided to the schools.

FEAT1st

FEAT1st ("Families Enjoying Active Travel") gives the whole family the information, skills and confidence they need to make short trips on foot and by bike

Infrastructure

Cycle infrastructure work is being carried out via the School Links project and grants to schools. This has improved cycle links and cycle parking at schools.

Communications

Promotions and marketing activity is being carried out by Newcastle Marketing and Communication.

Schools

Partners are liaising with the bus operators and Taking Public Transport to School - teaching pupils the different ways to get to school, as they move from primary to secondary education. This encourages parents and children to use Tyne and Wear's frequent and convenient public transport links, and to take advantage of discounted travel for children.

TravelMatters

TravelMatters is a website (www.travelmatters.org.uk) for the promotion of sustainable travel in primary schools. It contains an extensive library of teaching resources that can be easily integrated into the curriculum, as well as a pupil zone for children to access supporting games and activities. Further information is available at: www.tyneandwearlip.gov.uk/lstf

Sustrans Active Travel Programme 2012

2012 will truly be an Olympic year for Sustrans in the North East as the organisation expands across the region.

Sustrans has worked closely with Local Authority and NHS partners to secure 17 new posts - all of which began in February 2012. Ten of these officers will be based in Tyne and Wear, with one based in South West Durham working with schools and families to encourage them to change the school-run car-culture and increase healthy, green travel instead.

Four existing posts in Northumberland and four new posts in Redcar will complete the delivery team in the largest Active Travel Programme in any English region.

This has been made possible thanks to the Government's Local Sustainable Transport Fund (LSTF) which aims to increase economic growth, job creation and sustainable modes of travel. This will of course have huge local benefits in terms of reduced carbon emissions and congestion and improved health and air quality.

The focussed, fun activities are designed to inspire families to be active more often and walk, cycle and scoot to school where they can and translate this to other short journeys they make each week. Over half of all the private journeys we make are fewer than five miles. If we all changed these journeys to active modes we would meet our 2050 carbon targets overnight. This is a simple and achievable goal! However, it takes small steps to climb a mountain and culture change takes time, effort and proper resources.

Sustrans officers will work alongside existing staff to deliver practical travel planning and motivating activities that have brought real change nationally in similar projects over the past seven years. Bike It aims to triple the level of pupils cycling to school and FEAT1st (Families Enjoying Active Travel) works in and outside school hours to really engage with all the family at times that suit them.

The projects will work with over 150 schools and will see more than 500,000 pupils taking part in their activities by March 2015. A strong and sustainable legacy is built into all the projects from day one, with the recruitment of champions who act as ambassadors in each school and community to help grow the momentum of the project to ensure that culture change can carry on into the future.

Sustrans see the huge potential for healthy, active travel in the North East and this is a wonderful opportunity for the region over the next three years. Their vision is a world in which people choose to travel in ways that benefit their health and our environment.

For more information please contact
james.adamson@sustrans.org.uk



Great North Cycleway

A new cycleway is being created to link the entire North East region. The Great North Cycleway will run around 70 miles from Northumberland to Darlington. When complete, the new route will form route 725 on the National Cycle Network, and will run from Darlington to Durham, Gateshead, Newcastle, North Tyneside to Blyth in Northumberland.

The original proposal for the Great North Cycleway would link NCN7 at Chester le Street, regional route 11 at Birtley, Gateshead Town Centre, NCN14, NCN72, Newcastle City Centre and NCN10. However, following a meeting between Gateshead Council, Newcastle City Council and Sustrans, the partners decided to further expand the signed route to include NCN1 at Blyth, Chester-le-Street and the City of Durham which links to regional route 20, the W2W and south to Darlington to link to NCN14.

The scheme will attempt to use existing cycle links with new signage, lanes and other facilities where required. The construction started in 2011 and includes a signed route through Newcastle City Centre, link from NCN 7 at Chester-le-Street to Birtley and new cycle lanes and cycleway at the Angel of the North.

All the partners will meet in 2012 to discuss the delivery plan for the entire route which will hopefully be complete within the next three years.





Tyne and Wear Cycling

Cycling is one of the most sustainable modes of transport and offers tremendous potential for improving our society's health, environment, economic efficiency and mobility. Tyne and Wear Local Transport Plan Partners are keen to increase cycle journeys to work, school and for leisure. The aim is to reduce reliance on private motor vehicle in order to reduce congestion, and improve accessibility and air quality.

Some excellent partnership working has seen the development of an updated range of bespoke cycle maps. The maps were launched in the Summer of 2008 and cover all districts of Tyne and Wear plus cross-boundary routes of South East Northumberland, updated maps are due in 2012.

Tyne and Wear Plan Partners have been successful in the Local Sustainable Transport Fund (Key Components Bid) which will help deliver sustainable transport at schools. Bike It Officers will help provide cycle training with improved cycle infrastructure delivered via the School Links programme and cycle parking.

A business case for the main bid has also been developed to assist in the delivery of additional cycle infrastructure, parking at Metro stations, cycle training and promotion, with a decision on funding due in June 2012.

More information is available from the Tyne and Wear Local Transport Plan website: www.tyneandwearltp.gov.uk which includes electronic mapping and the cycle strategy.

For further details please contact Rohail Ahmed at the Tyne and Wear Local Transport Plan Core Team on 0191 277 8990 or email rohail.ahmed@newcastle.gov.uk

Improve your skills at Whickham Thorns

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

Alongside skills courses and tests, the bikes will be available for you to use on site, around 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 visit whickhamthorns@gateshead.gov.uk for bookings, prices and information.



Bike It

Bike It in the North East has been hugely successful in the past eight years and has seen big increases in the numbers of children riding to school in Gateshead, South Tyneside and South Northumberland. As a result, Sustrans has been able to expand the project to each of the Tyne and Wear Local Authorities and South West Durham, creating an additional ten posts to make cycling a bigger part of everyday life for children across the region.

In Gateshead, the results for 2011 have been outstanding with 47.5% of children cycling to school regularly in the Bike It schools, compared to 18.5% nationally. Bike It has been delivered to 18 Gateshead schools in 2011 with great success and in conjunction with excellent support from Gateshead Council. Bike It has worked with children from 4-16, delivering a breadth of activities from stabiliser-free days, bike rides, bike breakfasts, classroom sessions and skill sessions for children.

The 2011 Sustrans' Big Pedal was well received by the Bike It schools and the children of Gateshead and South Tyneside did the region proud with six schools placed in the top 50 from over 1200 schools nationally. Roman Road were the highest placed school in the North coming 6th nationally and winning a fabulous prize of a full bike tool kit and stand. It also achieved the highest percentage of regular cyclists in 2011, with a huge 72% of children riding at least once or twice per week.



St Wilfrid's gets Cycling

St Wilfrid's RC College in South Tyneside has been enjoying a number of exciting cycling activities this year while working with Bike It.

They launched a cycling club in 2011 which has a weekly training session covering cycle skills, maintenance, cycle routes and even mountain biking. In 2012 the club will undertake two long distance trips - a three day trip at Easter on the C2C, followed by a 200 mile journey through Holland and Germany to South Tyneside's twin town, Wuppertal.

In addition the school has been working with British Cycling and hopes to visit the Manchester Velodrome.

St Wilfrid's Club was the brain child of PE teacher Miss Nuttall who, with support from Sustrans' Volunteer Rangers hopes to take the club to the school's primary feeder schools in 2012.

West Gateshead goes National

In 2011 Gateshead got National Cycle Network recognition for the Keelman's Way between the Derwent Valley and Wylam. NCN 141 will become the 3rd national cycle route in the borough and link route NCN 14 at Derwenthaugh, which is part of the C2C, with NCN 72 part of the Hadrian's cycleway at Wylam.

The riverside route along the south bank of the Tyne has seen significant improvements over recent years. The route will eventually include 2km of new traffic free cycleway which is currently under construction between Blaydon Burn and Newburn Bridge, as well as a new walkway below Newburn Bridge and surfacing improvements along the river at Ryton.

