

Contact numbers

Please do not phone after 9pm

In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	☎ 01224 571984
Secretary	Dave B	☎ 01224 876136
Runs Co-ordinator	Alberto	☎
Social Secretary	Heather	☎ 01224 482698
Treasurer	John C	☎
Membership Records	John T	☎ 01224 639012

Runs Co-ordinators

Try Cycling Rides	Gerard	☎ 01224 734799
Thursday Runs	Cindy	☎ 01224 310719
Morning Runs	Cindy	☎ 01224 310719
Slower Full Day Runs	Heather	☎ 01224 482698
Medium Full Day Runs	Sheila	☎ 01224 639012
Faster Full Day Runs	John S	☎ 01224 790269

Additional Runs Leaders

Alan	☎ 01224 861209
Andrew	☎ 07969 521172
Anne	☎ 01224 317184
Dave W	☎ 01569 730313
Doug	☎ 07760 720428
Gordon	☎ 01224 318507
Irene	☎ 01224 869434
Liz L	☎ 01224 314127
Mike	☎ 01224 638953
Moir	☎
Wilf	☎ 07789 657446

Reserve Runs Leaders

Ian	☎ 01224 702326
Joe M	☎ 01224 583195

Discounts are available at the following shops on production of a current CTC/Cycling UK membership card:

- Alpine Bikes: 10% on all accessories (with Outdoor Experience Card)
- Nevisport 10% on selected goods
- Cotswold Outdoor Stores 15% on all goods

	<h2>Grampian Cyclists' Touring Club Cycle Runs List</h2> <p>Grampian CTC website: www.ctcgrampian.org.uk/ CTC headquarters website: www.cyclinguk.org/</p>	
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Runs Lists: Runs are also on our website: www.ctcgrampian.org.uk

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of Cycling UK to join our runs, but after 3 runs you would be expected to join Cycling UK. Ask the run leader for a membership form or join through the Cycling UK website: www.cyclinguk.org/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is advised to carry a First Aid kit.

Runs Leaders are requested to contact the coffee/lunch stops with rider numbers and expected arrival time, as early as possible.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10-15 miles long. They may include a coffee stop. The Start points have parking for those bringing their bikes to the start by car.

Morning and Thursday Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for **experienced cyclists**. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slower pace. Distance normally 30-45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45-60 miles.

Faster Full Day Runs: Fast pace. Distance normally 60-75 miles (* runs are longer).

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information contact Alberto.

Weather: In the event of bad weather, riders may wish to telephone the designated leader or visit the club yahoo group, where leaders will notify the group of the cancellation of a scheduled ride if possible.

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning.

Social Evenings: Partners & friends welcome. Please arrive at 19:15 for a 19:30 start and take a bottle and some food. Please also give a contribution of £3.00/head.

Tea & Biscuits: Visits to member's homes. Please give a contribution of £2.00/ head

