

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	date	mon	type	d	time	route	leader	sunset
Sat	1 Jul		Medium Full Day	B	09:30	Parkhill Bridge; coffee at Ross's Coffee Shop, Inverurie (01467 620764); picnic lunch at Leith Hall, Kennethmont	John S	2206
Sun	2 Jul		Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Morgan McVeighs, Culsalmond (01464 841399).	Alberto	2205
Sun	2 Jul		Morning Run	D	09:30	Woodend Hospital, Eday Road to Marshalls Farm Shop (01224 790493)	Heather	2205
Sun	2 Jul		Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	John C	2205
Wed	5 Jul		Pub Run	D	19:30	Leggart Terrace to Marine Hotel, Stonehaven, Return by train, 21:55 or 22:50.	Alberto	2203
Thu	6 Jul		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2203
Sat	8 Jul		Slower Full Day	C	09:30	Leggart terrace; coffee at Teacake, Chapleton of Elsick (07917 762464); picnic at Toddhead lighthouse, Kinneff	Heather	2200
Sun	9 Jul		Faster Full Day	A	09:00	Peterculter (west end), coffee at Forest Cafe, Midmar (01330 830000), picnic lunch at Glen Tanar.	Andrew	2159
Sun	9 Jul		Morning Run	D	09:30	Cults Library to Crathes Castle (01330 844757)	Alan	2159
Sun	9 Jul		Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Gerard	2159
Wed	12 Jul		Pub Run	D	19:30	Airyhall Library to Lairhilloch, Netherley.	Alan	2156
Thu	13 Jul		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2156
Sat	15 Jul		Faster Full Day	A	09:00	Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), picnic lunch at Cairn O Mount.	David W	2152
Sat	15 Jul		Morning Run	D	09:30	Brig o' Balgownie to The Store, Foveran (01358 788083)	Wif	2152
Sun	16 Jul		Medium Full Day	A	09:30	Westhill Shopping Centre; coffee at Ross's Coffee Shop, Inverurie (01467 620764) ; picnic lunch at Haughton Country Park, Alford	John T	2150
Sun	16 Jul		Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Irene	2150
Wed	19 Jul		Pub Run	D	19:30	Airyhall Library to Shepherds Rest, Westhill	John B	2146
Thu	20 Jul		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2146
Sat	22 Jul		Faster Full Day	A	09:00	B&Q, Bridge of Don, coffee at Antonio's, Ellon (01358 722372), picnic lunch at Peterhead	John B	2140
Sat	22 Jul		Morning Run	D	09:30	Duthie Park, Riverside Drive to Teacake, Chapleton of Elsick (07917 762464)	Gordon	2140
Sat	22 Jul		Social		00:00	Please let Heather know by this date, if you are attending the BBQ on the 29th July	Heather	2140
Sun	23 Jul		Slower Full Day	C	09:30	Airyhall Library, coffee at Floras cafe (01330 860848), picnic lunch at Peel Ring Moat, Lumphanan	Anne	2139
Sun	23 Jul		Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Moir	2139
Wed	26 Jul		Pub Run	D	19:30	Footdee (Round House) to Ellingtons@The Northern Hotel.	Andrew	2133
Thu	27 Jul		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2133
Sat	29 Jul		Medium Full Day	B	09:30	B&Q, Bridge of Don; coffee at Apothecary, Pitmedden (01651 842253); picnic lunch at Bennachie Visitor Centre	David B	2127
Sat	29 Jul		Social		16:30	Summer BBQ, 5 Grove Crescent, Aberdeen, AB16 5DU. Details via the ctgrampran yahoo group.	Heather	2127
Sun	30 Jul		Faster Full Day	A	09:00	Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Glenkindie	Doug	2125
Sun	30 Jul		Morning Run	D	09:30	Seaton Park (St Machar Cathedral) to Parkhill Garden Centre (01224 724711)	Cindy	2125
Sun	30 Jul		Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Liz L	2125
Wed	2 Aug		Pub Run	D	19:30	Tesco, Danestone to Gordon Highlander, Inverurie, Return by train, 21:31 or 22:33.	Alberto	2119
Thu	3 Aug		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2119
Sat	5 Aug		Slower Full Day	C	09:30	Hazlehead Groats Road, coffee at Drum Garden Centre (01330 811000), picnic lunch at Glassel Dam Wood Stone Circle (NW of Banchory)	Heather	2112
Sun	6 Aug		Faster Full Day	A	09:00	Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 827080), picnic lunch at Burn O Vat.	Alberto	2110
Sun	6 Aug		Morning Run	D	09:30	Fourmile House, Kingswells to Forest Cafe, Midmar (01330 830101)	Gordon	2110
Sun	6 Aug		Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Irene	2110
Wed	9 Aug		Pub Run	D	19:30	Leggart Terrace to Queen Vic, Rosemount.	John B	2103
Thu	10 Aug		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2103
Sat	12 Aug		Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at The Store, Foveran (01358 788083), picnic lunch at Old Deer Abbey.	John S	2056
Sat	12 Aug		Morning Run	D	09:30	Round House, Footdee to Balmedie Beach (picnic)	Anne	2056
Sun	13 Aug		Medium Full Day	B	09:30	Peterculter (west end); coffee at Inchmarlo Golf Club (01330 827080); picnic lunch at Glen Cat	Alberto	2053
Sun	13 Aug		Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Mike	2053
Wed	16 Aug		Pub Run	D	19:30	Airyhall Library to Cults Hotel	Alan	2046
Thu	17 Aug		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2046
Sat	19 Aug		Faster Full Day	A*	09:00	Old Mill Inn, Maryculter, coffee at Grassic Gibbon Centre, Arbuthnott (01561 361668), picnic lunch at Edzell Castle.	John B	2038
Sat	19 Aug		Morning Run	D	09:30	Hazlehead Park, Groats Road to Uulas's Kintore (01467 633996)	Cindy	2038
Sun	20 Aug		Slower Full Day	C	09:30	Brig o Balgownie, coffee at The Store Foveran (01358 788083), picnic lunch at Prop of Ythsie	Gordon	2036
Sun	20 Aug		Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	John C	2036
Wed	23 Aug		Pub Run	D	19:30	Leggart Terrace to Cove Bay Hotel, Cove	Dave W	2028
Thu	24 Aug		Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2028

