

# TRURO CYCLING CLUB - 10<sup>th</sup> June 2018 - GARRAS WHARF



## Truro Cycle Club is running a Super Easy Ride to celebrate Bike Week on Sunday 10<sup>th</sup> June 2018

**Departure from Garras Wharf Car Park, nr the underpass at 10am.**

This event is aimed at novice riders who have some experience riding on the road but maybe want a gentler pace in a group environment or returning riders who want to ease back into the saddle. Despite it being Sunday morning and fairly quiet, there will be an element of using the road and proper road safety should be observed - Helmets are always recommended to be worn.

A two part mini ride will be lead by one of our ride leaders:

1. (approx 3.5 miles) - Starting from Garras Wharf along the Newham Rd cycle path and onto the trail to Old Falmouth Rd, returning back the same route to Garras Wharf. There will a chance for riders to try a steeper slope (where Calenick creek meets Old Falmouth Rd should they want to – you can opt out for this bit if you want ☺)
2. (approx 4.5 miles) – Followed by 2<sup>nd</sup> part, if you're feeling up for it! We'll be crossing to the other side of Truro River, along Malpas Rd past Boscawen Park to the very end and returning back to Lemon Quay. Congratulations, cycling advice, water, tea or any other sustenance will be readily available in Lemon Quay retail outlets.

So why don't you give it a go, come along, get fit, have fun, you may even enjoy it ☺

*Young people under 18 years old must have signed parental consent as outlined on the signing on sheet at the start. No riders under 16 will be allowed on the ride without an accompanying parent or guardian to take full responsibility for them at ALL times*