day	mon	type	d	time	route	leader	sunset	
Sat	1	Apr	Slower Full Day	C	09:30	Duthie Park Riverside Drive to Asda Portlethen for Coffee lunch at Kirkton Garden Centre Stonehaven (01569 764343)	Gordon	1947
Sun	2	Apr	Faster Full Day	A	09:00	Airyhall Library to Crathes Castle For coffee Lunch at Learney Arms Torphins (01339 882859)	John T.	1949
Sun	2	Apr	Morning Run	D	09:30	Cults Library to Crathes Castle (01330 844634)	Anne	1949
Sun	2	Apr	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Irene	1949
Thu	6	Apr	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	1958
Sat	8	Apr	Medium Full Day	B	09:30	Peterculter (west end), Coffee: Inchmarlo (01330-827080), Lunch: Belwade Farm (01339-885398)	Doug	2002
Sun	9	Apr	Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at Formartines, Tarves (01651 851123), lunch at Kellockbank, Inch (01464 851114).	John B.	2004
Sun	9	Apr	Morning Run	D	09:30	Brig o' Balgownie to Parkhill Garden Centre (does not take bookings)	Cindy	2004
Sun	9	Apr	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Liz	2004
Thu	13	Apr	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2013
Sat	15	Apr	Faster Full Day	A	09:00	B&Q, Bridge of Don, coffee at Meldrum Cafe Town Hall, Oldmeldrum (07810-218077), lunch at Aden Country Park (01771 624590).	Doug	2017
Sat	15	Apr	Morning Run	D	09:30	Duthie Park, Riverside Drive to Green Pastures Cafe, Westhill (01224 740291 - does not take bookings)	Heather	2017
Sun	16	Apr	Slower Full Day	C	09:30	Airyhall Library to Crathes Castle (01330 844525) For coffee Lunch at Learney Arms Torphins (01339 882859)	Gordon	2019
Sun	16	Apr	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Gerard	2019
Wed	19	Apr	Pub Run	D	19:30	Duthie Park, Riverside Drive, to Archibald Simpson, Castlegate.	Alberto	2026
Thu	20	Apr	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2028
Sat	22	Apr	Faster Full Day	A	09:00	Westhill Shopping Centre, coffee at Old Post Office, Chapel of Garioch (01467 681660), lunch at Bistro, Alford (019755 63154).	Andrew	2032
Sat	22	Apr	Morning Run	D	09:30	4-mile pub to Cafe Treehouse, Midmar (01330 830000 - might take bookings)	Gordon	2032
Sun	23	Apr	Medium Full Day	B	09:30	B&Q, Bridge of Don, Coffee: Lochter (01651-872000), Lunch: Kellockbank (01464-851114)	Doug	2034
Sun	23	Apr	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	John C.	2034
Wed	26	Apr	Pub Run	D	19:30	Brig O Balgownie to Under the Hammer, North Silver St.	John B.	2041
Thu	27	Apr	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2043
Sat	29	Apr	Slower Full Day	C	09:30	Brig O Balgownie to Pitmeddan Gardens (01651 842352) for coffee Picnic lunch at Collieston Harbour	Anne	2047
Sun	30	Apr	Faster Full Day	A	09:00	Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Boat Inn, Aboyne (013398 86137/28).	Alberto	2049
Sun	30	Apr	Morning Run	D	09:30	Seaton Park (St Machar Cathedral) to ASDA Dyce	Liz	2049
Sun	30	Apr	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Mike	2049
Wed	3	May	Pub Run	D	19:30	Footdee (Round House) to St Machar Bar, Old Aberdeen.	Andrew	2056
Thu	4	May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2058
Sat	6	May	Medium Full Day	B	09:30	Westhill Shopping Centre, Coffee: Uula's, Kintore (01467-633996), Lunch: Learney Arms (01339-882859), Torphins	Alan	2102
Sun	7	May	Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at Ross's Coffee Shop, Inverurie (01467 620764), picnic lunch at Leith Hall, Kennethmont (01464 831216).	Sheila	2104
Sun	7	May	Morning Run	D	09:30	Brig o' Balgownie to The Store Foveran (01358 788083)	Anne	2104
Sun	7	May	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Moir	2104
Wed	10	May	Pub Run	D	19:30	Hazlehead, Groats Rd to Bieldside Inn, Bieldside.	Alan	2110
Thu	11	May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2112
Sat	13	May	Faster Full Day	A*	09:00	Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 827080), picnic lunch at Laurencekirk, via Cairn O Mount.	John B.	2116
Sat	13	May	Morning Run	D	09:30	Airyhall Library to Teacake, Newtonhill (07917762464)	Gordon	2116
Sun	14	May	Slower Full Day	C	09:30	Hazlehead Groats Road to Floras (01330 860848) for Coffee Picnic lunch at Scolty Tower Bike & Hike	Alan	2118
Sun	14	May	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Irene	2118
Wed	17	May	Pub Run	D	19:30	Tesco, Danestone to Ferryhill House Hotel, Bon Accord St.	Alberto	2124
Thu	18	May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2126
Sat	20	May	Faster Full Day	A*	09:00	Peterculter (west end), coffee at Platform 22, Torphins (01339 882807), picnic lunch at Burn O Vat.	John T.	2130
Sat	20	May	Morning Run	D	09:30	Torry Battery car park to Peterculter Parish Church (07854054090)	Heather	2130
Sun	21	May	Medium Full Day	B	09:30	Parkhill, Coffee: The Store (01358-788083), Foveran, Picnic lunch: Cruden Bay	John S.	2132
Sun	21	May	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	John C.	2132
Wed	24	May	Pub Run	D	19:30	Woodend Hospital, Eday Rd to Broadstrak Inn, Elrick.	Andrew	2137
Thu	25	May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2139
Sat	27	May	Slower Full Day	C	09:30	Four Mile Kingswells to Marshal farm shop (01224 790493) for coffee Picnic lunch at Aquorthies stone circle nr Inverurie	Heather	2143
Sun	28	May	Faster Full Day	A*	09:00	Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Glen Buchat.	Alberto	2144