In the last 12 months the Council has also implemented 17km of new cycle routes in west Gateshead, between Winlaton Mill and Ryton, with further 15km expansion of the network from Ryton to the county boundaries at Wylam and Prudhoe. This was possible through Department of Transport funding and Sustrans grants.

Sustrans National Cycle Network Director, Martyn Brunt stated that he considered the work undertaken by Gateshead as "an extremely positive enhancement to the network."

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 Trek Cobia Mountain Bike (worth £850)

2nd Prize Giant Defy 4 Triple Racing Bike (worth £620)

3rd Prize Claud Butler Classic Hybrid Bike (worth £320)

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

Now that's worth getting on your bike for!

New name for Cyclone



Virgin Money has announced that, following the acquisition of Northern Rock at the start of this year, it will continue to sponsor the UK's biggest cycling festival - The Cyclone.

Northern Rock previously enjoyed a long-standing relationship with the Cyclone event, and the first 'Virgin Money Cyclone' will be held between 28 June and 1 July 2012.

Paul Lloyd, Marketing Director at Virgin Money said: "Now that Virgin Money and Northern Rock are united as one business, I am delighted to support this fantastic event. Virgin Money is committed to supporting the communities we serve. This event is an excellent showcase for what the North East has to offer and I am proud to have the Virgin Money brand associated with it."

Virgin Money Cyclone event organiser, Peter Harrison, said: "Northern Rock has supported the event since the very beginning, and I am delighted that this relationship will carry on through Virgin Money. The event has firmly established itself on the cycling calendar and, with the backing of Virgin Money, I am sure that it can continue to go from strength to strength."

The inaugural Virgin Money Cyclone will feature a new Thursday evening ride. This more relaxed ride is specifically aimed at less experienced riders and young families. Called the Tyne Six Bridges Leisure Ride, it will feature two gentle routes of 9½ and 14½ miles along the banks of the River Tyne. Starting from Newcastle Quayside, the ride will take in the Millennium, Tyne, Swing, High Level, Redheugh and Scotswood bridges. The rides start at 7pm on Thursday 28 June and costs £6 per person.

As in previous years, the weekend will also include:

- Leazes Criteriums on Friday evening;
- the hugely popular Virgin Money Cyclone Challenge rides on Saturday - with a choice of 33, 63 and 104 mile routes; and
- the Beaumont Trophy Premier Calendar race featuring professional riders on the Sunday.

Curlew Cup

A new addition to the Sunday programme for this year is the Curlew Cup. Following the success of the Women's National Road Race Championships as part of the Cyclone festival in 2011, the Curlew Cup will be the first ever all ladies race held in the North East, and will form part of the women's National Series.

Over £500,000 has been raised for charity through previous cyclone events. Virgin Money Giving is now the official not-for-profit sponsorship website of the Virgin Money Cyclone, offering fundraising support to Cyclone Challenge riders who raise money for charity. Virgin Money Giving also collects Gift Aid for free, so charities could receive £12.15 in total for every £10 a rider is sponsored.



Cycling events in Northumberland and Tyne & Wear



Cycle Events for Women

The Breeze Network is British Cycling's new national network of bike rides for women.

Support by Sport England lottery funding, Breeze will deliver tens of thousands of cycling opportunities for women across England. www.goskyride.com/breeze

Qualified leaders in the North East plan to organise some fun, recreational, FREE LADIES ONLY BIKE RIDES.

We will risk assess the routes and advise you how many miles they are going to be and they will be aimed at any ages and abilities.

Visit the following facebook pages for more info:

Newcastle Area

www.facebook.com/breezenewcastle

Sunderland Area

www.facebook.com/breezesunderland



Cycle Speedway

The little-known but still popular sport of Cycle Speedway has been revived in the North East by the original bunch of riders from the Sixties!

What started out as a nostalgic get-together has culminated in the rebirth of Newcastle & District Cycle Speedway Club (NCSC), which had one of the fastest racetracks in the country in the early eighties and early nineties.

Although the sport, controlled nationally by British Cycling, has age categories down to six years old, NCSC is aimed at mature cyclists, preferably middle-aged and upwards - current ages range from 37 to 63.

The club races at Cramlington Sports Club on Saturday afternoons from 1.30pm and intends to compete in Veteran challenge matches in the Midlands, North and Scotland this year.

For more details email the Secretary, K Dyer on - KKKCDYER@aol.com or go online www.newcastlecsc.org.uk or www.newcastlecyclspeedway.co.uk





Tyne Valley Sportive
May 5th

Peak Loop
23rd & 24th June

N. Pennines MTB 100
7th July

C2C Challenge
14th & 15th July

Devon C2C
20th-22nd July

Hadrian Challenge
15th & 16th Sept

Hadrian 100 Sportive
30th Sept

To book visit www.chain-events.co.uk

Sunderland Big Bike Ride

Saturday 26 & Sunday 27 May

The second Sunderland Big Bike Ride takes place on Saturday 26th and Sunday 27th May 2012.

With a focus on leisure, recreational and family cycling, the Sunderland Big Bike Ride will offer four different length rides, providing a route to suit all ages and abilities.

The Family ride (approximately 5 miles) is ideal for families and younger children and will take place on Saturday 26th May 2012. In addition, 14 mile, 20 mile and 35 mile routes will allow participants to stretch their legs and enjoy some of the city's excellent cycle routes and take in some of Sunderland's finest views and landmarks. Routes have been re-designed and improved since the very successful first Sunderland Big Bike Ride in 2011, ensuring that this year will be bigger and better.

All rides are non-competitive and there are no prizes for 1st place. Routes are suitable for Mountain and hybrid bikes. Due to varying surfaces throughout all routes, road and cyclo-x bikes are not recommended.

The Sunderland Big Bike Ride is just one event which forms part of the Sunderland in 2012 programme. Sunderland in 2012 is the city's Olympic legacy programme which aims to make sports, physical activity, arts and cultural activities available to all residents of the city, enabling everyone to benefit from the London 2012 games. Between January and September, a huge range of events and activities will be available for people to 'do, watch or support'.

For more information, please contact Richard Hood on 0191 5614713, or via e-mail to richard.hood@sunderland.gov.uk or visit www.sunderlandin2012.co.uk.



Downhill All the Way

Sunday 10 June, Gateshead Civic Centre

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

Booking essential - Contact Neil Frier on 0191 433 3108 or email neilfrier@gateshead.gov.uk



Cycle North East at Gateshead

Monday 11 - Friday 15 June, 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 12 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



Sustrans Fresh Air Miles Rides at Washington

Sunday 17 June, 10am

Guide Ride - Washington Arts Centre to Washington Wildfowl Park Sunday Total distance around five miles.

Before leaving at 10am, there will be a free cycle safety check provided for participants between 9 and 10am. There is no charge but a collection will be made for the cycling charity Sustrans. Entry to the facilities, including the café and WC, at the Wildfowl Park will be free and the participants will be eligible for a 25% discount for entry to the park itself, should they wish to extend their stay.

Contact Bryan Attewell by
email: bryan@battewell.freemove.co.uk

Wednesday 20 June, 6.30pm

Guide Ride - Washington Arts Centre to The Shepherdess Pub, Beamish.

Total distance 14 miles.

There will be a free safety check provided for participants between 5.30 and 6.30pm. There is no charge but a collection will be made for the cycling charity Sustrans. There will be time for a drink at the pub before returning to Washington.

Contact Bryan Attewell by
email: bryan@battewell.freemove.co.uk

Sunday 24 June. 10am

Guide Ride - Washington's Heritage - starting at the Arts Centre. Total distance around 10 miles.

The ride will leave at 10am and there will be a free cycle safety check provided for participants between 9 and 10am. There is no charge but a collection will be made for the cycling charity Sustrans. The ride will include visits to the Victoria Viaduct, the F Pit, and Washington Old Hall and there will be brief talks about the historical significance of the locations. Admission to the gardens and café at the Old Hall will be free, but normal entrance fees will apply for the Hall itself.

Contact Frank Bozic by
email: frankbozic@yahoo.co.uk



Tyneside Bike Ride 2012

Sunday 24 June

Stroke
association

Whether you ride with friends, family or on your own, the Tyneside Bike Ride is a great day out and for a great cause - the Stroke Association.

