

Bognor Chichester CTC Ride Notes- Club Website is at www.bognorchichesterctc.org.uk

Monday, 23 February 2009

Sunday February 21st Ride to The Hamilton Arms, Stedham

On a coolish, dry, windless day Colin led Ann, Avryl, Chris, Gill, Linda & Martin from the Cross via Lavant and the Centurion Way to Cocking for elevenses, then on to Stedham through Bepton & Woolbeding, where Colin got a puncture which he fixed in record time while we all stood back & watched admiringly.

Forewarned of the Turkey Island Hill climb back, we took it steady through Elsted to said Hill, paused for a gasper at the top, then down the Chilgrove road, turned off through the Mardens and Stoughton & returned to Chichester via Funtington & Clay Lane.

We did a good average speed of 11.5mph & the distance for the round trip from the cross was 41 miles, though most people did a sight more, cycling to and from the cross.

Linda



Posted by RideLeader at 09:27 GMT

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Saturday, 14 February 2009

Anniversary Dinner

Please **book now** for our 25th Anniversary Dinner on 21 March with Guest Speaker Kevin Mayne, Director of the CTC. Last date to book is **1st March**. Full booking details including price and menu on the Events Page of the Club Website.

<http://www.bognorchichesterctc.org.uk/Events.htm>

Posted by RideLeader at 19:00 GMT

Updated: Sunday, 15 February 2009 13:54 GMT

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Saturday Ride - Bognor Library to Runcton, Palm Court Restaurant

Another Saturday ride run in conjunction with WSCC's Walks & Rides programme saw only 4 regulars out, despite a sunny afternoon with no wind; quite a respite from the recent atrocious weather.

Temperature was nudging 6 or 7 degrees as Julian, Christine, Val & myself set out from Bognor Library, through the back streets and alleys of Bognor, to North Bersted and out onto the cyclepath to Colworth and Chichester.

For reasons that my colleagues declined to explain, they decided not to proceed through the 10+ inches of water lying across Colworth Lane, the remnants of recent torrential downpours, so instead we diverted along the cycletrack following the main road to the Merston turning, where we then followed Merston Lane through Merston village, to Runcton and our tea stop, on the Runcton Nursery site.

There we met Alan & Liz, who had arrived car assisted, Alan 's first trip out since his recent operation.

After a suitable break for refreshment, we returned back to Bognor via Lagness and the Park Farm lanes, which were surprisingly dry and much more pleasant a ride than along the main road.

My mileage from, and back to, the library, was a modest 12 and a bit. However from home back to home with a few diversions in between, I covered 18.

Graham.

Posted by RideLeader at 18:38 GMT

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Lanzarote. Sunday 8 February to Friday 13 February. Scroll down for local Club Rides.

Over this last week my cycling has much improved with some rides into the hills. Last Sunday I got in my longest ride to date taking the cyclepath route to Arrecife and then through the City keeping close to the coast and on to the next Resort of Costa Teguisse and another cyclepath along the Prom. The first of 2 beaches there is a beautiful small sandy bay where I stopped on the Prom for a picnic lunch. 31 miles for the day.

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Costa Teguisse Beach

Weather last Sunday and the rest of this week has been clear skies and temperatures 19 – 21 C.

I followed a pattern of one day of cycling alternating with a rest day with reading the paper while sunbathing on the Apartment patio and a walk along the prom and stop in a café.

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Puerto Del Carmen Cafe

Tuesday I tried a short ride into the hills taking the backroad up to Tias at 700ft. Then though the town, down a little and then a long climb on the main route to a pass.

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Road to the Pass

I used a technique of putting as much pressure as possible through the good leg on the steeper bits which seemed to work well. From the pass it was a nice 5 mile descent to the coast at Playa Honda and back on the cyclepath. 15 miles for the day.

On Thursday I did a little longer ride into the hills. On the way out to the back roads I stopped to take a picture of a little trench workmen were digging in the road. See picture below. Really puts UK efforts at digging up roads to shame.

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Hole in the Road

Then it was the usual quiet backroad to Tias and from there a different route on a lane up to Conil at 1100ft. On the way there I passed a field filled with spring flowers.

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Beside road to Conil

Beyond the village I was on the high volcanic plateau in the centre of the Island which goes by old volcanic hills. I stopped for a picnic lunch on some benches outside a small church. Then along the smooth relatively quiet main road going along the plateau and turning off at San Bartolome followed by a 6 mile descent to Playa Honda. Then a return along the seafront cyclepath. 21 miles for the day.

