

Beck Ride

Date: Sunday 16 October

Time: 10.30am - 12.30pm

Location: Tees Barrage

Length: 8 miles (grading 1)

A completely off-road cycle path ride from the Tees Barrage to visit the beautiful and wildlife rich Billingham Beck Valley Country Park.

Christmas Ride

Date: Sunday 18 December

Time: 11am - 12pm

Location: The Hub, 17 Bridge Road, Stockton

Length: 6 miles (grading 1)

Get your Santa hats out for the annual Christmas ride (weather permitting!). Free mince pies for all cyclists and a Christmas present for the kids.

Why Cycle?

Cycling solves so many issues at once; it keeps you fit, it's fast, cheap, reliable and good for the environment too! So why not liberate your bike and burn some calories! It's a great form of aerobic exercise but unlike an aerobics class, it can actually get you from A to B and so much more.

Did you know?

- On average, cyclists live two years longer than non-cyclists.
- Cyclists breathe in less pollution from traffic than car drivers.
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.
- Cycling raises your metabolic rate, helping you to keep the weight off.
- An average household in the UK spends one in every six pounds on travel – think how much you'll save if you travel by bike!
- Free parking - it costs you nothing. Check out the new town centre Travel Hub for free secure parking.



- Cycling is the fastest way to get around town and if you arrive by bike, double yellows or traffic wardens needn't concern you.

Which Ride is for me?

Grading 1 are rides that are relaxed and easy going. They will be led at a slow pace and will be on reasonably flat ground. These rides are ideal for a family with small children or someone who is returning to cycling.

Grading 2 events are moderate rides, this means they are set at a moderate pace on flat or slightly hilly ground, ideal for someone returning to cycling or who likes to take time to chat and enjoy the views.

Grading 3 are the more challenging rides. Although you will not be left behind they tend to be at a slightly quicker pace and longer. They may include some hills!

Useful contacts

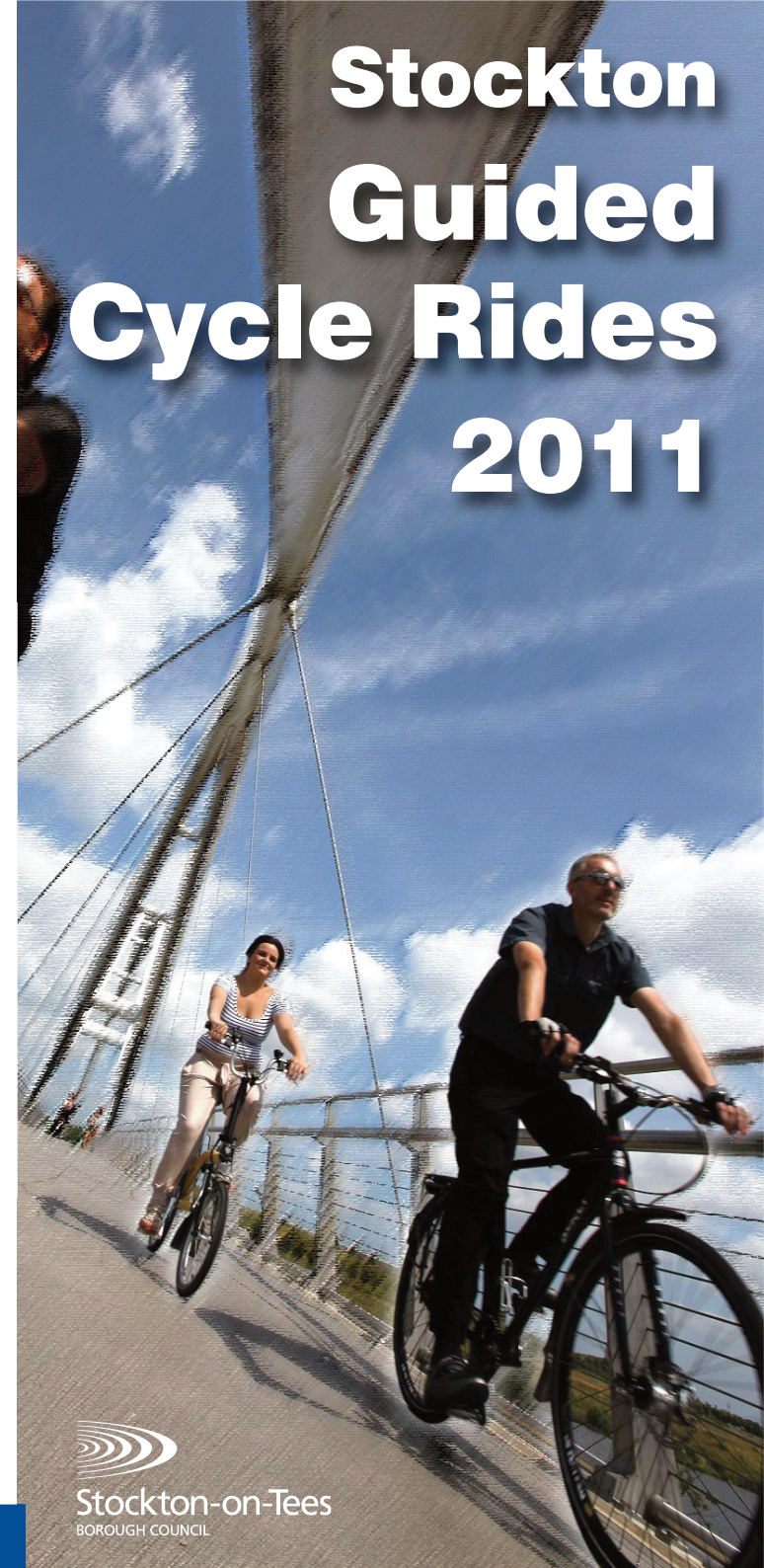
- **Stockton Active Travel Hub**
01642 803441
stocktonactivetravel@sustrans.org.uk
www.sustrans.org.uk/activetravel
- **Stockton Borough Council Cycle Training**
01642 526735
cycling@stockton.gov.uk
- **Do it by Cycle**
A Tees Valley cycling website offering hints and tips on everything from what to wear to how to approach roundabouts.
www.doitbycycle.com