Sun	28	May	Morning Run	D	09:30	Hazlehead Park, Groats Road to Uula's, Kintore (01467 633996)	Cindy	2144
Sun	28	May	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Mike	2144
Wed	31	May	Pub Run	D	19:30	Airyhall Library to Lairhillock, Netherley.	John B.	2149
Thu	1	Jun	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2150
Sat	3	Jun	Medium Full Day	B	09:30	B&Q, Bridge of Don, Coffee: Antonios (01358-722372), Ellon, Picnic lunch: Aden Country Park	David W.	2153
Sun	4	Jun	Faster Full Day	A*	09:00	Parkhill Bridge, Dyce, coffee at Inverurie Garden Centre, Inverurie (01467 621402), picnic lunch at Rothiemay.	Doug	2154
Sun	4	Jun	Morning Run	D	09:30	Round House, Footdee to Portlethen Harbour (picnic)	Anne	2154
Sun	4	Jun	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Gerard	2154
Wed	7	Jun	Pub Run	D	19:30	Leggart Terrace to Marine Hotel, Stonehaven, Return by train , 21:55 or 22:50.	Alberto	2158
Thu	8	Jun	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2159
Sat	10	Jun	Faster Full Day	A*	09:00	Old Mill Inn, Maryculter, coffee at Grassic Gibbon Centre, Arbutnott (01561 361668), picnic lunch at Edzell.	David W.	2201
Sat	10	Jun	Morning Run	D	09:30	Woodend Hospital, Eday Road via Brimmond Hill to Craibstone Golf Club (01224 716777)	Heather	2201
Sun	11	Jun	Slower Full Day	C	09:30	Leggart Terrace to Drum Castle (0131 458 0200) for coffee Picnic Lunch at Cluny Crichton Castle (MR 685995) nr Raemoir Hotel	Wilf	2202
Sun	11	Jun	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Liz	2202
Wed	14	Jun	Pub Run	D	19:30	Leggart Terrace to Cove Bay Hotel, Cove.	Alan	2205
Thu	15	Jun	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2205
Sat	17	Jun	Faster Full Day	A*	09:00	Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Dufftown, 100 mile run , via Cabrach.	John S.	2206
Sat	17	Jun	Morning Run	D	09:30	Duthie Park – visit Keith's Tower, coffee at Drum Garden Centre (01330 811000)	Gordon	2206
Sun	18	Jun	Medium Full Day	A	09:30	Old Mill Inn, Coffee: Kirkton Garden Centre (01569-764343), Lunch: Drumtochty Glen	Doug	2207
Sun	18	Jun	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	John C.	2207
Wed	21	Jun	Pub Run	D	19:30	Girdleness Lighthouse to The Neuk, Portlethen.	David W.	2208
Thu	22	Jun	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2208
Sat	24	Jun	Slower Full Day	C	09:30	B&Q Bridge of Don to The Store Foveran (01358 788083) For Coffee Picnic Lunch at Haddo House	Wilf	2208
Sun	25	Jun	Faster Full Day	A	09:00	Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), picnic lunch at Glen Tanar.	John B.	2208
Sun	25	Jun	Morning Run	D	09:30	Brig o' Balgownie to Balmedie Beach (picnic)	Heather	2208
Sun	25	Jun	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Moir	2208
Wed	28	Jun	Pub Run	D	19:30	Tesco, Danestone to Gordon Highlander, Inverurie, Return by train , 21:31 or 22:33.	Alberto	2208
Thu	29	Jun	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2207

Distance (miles): A*:75+ A:60-75 B:45-60 C:30-45 D:20-30 E:10-15