Edwin

Posted by RideLeader at 10:14 GMT

Updated: Saturday, 14 February 2009 10:31 GMT

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Sunday, 8 February 2009

Sunday February 8th Ride to Wiston Tea Rooms, Nr. Steyning Leader: Harvey

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Probert

Three of us, Gill, Avryl and Harvey, met at Walberton Pond on a frosty and cold morning. Ann arranged to meet us on the other side of the icy downs. We cycled via Amberly to Wiggonholt. There was snow on the downs and a few rather dubious patches of ice on the roads. Ann was awaiting us at the RSPB centre where we joined her for coffee.

The four of us continued on our way through West Chiltington, Thakeham, and Ashington. We passed a field full of llamas which all had their heads turned towards us as we passed. Who looked the silliest?

Onwards to Wiston to the welcome Tea Room where we were glad to be in the warm. The snow coverage had been increasing as we moved eastwards. This was the remnants of the complete 'white-out' of the whole of the country the previous Monday. Fortunately the roads were clear but the verges were still covered. We were kept entertained while we had lunch by the antics of geese large and small hens, two pigs, a pregnant goat, shetland pony and rider, a turkey which appeared to be displaying to anything in, or not in, sight, a strutting hen doing a goose march, and a man trying to keep a bonfire going by jumping on top of it.

We headed back in sunshine and blue skies with diminishing snow coverage. The expert navigation by Harvey took us under the A24 at Washington and thence to Sullington, Storrington and Parham. In the Park we stopped and watched a group of deer. The next stop was for tea at the lovely little tea room at Amberley where we were made very welcome and all treated ourselves to some cake.

It started to rain and the sky looked very threatening and so we climbed on our bikes again and returned homewards.

43 miles for the day.

Reported by Avryl

Posted by RideLeader at 22:30 GMT

Updated: Monday, 9 February 2009 22:24 GMT

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Sunday, 1 February 2009**Sunday, 1st February 2009,. Ride to Cocking**

A bitterly cold strong north-east wind deterred all but four stalwarts. Gill, Anne, Richard and Avryl. We left Chichester via Clay Lane and cycled to West Ashling , Funtington, Walderton, West Marden and Compton where Richard sensibly left us

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to battle on against the wind. (We do miss Compton's Post Office with it's hot chocolate and coffee).

After a brief relief stop at South Harting where we had a flutter of snow, which had been forecast to arrive by the evening with heavy falls to all parts of the country, we turned East and followed the valley below the Downs. We missed the turning to Bepton and found ourselves going in to Midhurst and then hence to our lunch venue at The Greyhound 2miles south. We found Dave Galle and Dave Fox tucking into a warming lunch and joined them at their table.

With the wind partly behind us we headed for Cocking and thence to West Dean Visitor Centre for tea. It started to snow and looked well settled in to fulfil the forecast and so we headed for home with heads down.

Distance 37miles

Leader Avryl Bavister

Posted by RideLeader at 22:31 GMT

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Saturday, 31 January 2009

Lanzarote. Saturday 31 January. Cyclepaths. Scroll down for local Club Rides

Weather today was sunny with some scattered clouds and about 18c

A week ago as part of a gradual increase in the climbing I was doing I rode up to 600ft. However the next day it was clearly too early with the hip very stiff and a little painful so it was clearly too early for the hills. In December my Physio said nothing strenuous like hills for 6 months. Obviously I ignored that and still intend to but I need to get more miles in on the flat first.

There is only one route out of here which is flat and that is NW along the coast on Cyclepaths to Arrecife. This is 8 miles so 16 miles return. After some resting early in the week with some walks and sunbathing I did this route on Wednesday and today.

There are a good variety of cyclepath styles on this route. In the middle of town there is a new cyclepath built while I have been here along a widened prom and coloured red. The locals are starting to use it which tends to sweep it clear of the wandering Tourists.

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Further out of town there is a really neat one built in the last year. This is on a wide road which has been narrowed to accommodate it. None of this painting silly lines on the road though. Instead it is well separated from the traffic with plastic bollards making it impossible for traffic to pass too close and no way can any motorist park on the cyclepath.

This takes the route to Matagorda which is another resort merging into Puerto del Carmen. Here the route is back onto a wide Prom with the cyclepath coloured grey going down the middle.

The prom continues somewhat narrower past the Airport with the cyclepath separated from the pedestrians by a white line. Then on to the locals town of Playa Honda where the Prom is very wide again but no marked cyclepath although everybody cycles along it. This is a beautiful area with wide sandy beaches and cafes on the Prom and no traffic anywhere near. A series of dead end roads come down to it.

