



FQCC SPRING SHOWCASE EVENT

Please make sure you bring enough water/snacks to keep you going whilst on the rides as there are no feed stations on the 15 and 30 mile rides.

Whilst your guide will always wait at any turn off, the top of any notable hill, and faster riders are encouraged to "sheepdog", please choose your ride wisely based on the distance and estimated speeds. There will be a broom wagon should anyone have any major mechanicals (don't forget a spare inner tube though!) or be unable to complete the course.

THE 15 MILE RIDE – estimated departure time 12.15pm

This will set off from the cricket club, down country roads for approximately 1 mile, before joining the cycle track. The group will then follow the cycle track all the way to Bitton railway and back.

This ride is great for anyone new to cycling, nervous of traffic, or families. There will be an option to stop at the sidings at Warmley for anyone only wishing to ride 10 miles. The rest of the group will continue to Bitton and regroup at Warmley on the return where you will all then complete the ride together.

Children (anyone under 16) are welcome on this ride but must be accompanied by an adult who will be responsible for them and must be confident and capable of riding at least 10 miles.

Estimated average speed 8-10mph

THE 35 MILE RIDE – estimated departure time 11.15am

This ride is suitable for over 16's and road/hybrid bikes only. The ride will start from the cricket club and go down the short closed road at Frampton End to Iron Acton before making its way along country roads to Alveston and then down into the Berkeley Vale. There is then a lovely fun flat ride all the way to Berkeley. The return journey passes near Wotton, Tortworth and Wickwar. The course is mostly flat and mostly quiet country roads.

Estimated average speed 11-13mph

THE 53 MILE RIDE – estimated departure time 10.30am

This ride is for experienced, fit and confident riders. It follows a similar route to the 35 mile ride to Berkeley with the opportunity to really get some speed up on the wide flat roads! But save some energy as the route then branches off near Sharpness and Cambridge before climbing up the dreaded Frocester Hill!!

Reward comes not long after with a lovely smooth descent down Wotton Hill before climbing once again to Hawkesbury monument. Then it's down Horton Hill and a razzle across Sodbury Common before spinning those tired legs out through Yate and back to the cricket club for a well-deserved beer.

Estimated average speed – 13-15mph