All routes start and finish near Tynemouth Priory and then follow cycle paths and parkland for 8, 23 or 44 miles. The 23 mile route takes you to the heart of Newcastle and the breathtaking Gateshead Millennium Bridge before circling back to the coast.

The 44 mile route continues along through countryside to Wylam before returning to Tynemouth. After the ride, participants and their supporters are invited to join us at the start/finish for music and refreshments.

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 two adults and three children.

Quick and easy on-line registration at www.stroke.org.uk/tyneside

Email tynesidebikeride@stroke.org.uk or call Janet Price on 0191 492 6191.

Virgin Money Cyclone Festival of Cycling

Thursday 28 June - Sunday 1 July

The Virgin Money Cyclone Festival of Cycling was created in 2007 to encourage as many people as possible to get out on their bikes, get fitter and enjoy the countryside. It is a multi-faceted event designed to cater for the needs of competitive and none competitive cyclists.

For the past four years, the event has been run over three days with events to meet the needs of all who wish to compete or just ride for pleasure as well as allowing spectators to see some of the best riders in the world in action.



Due to the success of the event, the 2012 edition of the Virgin Money Cyclone is being increased to four days to accommodate an even broader spectrum of participants. The additional event planned for Thursday evening has been created to attract an even wider participant group with two shorter rides on traffic free cycle paths along the banks of the Tyne.

Since the inception of the event in 2007 participant numbers have quadrupled and over £500k has been raised for various charities. It is now one of the biggest and possibly the biggest event of its type and attracts riders and participants from all over the world. The 2011 edition of the event hosted the British National Road Race Championships for both men and women.

All riders/participants/spectators who are on the mailing list will be kept up to date with information in the months and weeks leading up to the event.

Tyne 6 Bridges Leisure Rides

Thursday 28 June

This event starts and finishes on Newcastle Quayside and uses Sustrans Routes 72 & 14 along the north and south banks of the Tyne heading out in a westerly direction.



There are two rides of 9.5 miles and 14.5 miles for those who want to experience a leisurely ride along the banks of the Tyne. These are ideal rides for the inexperienced rider who may be afraid of traffic or those with young families. All participants must pre register on the event website:

www.virginmoneycyclone.co.uk



Newcastle Leazes Criteriums

Friday 29 June



The Criterium racing in Leazes Park, Newcastle will start at 6.15pm. There will be races for all ages and abilities. The evening starts with two races for under 10/12 years, followed by one for under 14/16 years.

The supporting senior event will precede the main event and is for riders who race regularly but are not full time riders. This is for riders who hold either a 2nd, 3rd or 4th category BC licence.

The finale for the evening will be a one hour race for the best riders in the country. Many of these riders will have won medals and there even may be some current world and Olympic champions in their midst. Some of the best riders in the world may be competing on the Friday as well as on the Sunday.

Virgin Money Cyclone Challenge

Saturday 30 June

www.virginmoneycyclone.co.uk

This is a series of three rides of differing distances and difficulty to test all those who compete.

The rides start and finish at the Newcastle Falcons Rugby Club, Kingston Park. There is limited parking within the grounds for all those who are travelling to the venue. This parking can now be pre booked. There is also additional parking at the Great North Park. This will be signposted.

The three rides leave from the Club between 8am and 10.30am and go directly out into the Northumbrian countryside on country roads, therefore avoiding the city traffic.

Riders will be set off in groups of 60 at two minute intervals. Those riders doing the 104 mile ride are advised to leave between 8-9am. Those doing the 63 mile ride should plan to leave between 9-10am and those doing the 33 mile ride should leave between 9.30-10.30am.

There are catering facilities open at the Newcastle Falcons Rugby Club throughout the day so that a refreshing drink can be had upon completion of your ride.

These events are not races and no positions will be given on the website. Each rider will be given a finishing time along with split times calculated along the route. This will be done with the aid of electronic chips which will be given to each competitor and provided by Sport Ident, the leader in this type of electronic timing. All finishing and split times for those completing their own Challenge will appear on a result page within 48 hours.

Each competitor will be given a t-shirt and goody bag upon completion and will be able to download personalised certificates from the Marathon Photos website.

There will be feeding/re-hydration stops on all of the routes with food and drink which also act as timing stations and medical control centres. There are also many cafes and pubs along all three of the routes and competitors can stop off and enjoy a well earned rest and sample the local cuisine.

The event will have full medical cover courtesy of St John's Ambulance and comprehensive marshalling provided by The Sea Cadets and Territorial Army. There will be Technical Service vehicles sweeping the routes for those who have major technical difficulties. All junctions will be signposted courtesy of Northumberland County Council.

If you decide you are going to ride on behalf of one of the nominated Charities you will be sent a sponsorship pack from that charity once you have registered. You can then raise money for that charity. This could be as little as £1. There is no obligation to sign for a charity and you can just do the ride of your choice without any charity involvement if you wish. However it is hoped that many people will ride on behalf of a charity. There is also a bonus if you decide to ride on behalf of a charity. You will then be eligible to win one of the great prizes on offer for those raising the most amount for their charity. In 2011 over £2,000 in prizes were on offer courtesy of Madison/Shimano.



Women's National Series Road Race

Sunday 1 July

The first event of the day will be a Women's National Series Road Race which will attract some of the best riders in the country. The race will start at 9.30am and will use the Ingoe Circuit which passes through the villages of Stamfordham and Matfen. This circuit was used by both the men and women as the finishing circuit in the 2011 National Road Race Championships. It is 13.9 miles and the women will complete four laps of this circuit before finishing in Stamfordham. Total distance for the event is 55.6 miles.

Beaumont Trophy Premier Calendar Road Race

This will be the 61st edition of the event. It will be run over the same course as the 2011 Men's National Road Race Championships. Riders will complete three laps of the larger circuit which is 22.3 miles. This includes the climb of the Ryals.

On completion of the 3rd lap of the larger circuit, riders will then go on to the smaller finishing circuit of 13.9 miles as used in the women's event. This will be completed three times making a total distance of 108 miles. The race will start at 1pm.





Great North Bike Ride Sunday 26 August

The Great North Bike Ride starts from Seahouses at approximately 9am. 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 60 miles along the scenic coastline you will arrive at Tynemouth priory and castle. Entry Fee is £20 to include cycling top, 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. Transport is available to and from event - £20 including bicycle.

(See the registration form on the back page of this brochure).

Social Rides in Washington

Social rides on 1st and 3rd Wednesday of every month starting from Biddick Crossing on the C2C track NCR 7, by St Robert's School, Fatfield, Washington, at 9.30am, weather permitting. An informal series of easy paced rides on minor roads and off-road tracks organised by a group of Sustrans Rangers and Cyclists' Touring Club members.

The rides will vary in distance over a four week cycle to suit various abilities and will include a coffee stop. Details of the rides and other events can be found at www.C7C.org.uk



Kielder 100 Saturday 15 September

Sponsored by Montane, this mountain bike race challenges cyclists from all over the UK and beyond to complete the 100 mile long circuit. This includes: race entry, rider freebie, Accelerade energy drink at feed stations, water stops, fruit and snacks at feed stations, Newcastleton hot food station, mechanical assistance around the course, water bottle, finisher memento, post-race BBQ/food.

Entry for 2012 will close on 7th September 2012, no entry on the day. NO REFUNDS will be issued after 15th August 2012.

Categories:

Open (18-39) men & woman
Veteran (40+) men & woman

Trophies and prizes will be awarded to 1st, 2nd and 3rd in each category with spot prizes available for other riders.

SingleSpeed - there'll be prizes for the first male and female singlespeeders to finish. (Make sure you tick the singlespeed box at registration so we know you're riding one).

All competitors should be fit and experienced cyclists capable of riding long distances off road on tough terrain and technically competent enough to ride difficult red grade mountain bike trails. Ideally you should have completed at least one endurance mountain bike, running or adventure race of at least six hours in length before considering this event.

Entry fee is £55 - you can enter online at www.CXRacer.com

For more information visit: www.sip-events.co.uk

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 Willcock on 0794 680 3629 or Clive Greenwood on 0191 561 1576.