The Hub

Stockton's one stop Active Travel Centre
Free secure cycle parking from 7:30am - 6pm Mon - Fri
Free information and maps for walking and cycling,
Free guided walks and cycle rides, free cycling skills training and cycle maintenance courses teaching you how to keep your bike in tip top shape (Full day course £49.00, Half day course £25.00)



Stockton Guided Cycle Rides 2011




Stockton-on-Tees
BOROUGH COUNCIL

Red Nose Tees Loop

Date: Saturday 12 March
Time: 10am - 11am
Location: Tees Barrage
Length: 6 miles (grading 1)

A gentle ride along the banks of the Tees, crossing bridges - old and new.

Yarm, Middleton St George + Long Newton

Date: Sunday 27 March
Time: 10am - 2pm
Location: The Hub, 17 Bridge Road, Stockton
Length: 19.5 miles (grading 3)

A great ride for plane spotters as we pass by Durham Tees Valley Airport taking in the villages of Egglescliffe, Aislaby, Newsham, Middleton St. George, Long Newton and Elton on the way. This ride is mainly on quiet country roads.

Railway Run

Date: Sunday 17 April
Time: 10.30am-12:30pm
Location: Wynyard Woodland Park Visitors' Centre, Thorpe Thewles
Length: 12 miles (grading 2)

Something for both experienced and newer riders. A ride along the former Castle Eden railway line (National Cycle Route 1) to Hurworth Burn and back via Wynyard Woodland Park.

Saltburn

Date: Sunday 8 May
Time: 11am - 4pm
Location: Tees Barrage
Length: 36 miles (grading 3)

A chance to head off to the coast and visit a hopefully sunny Saltburn. You may even wish to challenge yourself to cycling up and down Saltburn bank or maybe take the more relaxed option of the pier lift. This ride is mainly on cycle paths although there will be some road riding.

Myton Meander

Date: Sunday 29 May
Time: 10:30am-12:30pm
Location: Myton House pub, Ingleby Barwick
Length: 10 miles (grading 2)

This ride takes us from the centre of Ingleby Barwick to the recreation, education, leisure and retail opportunities of Teesdale and the Barrage.

The Hub to Hemlington, Hilton and Ingleby

Date: Sunday 19 June
Time: 11am - 3pm
Location: The Hub, 17 Bridge Road, Stockton
Length: 19 miles (grading 3)

This route takes us along the Tees to Middlesbrough and onto NCN 65 to Hemlington Lake. From there we return to the Hub via Stainton, Maltby and Ingleby Barwick. Much of this route is on cycle paths but there are some short road sections.

Tees Loop

Date: Wednesday 22 June
Time: 7pm - 8.30pm
Location: Tees Barrage
Length: 6 miles (grading 1)

A picturesque & easy evening, following cycle paths on both sides of the Tees, taking in the sights and sounds of the midsummer riverbanks. Part of National Bike Week.

Saltholme Loop

Date: Sunday 26 June
Time: 10:30am - 1pm
Location: Tees Barrage
Length: 9 miles (grading 2)

Visit Saltholme RSPB site - Britain's newest & largest wetland bird sanctuary on a ride that takes us along the south side of the Tees, crossing at the Transporter bridge, and returning on the north. Please bring 60p per person for the Transporter bridge fare.

Stockton Cycling Festival

Date: Saturday 16 and Sunday 17 July
Competitive and non competitive racing days, active travel arena with bicycle stunt team, unicycling, bike try out's, fun family guided rides and much much more.



Three Parks Ride

Date: Sunday 14 August
Time: 10am - 3pm
Location: Wynyard Woodland Park Visitors' Centre, Thorpe Thewles
Length: 32 miles (grading 3)

The famous three parks ride sets off from Wynyard and takes a route northwards along the Castle Eden greenway. The route takes an east turn to head towards Hartlepool and the Summerhill Country Park before heading south to Cowpen Bewley Country Park and then back to the start via Wolviston village. This route is mainly on low traffic and off road routes but does include some road riding and some hills.

Darlington Trailblazer

Date: Sunday 4 September
Time: 11am - 3:30pm
Location: Stockton Town Hall
Length: 27.5 miles (grading 3)

From Stockton town centre this route follows NCN 14 to Darlington and around some of Darlington's cycle routes returning to Stockton by NCN 14 again.

Becks, Bridges and Barrage

Date: Sunday 25 September
Time: 11am - 1pm
Location: Billingham Forum
Length: 10 miles (grading 2)

Our ride starts from the centre of Billingham and takes us to the Tees riverside, the Barrage, Stockton, and back.