Sat	26	Aug	Medium Full Day	B	09:30	Parkhill Bridge; coffee at Antonio's, Ellon (01358 722372); picnic lunch at Aden Country Park	David B	2020
Sun	27	Aug	Faster Full Day	A*	09:00	B&Q, Bridge of Don, coffee at Lochter, Oldmeldrum (01651 872000), picnic lunch at Delgatie Castle, Turriff (01888 563479).	Doug	2017
Sun	27	Aug	Morning Run	D	09:30	Seaton Park, St Machar Cathedral to Craibstone Golf Course (01224 716777)	Alan	2017
Sun	27	Aug	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Gerard	2017
Wed	30	Aug	Pub Run	D	19:30	Brig O Balgownie to Atholl Hotel, 54 Kings Gate	Andrew	2015
Thu	31	Aug	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	2015
Sat	2	Sep	Social		00:00	Please let Alberto know by this date, if you are attending the End of Pub Run Season Dinner	Alberto	2001
Sat	2	Sep	Slower Full Day	C	09:30	Fourmile House, Kingswells, coffee at Forest Café, Midmar (01330 83000), picnic lunch at Muriel Brydon's, Monymusk	Cindy	2001
Sun	3	Sep	Faster Full Day	A	09:00	Old Mill Inn, Maryculter, coffee at Kondit Bakery, Inverbervie (01561 361221), picnic lunch at Johnshaven or The Anchor, Johnshaven (01561 362288), if wet.	David W	1959
Sun	3	Sep	Morning Run	D	09:30	Brig o' Balgownie to The Store, Foveran (01358 788083)	Wilf	1959
Sun	3	Sep	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Irene	1959
Wed	6	Sep	Social		19:30	End of Pub Run Season Dinner. Details via ctc grampian yahoo group.	Alberto	1950
Thu	7	Sep	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	1950
Sat	9	Sep	Faster Full Day	A*	09:00	Peterculter (west end), coffee at Platform 22, Torphins (01339 882807), picnic lunch at Crathie or Ballater	Andrew	1942
Sat	9	Sep	Morning Run	D	09:30	Leggart Terrace to Peterculter Parish Church (07854 054090)	Cindy	1942
Sun	10	Sep	Medium Full Day	B	09:30	Westhill Shopping Centre; coffee at Forest Café, Midmar (01330 83000); picnic lunch at Tarland	Heather	1939
Sun	10	Sep	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Moirra	1939
Thu	14	Sep	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	1928
Sat	16	Sep	Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at Ross's Coffee Shop, Inverurie (01467 620764), picnic lunch at Lords Throat, via Suie.	John T	1923
Sat	16	Sep	Morning Run	D	09:30	Airyhall Library to Drum Garden Centre (01330 811000)	Heather	1923
Sun	17	Sep	Slower Full Day	C	09:30	Woodend Hospital, Eday Road, coffee at Castle Fraser (01330 833463), picnic lunch at Harlaw Monument, Inverurie	Wilf	1920
Sun	17	Sep	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Liz L	1920
Thu	21	Sep	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	1908
Sat	23	Sep	Medium Full Day	B	09:30	Old Mill Inn; coffee at Kirktown Garden Centre, Stonehaven (01569 764343); picnic lunch at Inverbervie	David W	1904
Sun	24	Sep	Faster Full Day	A	09:00	Westhill Shopping Centre, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Fyvie Castle, Fyvie.	Doug	1901
Sun	24	Sep	Morning Run	D	09:30	Duthie Park, Riverside Drive to "Tin Coo" Banchory Devenick Farm Shop (01224 782476)	Gordon	1901
Sun	24	Sep	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Irene	1901
Thu	28	Sep	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy	1850
Sat	30	Sep	Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at Formartines, Tarves (01651 851123), lunch at Kellockbank, Inch (01464 851114).	John T	1844
Sat	30	Sep	Morning Run	D	09:30	Hazlehead Park, Groats Road to Wynford Farm Park (01224 745411)	Anne	1844

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