When	Who	Area covered	Miles
6 May	Family	Ski slope via Tunstall Hills, Hillview and Ashbrooke, Old C2C to Offerton and Penshaw Monument	18 miles
20 May	Moderate	Ski slope to Hart Village or Hartlepool, via NCN1 and NR14 cycleway	36 or 44 miles
27 May	Various	Sunderland Big Bike Ride	14/20/35 miles
3 June	Family	Ski slope via NCN1 to City Centre, Wear Bridge, Fatfield, Penshaw	20 miles
17 June	Experienced	Ski slope to Thorpe Thewles via NCN1	45 miles
1 July	Experienced	Lanchester Valley	56 miles
15 July	Family/ Moderate	Ski slope to Finchale Abbey circular, via W2W to Durham City, then Frankland, Finchale and Rainton Meadows	38 miles
29 July	Family	Ski slope to Wardenlaw to Hetton Country Park, Rainton Meadows café via East Rainton and back via Old C2C	22 miles
12 Aug	Moderate	Ski slope to St Mary's Lighthouse, Whitley Bay, via the coast and Shields Ferry	40 miles
26 Aug	Family	Ski slope to Murton/Dalton Park: Cherry Knowle to Seaham, and Fox Cover Estate	18 miles
9 Sept	Family	Ski slope via Sunderland City Centre to South Shields and back via Lizard Lane	25 miles
23 Sept	Family	Ski slope: Tour-de-Wear (circular), NR1 - Wear Bridge C2C - Wildfowl Centre-Cox Green-Pallion	20 miles
7 Oct	Moderate	Ski slope to Newcastle Quayside: via Ferryboat Lane and Follingsby Lane	36 miles
21 Oct	Moderate	Ski slope to A19 bridge, Boldon colliery, Whiteleas, Cleadon back via coast	25 miles
4 Nov	Moderate	Ski slope to Castletown, Follingsby Lane to Gateshead Angel back via C2C	30 miles
18 Nov	Family	Ski slope along the Stephenson trail to Festival Park and the East End an along coast to Ryhope an Seaham and back	18 miles

Note: All rides will start and finish at Silksworth Ski Slope, New Silksworth, Sunderland. Meet at approximately 9.10am in the ski slope car park, with rides starting at 9.30am.

Cycling Events - North Tyneside Council

Often based at one of our beautiful park locations, we deliver a range of events throughout the year to inspire and encourage people of all ages to enjoy cycling in North Tyneside.

These include:

- The Waggonways Ride
- Road skills sessions
- Family mechanics classes
- Bicycle treasure hunts
- Stabiliser-free sessions (where children who ride with stabilisers can gain the confidence to ride without)
- Pedalling picnics and lots more!

For more information please contact:

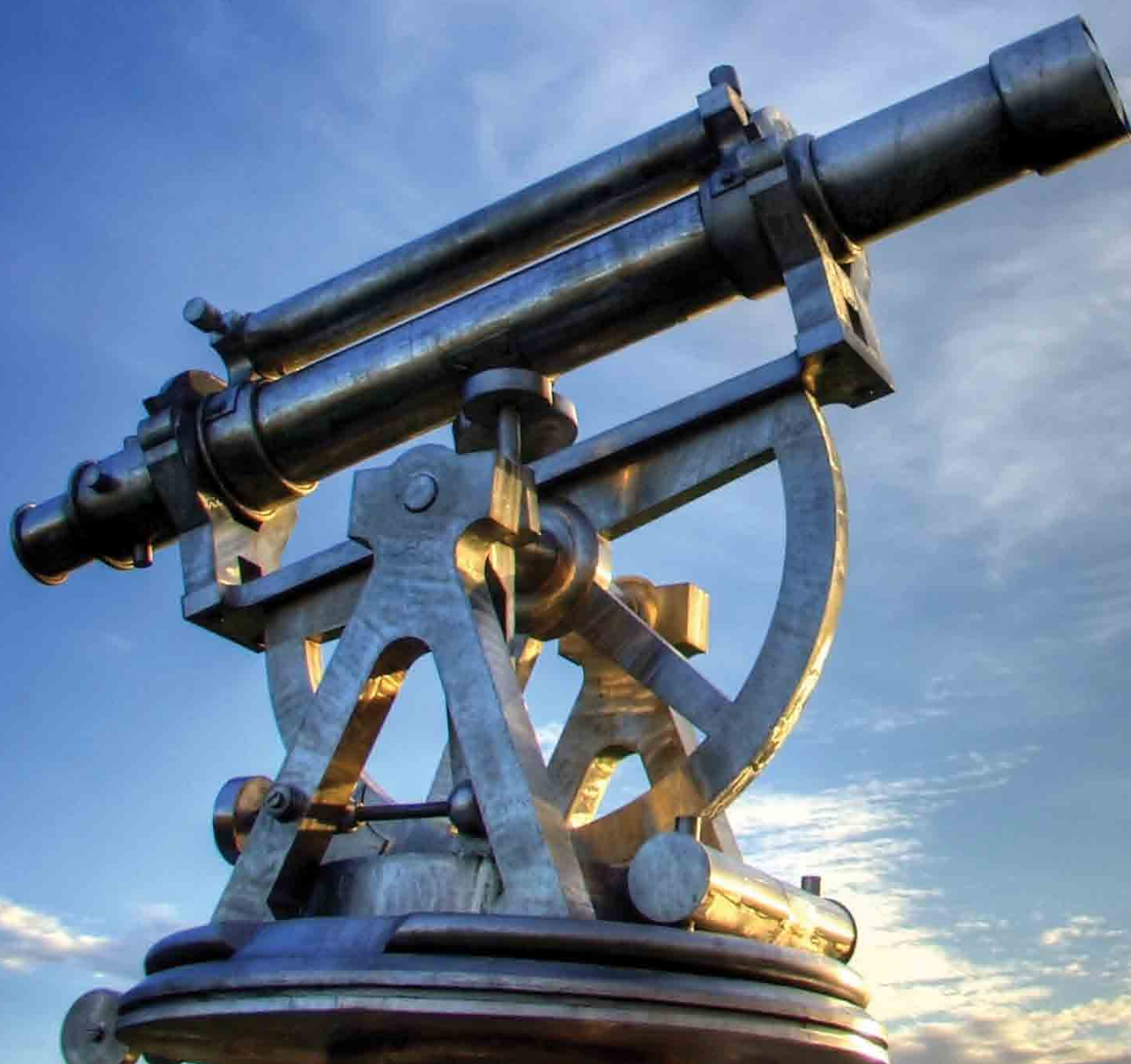
Web: www.northtyneside.gov.uk/cycling

Email: cycling@northtyneside.gov.uk

Tel: 0191 643 2115

Post: Cycling - Highways, North Tyneside
Council Quadrant East 1L, The Silverlink,
North Cobalt Business Park North Tyneside,
NE27 0BY

Cycling events in Durham & Teeside



2012 Halfords Tour Series

Durham events, Thursday 17 May

Now in its fourth series, and its third visit to Durham, the 2012 Halfords Tour Series takes place across ten cities and sees teams of professional cyclists battle it out to be crowned the best team in the country. In each round of intense, fast-paced and gladiatorial circuit racing, the teams compete to place their top three riders in the highest positions.

For more details visit www.tourseries.co.uk



The Durham Big Ride Cycle Events

Durham events, Sunday 2 September

Durham City and North West County Durham: starts from County Hall.

This is a great family event with three cycle rides to cater for all cycling abilities. The 'Big Ride' is a 25 mile ride that offers fabulous views of the county and includes a much talked about challenging hill climb at Iveston.

The ride is on closed roads, shared footways and the off-road Lanchester Valley Line (NCN14). If you feel the longer ride is too ambitious, there is also a 'Medium Ride', a mid-length ride of around 10 miles on closed roads and shared footways.

The 'Little Ride' is a gentle three mile ride around Durham Aykley Heads, which is supervised by our experienced Road Safety Officers and is ideal for young children.

