

# Group Cycle Rides in Herefordshire

These are the group rides currently taking place in and around Ledbury, Leominster and Ross-on-Wye.

We recommend checking the club facebook pages for the most up to date information on planned rides.

## Ledbury Clubs

### Ledbury and District CTC

[www.cyclinguk.org/local-groups/ledbury](http://www.cyclinguk.org/local-groups/ledbury)  
e: [kevla@kevla189.plus.com](mailto:kevla@kevla189.plus.com)

## Leominster Clubs

### Luctonians Cycle Club

[www.luctonians.co.uk/cycle-club](http://www.luctonians.co.uk/cycle-club)  
e: [daitoms@icloud.com](mailto:daitoms@icloud.com)  
Facebook: See link on website

## Ross-on-Wye Clubs

### Ross-on-Wye & District Cycling Club

[rosscc.co.uk](http://rosscc.co.uk)  
e: [committee@rosscc.co.uk](mailto:committee@rosscc.co.uk)  
Facebook: [rosscyclingclub](https://www.facebook.com/rosscyclingclub)

## Ledbury

### Tuesdays

#### Ledbury and District CTC - Club Rides

**Meet:** 10am in front of the Ledbury Master's House for an all-day ride going at a leisurely 10 mph pace. Includes Café stop and pub lunch 20- 40 miles depending on weather.

### Thursdays

#### Ledbury and District CTC - Club Rides

**Meet:** 10 am in front of the Ledbury Master's House for a half-day with a coffee stop. This popular option of our 15-20 mile half-day ride at only 10 mph may be very suitable for beginners and/or seniors returning to cycling.

*We do not leave our slower riders behind, and our experienced riders can offer support with mechanical problems.*

## Leominster

### Tuesday

#### Luctonians Cycle Club – Relaxed Pace Ride

**Meet:** 10am at The Bell in Yarpole  
Distance and speed is variable – 30+ miles at a relaxed pace

### Wednesday

#### Luctonians Cycle Club – Time Trials/Chaingang

Organised for **alternate Wednesdays in Summer at 7pm.**  
**Meet:** at Mortimer Park. Time Trials take place on traffic free roads at Shobdon Airfield.

### Sunday

#### Luctonians Cycle Club – Social Rides

**Meet:** 9am at Luctonians Sports Club, Mortimer Park  
Between 30 - 50 miles averaging 13 - 16mph



## Ross-on-Wye

### Thursday

#### Ross-on-Wye & District Cycling Club - Evening Ride.

**Meet:** 7pm at Ross Market House. Ride suitable for all, though you will require lights. Typically <20 miles with either a pub stop mid ride or after. The pace / route is selected on the night depending on who's on the ride.

### Friday

#### Ross-on-Wye & District Cycling Club - Morning ride.

**Meet:** 10am at Fernbank road. The route is not announced in advance, but is generally in the region of 50 - 60 miles / 80 - 96km. The average speed is in the region of 15mph / 24kph. There is always a coffee stop and the ride normally gets back to Ross by 2.30 / 3.00pm. *It should be assumed that the ride is taking place unless a post is made to say that it has been cancelled because of the weather.*

### Sunday

#### Ross-on-Wye & District Cycling Club – Three Sunday club runs offering different paces and distances.

**Meet:** 9am at Ross Market House

**Yellow Ride** - Usually 35 to 40 miles with a coffee stop. Suitable for all, no drop ride. Usually averages 12-14mph depending on the terrain.

**Blue Ride** - 50 to 70 miles with a coffee stop. This is a no drop ride suitable for all but the distance and terrain will require a reasonable fitness level. Typically averages 15.5mph

**Red Ride** - This is an extra long ride for experienced cyclists, typically 70-80 miles, typically averages 17mph (terrain dependent). Coffee stop.

**Please note for all rides you must be covered by your own insurance.**

**You can get insurance as part of a membership package with British Cycling and Cycling UK.**