Entry - Little Ride/Under 16s, £5, Middle/Big Rides £17 (includes goody bag)

For more details visit www.durhambigride.co.uk

The Beast

Sunday 9 September

Durham - Lanchester - Tow Law: starts from Sniperley Park and Ride. This is a challenging 50 mile ride on open roads and is aimed at the more experienced cyclist.

The route is fully signed and takes in some spectacular views of the county, comprising some of its most difficult hill climbs. Test riders described it as a beast of a route, hence the name.

Entry - £17 (includes goody bag) For more details visit www.durhambigride.co.uk

Etape Pennines

Sunday 7 October



This 78 mile closed road cycling event in County Durham, is already being tipped to rival the Marie Curie Cancer Care Etape Caledonia in terms of sheer beauty. Up to 2,500 cyclists are expected to take part, in this, the inaugural year.

For more details visit:
www.etapepennines.co.uk

Local Motion MEGA Festival

Sunday 24 June

Building on the success of Darlington's annual Cycling Festival, the 2012 Local Motion MEGA Festival will be bigger and better than previous years. The event aims to provide information on cycling, walking and public transport as well as giving people an opportunity to try out various types of bikes.

There will also be a range of other sporting activities for everybody to get involved in and have a go at. The Local Motion MEGA Festival will take place on Sunday 24 June, 11am-4pm in South Park, Darlington.



Cycle: in Darlington

May to September

During 2012 a new series of bike rides will be running in Darlington. The 'Cycle: In Darlington' project gives people the chance to get back into cycling and will promote cycling as an alternative means of travel. A range of rides will be offered from shorter guided rides, to the popular tourist trails with something for all abilities.

The guided rides are co-ordinated by Darlington Council's Sports Development Team. People can bring their own bikes or can register to use one of the bikes provided.

The sessions are led by fully qualified instructors who will also give advice and tips on basic cycling skills to novice cyclists. Additional rides can also be set up with community organisations and businesses who wish to set up a Cycle: In Darlington programme.

For more information about upcoming rides please contact the Darlington Sports Development Team on 01325 254 370.

The Tourist Trial Rides are challenging and are for experienced cyclists only. Under 16s must be accompanied by an adult.

For more information, contact Jeff Dawson at Darlington Borough Council, on 01325 388 427.

Sunday 27 May

The Round 50 (new route for 2012)

Sunday 1 July - The 70

Sunday 5 August

The Castles Ride (85 miles)

Sunday 2 September

The Hell of the North (100 miles)

Bike Week in Middlesbrough

Middlesbrough Events, 16 -24 June May to September

Free breakfasts are on offer for cyclists using Middlesbrough Cycle Centre throughout the week. Simply turn up to the centre to get your free breakfast any day between 16 and 24 June (excluding Sundays).



Castle Eden Walkway Ride

Organised Rides, Saturday 16 June

To kick start Bike Week 2012, why not come along for a Ride to Castle Eden Walkway on Saturday 16 June? Starting from Middlesbrough Cycle Centre at 10am, the ride is aimed at moderate cyclists, however there are no challenging hills within the ride. The route follows NCN 1 and 14 for approximately 12 miles to the visitors centre, where there will be a chance to purchase refreshments.

Family ride

Sunday 24 June

On Sunday 24 June join us for a family orientated bike ride around the River Tees from the Transporter Bridge to the Tees Barrage and back, stopping at Teesaurus Park for a free picnic. Meet at 11am at the Transporter Bridge. Approximately 6.5 miles, very easy ride with no hills and a relaxed pace - 90% off road, using cycle paths, so don't let the distance put you off! Return to the Transporter Bridge at approximately 1pm.

Booking is essential, and is on a first come first served and can be completed via calling 01642 728 196 or emailing

cycling@middlesbrough.gov.uk

Please note: unaccompanied children will not be allowed to join rides.



Focus on your region:



Darlington

Between 2005 and 2011 Darlington was part of the Department for Transport's Cycling Demonstration Town Project. Six fully signed routes into the town centre and a circular route were created. All routes are colour-coded, use off-road cycle paths and quiet residential streets and include time rather than distance. Further additions to the Darlington cycle network are planned for 2012 to make it even easier to get around by bike.

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 that 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.

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

Town Hall

Feethams

Darlington

DL1 5QT

Email: cycling@darlington.gov.uk





Durham

As well as the exciting cycling events in County Durham, 2012 is also the start of a fantastic new opportunity to promote and encourage cycling. Durham County Council was successful in its bid for money from the Local Sustainable Transport Fund (LSTF). The bid focuses on the southern part of the county, and while its geographical scope may be limited, the opportunities are not.

The LSTF award is going to be an opportunity for us to work much more intensively with schools, businesses and the community at large to promote cycling through events and other initiatives.

Though not funded by LSTF, we are also looking at the construction of a new cycle route between Shildon and Newton Aycliffe. This will closely follow the Bishop Line and provides an alternative to the train for shorter journeys, and complements it for longer ones.

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

Your County Durham cycling contact:

The Travel Planning Team, Regeneration and Economic Development, Durham County Council

Email: pedalpower@durham.gov.uk

Gateshead

Gateshead Council is delighted to report that it has continued to expand and improve the cycle network in the borough. Not only did work begin on two new national cycle network routes but we signed the new Angel Cycleway, linked NCN 14 to Team Valley, enlarged the Team Valley cycle lane network and improved links to Wylam, Crawcrook and Chopwell.

Councillor Gary Haley, the council's Cycle Champion, has also set up the Gateshead Cycle Forum which is open to the public to discuss cycle issues at quarterly meetings.

Proposed Improvements for 2012 include:

- Enlarging and improving Team Valley cycle routes
- Developing the Great North Cycleway further
- Creating more links to schools
- Developing more routes in the west of the borough

On Road cycling training

Gateshead's cycling instructors continue 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 our 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 and Child Cycle Training
Angela Burnett on 0191 433 3107 or angelaburnett@gateshead.gov.uk

Bike It Office Gateshead
Mark O'Keeffe on 0191 261 6160

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



Middlesbrough

Middlesbrough has witnessed a huge boom in the number of people cycling, with a massive 72% increase in the number of trips recorded between 2006 and 2010. These are the result of a number of schemes and initiatives run by Middlesbrough Council and its partners.

Middlesbrough Cycle Centre

Middlesbrough Cycle Centre, based in Middlesbrough bus station, is a free indoor, secure cycle parking facility for public use. It boasts shower and locker facilities, along with a qualified bike mechanic and helpful staff on hand who love to talk bikes.

The centre has over 2,000 members and is open Monday to Friday 8am until 6pm and Saturdays 8.45am until 5pm.

For further information, please visit www.middlesbroughcyclecentre.co.uk or phone 01642 300 202

Middlesbrough Cycle Circuit

Opened in the Spring of 2011, the 1km closed circuit at its Prissick base, is an impressive cycling facility boasting a club house with changing and catering facilities. The circuit is aimed at cyclists of all abilities and was the location for the successful Middlesbrough Sky Ride in 2011.



The circuit and club house is open for free public access at specified times and available for private hire for cycling clubs and other interested organisations at very reasonable rates. Bikes and safety equipment can be hired from the circuit, please check availability before arriving. The calendar changes on a weekly basis, check the website www.middlesbroughcyclecircuit.co.uk for up to date details or phone: 01642 300 202.

Cycling maps and self guided route folders are available free of charge from Middlesbrough Cycle Centre. You can download them from www.middlesbrough.gov.uk or call 01642 728196 to request hard copies.

Route Improvement Proposals

Strategic network improvements are proposed over the next few years. They will help to link Middlesbrough's expanding cycle network further and aim to make cycling a more viable option as a form of transport to work and for recreation purposes.

Your Middlesbrough cycling contact:

Chris Orr, Cycling Officer
Middlesbrough Council
01642 728196
cycling@middlesbrough.gov.uk



Newcastle

By 2022, we want to develop a cycling culture that sees 20% of all trips under five miles undertaken by cycle.

The numbers of cyclists has increased steadily across Newcastle with a 28% increase in the numbers cycling from 2008 to 2011.

In the last year we have continued our extensive programme of improvements in the city centre, including:

- Section of the Great North Cycleway from Tyne Bridge to Barras Bridge (a toucan at Mosley Street junction, off road cycle path on lower Pilgrim Street, new cycle lights at Northumberland Road/John Dobson Street).
- Links from the Tyne Bridge to quayside down Broad Chare with cycle crossing at Law Court.
- Installation of new toucans on Victoria Road and Richardson Road.
- With money from Sustrans we have completed new cycle links to Kenton School through Kenton Dene. This route will also link Blakelaw to Kingston Park.
- We have built cycling improvements into major traffic schemes such as the Redheugh bridgehead where there will be safer links from Scotswood Road to the city centre.
- On Percy Street major changes to the whole street allowed us to install cycle lanes. The changes will improve the area for pedestrians and cyclists.
- On Strawberry Place work at the junction and a new toucan has improved access to the new Science City developments and along Walker Road toucans are going in as part of the regeneration work.

- We have also installed 20mph schemes in residential areas and in most of the city centre to bring down speeds, putting in traffic calming to bring down the number of vehicles improving cycle safety at junctions including a programme of refreshing, and with the help of the police enforcing, Advanced Stop Lines at lights.

It's not just about engineering. We offer national standard 1 & 2 cycle training to all primary and middle schools in the city and with partners Bike Right offer free urban cycle skills sessions to anyone over 16 who lives, works or studies in Newcastle.

We have supported the Scratchbikes cycle hire scheme in the city centre and helped small businesses install cycle parking by funding the community bike parking scheme ParkthatBike. We believe in giving our people the tools to do the job so organised professional cycle infrastructure design training for our engineers to make sure they are up to date with the latest engineering solutions.

In all this we have worked with the Cycling Forum which represents all of Newcastle's cycling community, including cycling organisations, businesses and individual cyclists. We also work with other Tyne and Wear authorities to promote and enable cycling throughout the region as well as Nexus and other transport providers.

Our future plans will be shaped by our recently published strategy document 'Delivering Cycling Improvements in Newcastle'.

We will:

- Develop our Strategic Cycling Network and establish key routes to the city centre from all corners of Newcastle.
- Install the first of these strategic routes from Walker to the City Centre in 2012/2013.
- Work with other local authorities to develop the Great North Cycleway.
- Work with Nexus and the rail network people to set up cycle hubs at major transport places events including a Bike Fair during Bike Week in June.
- Work with the Bike It and FEAT 1st (Families Enjoying Active Travel) Officers funded through the Local Sustainable Transport Fund (LSTF) to increase the number of kids cycling to school.
- Install a cycle link from Great Park to Gosforth Academy and from Gosforth to Fenham using LSTF money.

If you want to find out more, check out our web pages at **www.cyclenewcastle.co.uk**

Your Newcastle cycling contact:

Anne Clark, Cycling Officer

0191 277 8907

anne.clark@newcastle.gov.uk

For further details about Cycle Smart! Training, cycle trips and Bikeability email **road.safety@newcastle.gov.uk**

For adult cycle training and information about some of the cycle clubs in the city **www.activenewcastle.co.uk**



Northumberland

The County Council continues to work closely with Sustrans to promote the Active Travel Initiatives in Ashington and Blyth that are encouraging more people to gain access to walking and cycling with a view to increasing physical and mental wellbeing in the community.

Working with Northern Rail continues to show positive benefits and cycle parking facilities on railway stations are improving. Improvement to the northbound facilities at Alnmouth Station has proved extremely popular.

Work to integrate cycling with bus companies continues. To find out more about the Watbus Community Transport Charity that runs a service for cyclists visit their website www.watbus.org.uk

Training for Children

The Bikeability scheme delivers free cycle training to every school child in years 4, 5 and 6 within all First and Middle schools in Northumberland. During 2011-12 more than 3,000 children will have undertaken Level 1 & 2 cycle training. The scheme will be expanded during 2012-13.



Connect2:

Work is now coming to a conclusion on the Connect 2 Projects in Bedlington and Blyth with the establishment of some 24km of new or improved walking and cycling routes. This includes off road riverside sections, shared footways and links to schools. It is also anticipated that the Coast and Castles Cycle Route will be re-aligned, in the spring, to follow the new riverside route.

Work continues within schools and the community through the Blyth 'Active Travel Town' initiative, with the emphasis on encouraging people to leave the car at home for the shorter (around town) journeys.

Future plans for 2012 include:

Developing and delivering a worthwhile Capital Programme of work, ensuring a continued commitment to cycling in the county.

More improved safe routes to schools in and around towns.

Investigating cycle tourism and in particular the potential for more cycle hubs.

Tackling the long term commitment to maintain all cycle routes with particular emphasis on the Coast and Castles Route.

Your Northumberland cycling contact:

Cycling Issues

Aln Elliott

01670 543 096

aln.elliott@northumberland.gov.uk

Cycling Policy

Richard McKenzie

01670 533 975

richard.mckenzie@northumbeland.gov.uk

North Tyneside

New cycling figures show that the number of journeys made by bicycle within North Tyneside has more than doubled over the last few years, in fact last year alone saw North Tyneside's cycling journeys increase by 50%.

So why are so many people taking to two wheels? And why might it be time for you to get the bike out of the garage and join them?

One reason could be the attraction of our unique network of traffic-free cycle paths. A number of years ago now, the council secured funding to transform our network of old train routes (used for transporting coal in the 19th century) into the Waggonways: welcoming and accessible routes for both commuting and leisure cyclists.

To support and maintain this growth we have led a number of projects and network improvements, a few of which are outlined below:

Cycling Development Projects

In the summer term of 2011, Wallsend Jubilee Primary School hosted a unique travel pilot project which is now being rolled out across Tyne and Wear.

Through the 'FEAT 1st' (Families Enjoying Active Travel) project - an initiative run in partnership between North Tyneside Council, Sustrans and the NHS Primary Care Trust - the school received new cycle parking for both pupils and visitors. This was followed by lots of fun and educational sessions for the children and their families, including trips away, 'fix your bike' classes, group rides and a prize draw for two new bikes.

The success of this pilot means it is being rolled out as part of a package of measures across Tyne and Wear called 'Go Smarter'. With funding from the Department for Transport, this includes Balance Bikes for nursery school children (small bikes without pedals suitable for young children) as well as 'Bike it' and 'FEAT 1st', encouraging school children and their families to feel happy and healthy by leaving the car at home and walking and cycling together.

As well as this we continue to run Bikeability training for nine to eleven year-olds in schools, to give them confidence in riding their bike - check with your child's school whether they are taking part.

There are lots of one-day cycling events suitable for families, such as stabiliser-free sessions (where children who ride with stabilisers can gain the confidence to ride without) and pedalling picnics - keep an eye out in the local 'What's On' guides for details. And if you're picking a route for your own bike ride, don't forget our cycling map, available free on request in paper form (while stocks last) and on our website.

Cycle Network Improvements

Recent cycling improvements in North Tyneside include a foot and cycle path alongside the busy stretch of Earsdon Road. This is suitable for families on the school run as well as longer-distance bike rides, which links up with the newly traffic calmed section of Earsdon Road in Shiremoor.

20mph Zones

By summer 2012 all our residential streets and the areas around all our schools will be 20mph zones.

Your North Tyneside Cycling contact:

Cycling-Highways
North Tyneside Council
Council Quadrant East IL
The Sliverlink North
Cobalt Business Park
North Tyneside
NE27 0BY
0191 643 2115
www.northtyneside.gov.uk/cycling
cycling@northtyneside.gov.uk

South Tyneside

In 2011 South Tyneside Council focused its efforts on improving the cycle network linking to the national network and local schools.

During this time we:

- Improved the routing of NCN 14 under the Connect 2 Scheme. This has led to:
 - new signage along the route
 - a segregated section west of Port of Tyne entrance and artworks designed by local school children
 - a portrait bench involving three local figures, Norman Fay, Sarah Millican and a Roman centurion to be sited at Templetown
 - NCN14 resigned up South Eldon Street
 - A new toucan crossing linking Westway Cycleway with NCN 14 to ease travel across the busy Western Approach.
- Westway Cycleway is currently being extended to meet with new Connect 2 route along Western Approach. This will provide a continuous off road cycle route from Temple Park to the Tyne Pedestrian Tunnel.
- John Reid Road. As part of Links to School Schemes Phase 1 and 2, a continuous off road cycle/pedestrian route has been provided linking primary and secondary school sites as far as Chesterton Road. This has included three new toucan crossings.
- The works at TT2 have now been completed and the new continuous route now opened providing a new high quality route linking to NCN 14 at Church Bank.
- NCN 11 has had all barriers removed to facilitate ease of cycling along route.

Your South Tyneside Cycling Contact:

Trevor MacKie

0191 424 7665

trevor.mackie@southtyneside.gov.uk



Sunderland

In spite of the financial constriction, 2011-2012 has been a productive year for cycle network development in Sunderland.

Funding has been approved for the £110m New Wear Bridge, promising transformative cycle route connections across the river and connecting the arterial east-west cycle routes on the north (the C2C) and the south (the Metro Cycle Route) bank of the river.

Tyne and Wear successfully bid for £4.9m of Local Sustainable Transport Fund budget to grow sustainable travel to schools. This work is under way with growth in cycling having a high priority, complementing our very successful school cycle training. Tyne and Wear has also submitted a larger main bid for £16m of sustainable transport growth. This includes completion of a 13km Trans-Sunderland Cycle Route connecting major employment and residential areas.

Discussions with developers of larger sites across the city promise future network provision to support sustainable links between developments, and advanced discussions with a large land owner about transferring ownership and maintenance includes significant cycle network development around Sunderland Enterprise Park and the Queen Alexandra Gyratory.

A major improvement scheme on National Route 1 at Silksworth has been completed, transforming an entrenched route beset by anti-social behaviour into a welcoming and much more accessible facility. Surfacing repairs at numerous locations have restored route surfaces, and motor vehicle controls have been enhanced to control this. The south end of Cox Green Bridge has been ramped where previously steps impeded accessibility. Routine vegetation control systems have been refined and integrated with those for public rights of way.

We have started mapping a strategic Washington Cycle Network as part of mapping a Regional Strategic Cycle Network, and are reviewing the popular Sunderland Cycle Map. Development of the Green Infrastructure elements of the Core Strategy and Local Development Framework includes a high priority given to cycle routes, to ensure protection and growth of the network in the future.

If the pace of the first 12 months of implementing the policies and objectives set out in our Local Transport Plan 2012-21 continues for the next ten years, then the vision set out in the document may well become a reality.

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



Cycling organisations and clubs:



CTC (Cyclists' Touring Club)

As the UK's national cyclist organisation, CTC has been protecting and promoting the rights of cyclists since 1878.

CTC membership includes a wide range of exclusive benefits including:

- Third party insurance if you have an accident and a claim is made against you
- Campaigning for cycling on local and national issues
- Bi-monthly cycling magazine "Cycle"
- Discounts on cycling products and services
- CycleClips - an informative weekly e-newsletter
- Access to CTC local and national events
- Touring information and advice on any non-technical aspect of cycling
- Technical advice
- Access to a wide range of cycling holidays all over the world
- Cycling related claims advice from CTC's experienced legal team

For more information contact 0844 736 8450 or visit www.ctc.org.uk

Details of cycle maps and route leaflets for the UK can also be downloaded from the website, by going to Go Cycling, then Cycle A-way.

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, 10am

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, we meet in another location. This allows us 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.tynesidedectc.org.uk or telephone Rod Robson 07752 411589 or Heather Evans on 0191 273 8042

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 Connect 2 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:

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.





WATBike



WATBike was established in 2010 by WATBus Community Transport to develop all aspects of leisure cycling throughout the North East.

They have a fleet of minibuses and bike trailers, and organise regular guided leisure rides for all abilities, providing support and training and enabling easy access to a great range of cycle routes in the region.

Since starting, WATBike has ran over 200 guided rides, usually at weekends and evenings, and also transported many groups on longer rides, to Whitehaven, Edinburgh and John O'Groats.

The project is run by Colin Hall, a qualified Bikeability trainer and a trained cycle mechanic. He is supported by a great team of volunteers both as drivers and cycle guides. Strong partnerships have been developed with many other organisations such as M Steel Cycles, Sustrans, and Recycle y'Bike.

2012 promises to be a very busy year with a focus on sport and the Olympics; WATBike will be continuing to provide fun guided bike rides, as well as bespoke training programmes for both corporate and community groups.

The overall aim of WATBike is to get more people cycling - it's fun, healthy and a very sociable activity - so why not organise a cycling trip for your group or join one of the planned rides? (you can join their monthly email list for details).

Every penny earned is given to WATBus, who support over 200 local community groups and many individuals by providing minibus transport and driver training, so your support helps improve the quality of life for thousands of people of all ages and ability in Northumberland and Tyneside.

Contact Colin Hall, Cycle Development Officer on 01670 522999, or at colin.watbus@yahoo.co.uk, or visit the website www.watbus.org.uk and go to the WATbike page.

Newcastle Cycling Campaign

The Newcastle Cycling Campaign is a membership organisation aiming to bring together all cyclists, families and individuals, charities, business and groups with an interest in cycling.

Cycling should be available to everyone, and cycling should be safe, convenient and pleasant. It should be easy, well, "as easy as riding a bike!"

We believe that if more of us switched to the bike for shorter journeys, it would create safer, more sociable, liveable neighbourhoods and communities, more attractive, viable city centre and shopping streets, and healthier, happier people. To that effect the Campaign is lobbying for improved cycle infrastructure and a better understanding and respect between all users of the road, street and public space environment.

The Campaign is for everybody, whether you are a regular cyclist, newly converted or an aspiring one, whether you ride on busy roads or prefer traffic-free tracks. As a membership organisation thriving on its volunteers, ideas and initiatives, the Campaign is always keen to hear from other organisations who have an interest in transport and accessibility, social equality, wellbeing and health of people and their communities.

Professor Stephen Singleton, patron of the Newcastle Cycling Campaign, says: "Countries that have promoted and provided for cyclists have less obesity than car centric countries like Britain. But the benefits of encouraging cycling are not just better health but a better urban environment."

Every summer the campaign organises a 4C = City Chief Cycling Challenge when top city bosses are invited to cycle an urban route through Newcastle and share their experience.

In addition to an online discussion forum and a monthly newsletter, there are quarterly members meetings held on 12 June, 11 September, 11 December 2012 and 12 March 2013 (Annual General Meeting) in central Newcastle.

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, 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. Their Dutch bikes have been joined by a range of city bikes to suit everyone. They can be hired at low cost by anyone for anything from a week to a year.

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
www.bikedarlington.blogspot.com or
www.darlovelo.org
email: darlocycling@gmail.com



Gateshead Cycling Forum Website

Gateshead Cycling Forum aims to provide an effective channel of communication between Gateshead residents who travel by bike and the authorities planning and implementing new cycling infrastructure.

A special feature of the forum is that it allows you to mark on a map (or 'geotag') particular areas of cycling infrastructure you are concerned about, which are then collated on the Map page for a useful overview.

The forum is open to anyone who cycles in Gateshead. While it is publically accessible, you need to register an account to post messages.

To join visit www.gatesheadcycling.org.uk

Newcastle Mountain Bike Club

This 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 two and a half and four hours and can range from 12 to 25 miles. Sunday rides cover all of the man made 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.

Last year we laid on a ride as part of the inaugural Newcastle Bike Festival organised by Recycle y'Bike and Newcastle Cycling Campaign and this year we will be repeating it for anyone interested, no fees involved.

The ride will be an 'Urban MTB Tour' lasting around an hour and a half. We gather outside the petrol station at the end of Byker Bridge near Morrisons at 10am and finish there, on Sunday 30 October. All are welcome. Most bikes are suitable though there will be some off-road riding best suited to mountain bikes or hybrids with chunky tyres. The club makes extensive use of the refurbished Waggonway network and older bridleways wherever possible. Keep an eye on our web site for Bike Week activities yet to be arranged.

Hardened MTBers may like to join us for the Summer Week in the Lake District. See web sites for contact details and further information.

NMBC's 2011 Ladies recruitment drive went very well and we now have around thirty occasional female members. Hamsterley Forest, Chopwell Wood and Kielder Forest are among the girls' favourite rides.

If anyone would like to join up, membership is completely free, we organise girls only rides or of course the more usual mixed club rides, see www.midaircrisis.com or www.newcastlembc.org web sites for details, or contact Girls' Team Leader Amelia Taylor, ameliafaytaylor@gmail.com

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.

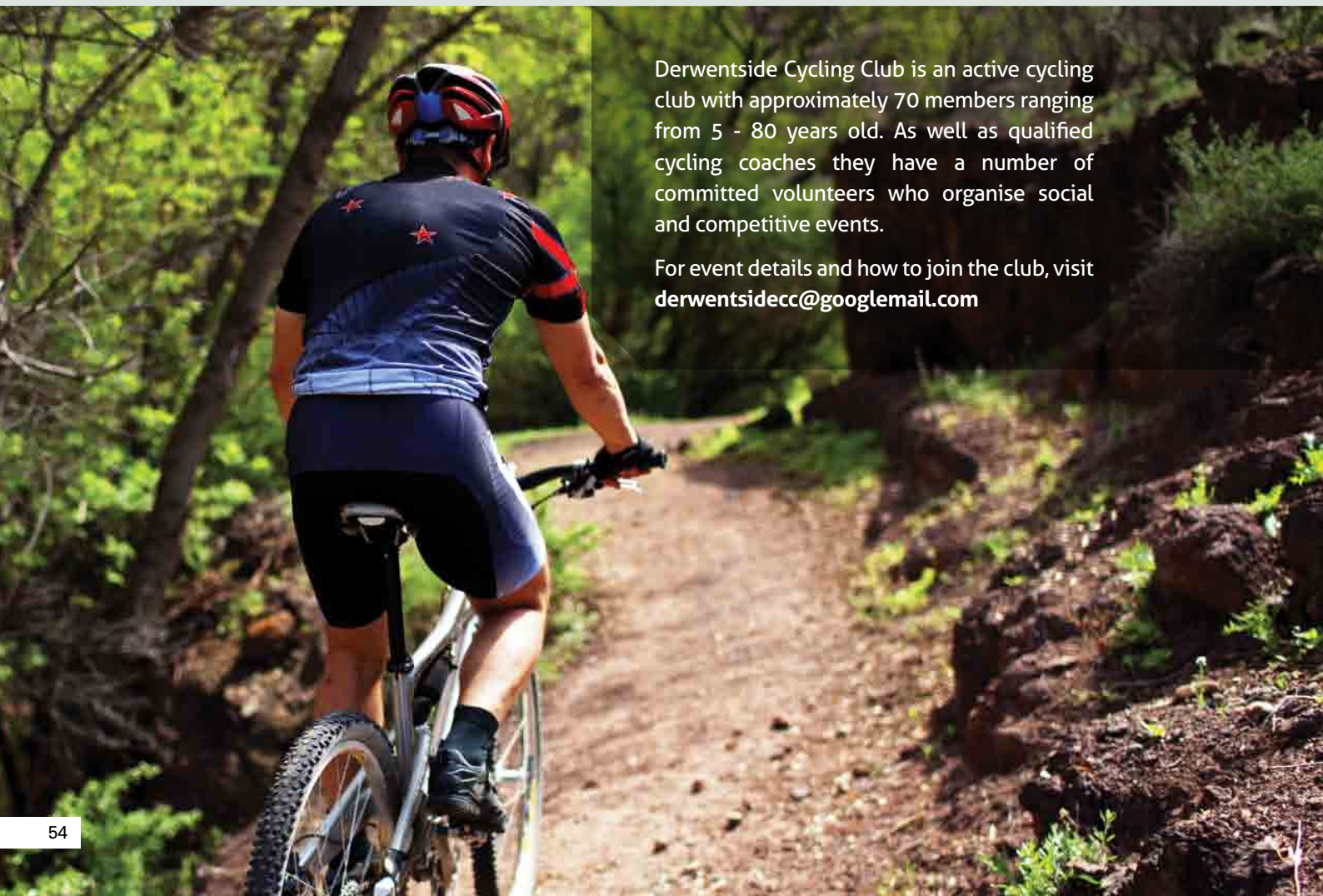
A Go-Ride club, it has been recognised as a Super Club by British Cycling and has attained Club Mark by Sport England.

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.

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.

For event details and how to join the club, visit derwentsidecc@googlemail.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 Andrew Johnston, andrewjohnston@britishcycling.org.uk

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 cycleways, 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 Sundays, between 9 to 9.30am in the car park of the Silksworth Ski Slope Recreation Centre, New Silksworth, Sunderland.

For more information contact Dave Willcock or Clive Greenwood to find out more about Wearside Family Cycle Group.

Tel: 07946 803 629 or 0191 561 1576
saiadave@yahoo.co.uk
www.cycle-rotues.org/wearsiderangers

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



Coast Cycling

Coast Cycling is a new cycling club serving the North Tyneside and Northumberland area which is committed to promoting cycling throughout the community.

Coast Cycling aims to support riders at every level - whether you are a social, sporting or elite rider - they are sure to have a place for you.

We run club rides every Saturday - meet at the Metro bridge by Monkseaton Station at 8.30am every Saturday.

For details of our Young Rider Coaching Sessions (for school year 4 upwards led by a British Cycling Coach visit www.coastcycling.org.uk

GS Metro

GS Metro is an established cycle racing club based in North Tyneside with a rich history of success in both road and time trial competitions. Visit: www.gsmetro.com

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**](https://www.facebook.com/cyclene)

[**www.twitter.com/cyclenortheast**](https://www.twitter.com/cyclenortheast)

Details of maps and routes in the Tees Valley area can be found at: [**www.doitbycycle.com**](https://www.doitbycycle.com)

For information about cycling in the beautiful Yorkshire Dales National Park and around visit:

[**www.cyclethedailes.org.uk**](https://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, visit

visit: [**www.sustrans.org.uk**](https://www.sustrans.org.uk) or

[**www.nationalcyclenetwork.org.uk**](https://www.nationalcyclenetwork.org.uk)

For cycle routes and map downloads for the Gateshead area, visit:

[**www.cycle-routes.org/cycle-gatehead**](https://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**](https://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**](https://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**](https://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**](https://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**](https://www.cyclingw2w.info)

For your definitive online guide to cycling in England's North East, visit

[**www.cyclenorthumbria.org.uk**](https://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**](https://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**](https://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**](https://www.reivers-guide.co.uk)

Cycle Away

Details of maps and route leaflets for the UK can be downloaded at: [**www.ctc.org.uk**](https://www.ctc.org.uk)

Three Rivers

The 135 miles of routes linking the Tyne, Wear and Tees are great for beginners and families, visit: [**www.cycle-routes.org/threerivers**](https://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. The route passes 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 £5.95.

Contact: www.sustrans.org.uk

Telephone 0845 113 0065.





GNBR

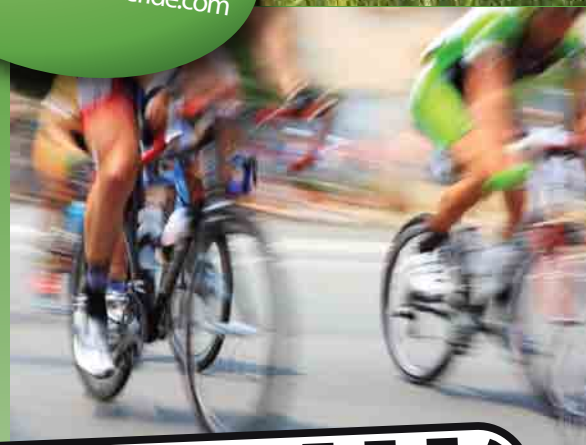
GREAT NORTH BIKE RIDE

THE REVOLUTION
WILL NOT BE MOTORIZED
www.edinburghbicycle.com

Sunday 26th August 2012

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 50 miles along the scenic coastline you will arrive at Tynemouth priory and castle. Entry Fee is £20 to include 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 £20 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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