Beyond Playa Honda there is a relatively new cyclepath along the Prom built in 2003. This is a red bricked lane in the middle of the Prom which continues to Arrecife.

Mainly the number of cyclists using the paths kept them cleared of Pedestrians. However it was noticeable that even when the path was clear and coloured differently occasionally I would come across Tourists wandering along the path and whenever I heard them talking they were always British, never German and never Spanish. Interesting but not really surprising.

Edwin

Posted by RideLeader at 21:06 GMT

Updated: Monday, 2 February 2009 14:38 GMT

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Lanzarote. Cyclepath going past the Airport



Posted by RideLeader at 21:02 GMT

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Lanzarote. Cyclepath coming into Arrecife

Posted by RideLeader at 20:56 GMT

[Share This Post](#) [Post Comment](#) | [Permalink](#)**Monday, 19 January 2009****Sunday 18 January 2009. Ride to the Stag Inn, Balls Cross**

On a nice sunny and cool day Linda led Anne and Gill from the Cross via Pilley Green, Cocking, Bepton for elevenses at Midhurst's Ye Olde Tea Shoppe. We continued after via West Lavington and Selham to join the A272, and turned off north before Tillington. This lane runs roughly parallel with the A283 from Petworth towards Godalming. Acres of vines have been planted on the sunny south-facing slopes along the A272 and also up this lane. We joined the A283 just south of Northchapel, rode south on it for a while then turned off to Ebernoe and the pub.

No food here owing to a large private party, so we pressed on to Petworth and stopped for lunch at The Stonemasons Inn, just before you get into Petworth. It was good. Nice food, reasonable price, big portions.

After lunch we came back through Petworth, Byford, Barlavington, Duncton Hill. Anne and Gill tuned off at Upwaltham for East & West Dean while Linda carried on up the hill and turned off for Chichester at Benges.

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It had rained a lot in the previous 24 hours and the lanes were wet, puddled and muddy. So lots of bike cleaning once we were home.
Linda's ride was 52 miles.



Posted by RideLeader at 08:39 GMT

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Sunday, 18 January 2009

Lanzarote. Sunday 18th January. Puerto del Carmen to Arrecife. Scroll down for local Club Rides

Over the last week I have gradually increased activity levels with walks and short bike rides. Wednesday it was 12 miles out and back along the coast and today 18 miles out to the end of the cyclepath at Arrecife and back.

Since I last wrote there has of course been the dreadful news of the death of Phil Turner. Even today a week later I find that I think of him a lot. He was a very good friend who will be badly missed by me and many in the Club and our sympathies go to Mary and the children. See the home page of the Club and DA websites for a notice about the funeral on Friday and the cyclists' procession which is being arranged to follow the cortege. I am in the process of drafting obituaries for the Pedaller and Cycle Magazine.

Weather today was sunny with scattered clouds and temperatures reaching 20C. There was a strong headwind on the way out and a good boost on the way back.

I still have the same difficulty of getting on the bike. There is no way I can get a leg over the saddle yet. However I can get there by laying the bike down flat, stepping over it while improving balance with the walking stick and then bring it up underneath me and then reversing the system for getting off. The walking stick folds up to fit in the barbag. I am starting to get used to the system which is a lot safer than it sounds

The muscles are gradually increasing in strength and I find I can do gentle slopes but nothing steep yet. Riding a bike on the flat is a great deal easier than walking and with no ill effects. I followed the seafront cycle path out

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past the Airport and on to Playa Honda. I stopped here at a bench on the seafront for a picnic lunch break and some sunbathing. Then further on to the end of the Cyclepath at Arrecife.

Then it was back on the same route. Although the path is wide with a designated coloured cyclepath in the middle everybody was out, it being Sunday, and care was needed to avoid stray dogs and children. The path passes very close to the Airport with the perimeter fence next to it. At one point the path passes the end of the runway with the baffles for the exhaust of planes taking off next to it. Planes landing come in at the same point passing 100ft over the cyclepath. This makes for a lot of interest and I stopped for a break on a bench to take pictures and got talking to a couple about bikes.

Then it was back on the front to town and an ice cream. The roadworks are now half finished with a one way system for cars to cut down the traffic on the front road and the space saved used for a wider prom and new cyclepath. Previously the cyclepath started on the northern edge of Puerto Del Carmen, now it will go all the way in, very sensible.

18 miles for the day.

Edwin

Posted by RideLeader at 19:33 GMT

Updated: Monday, 2 February 2009 19:16 GMT


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Lanzarote. Sunday 18 January. End of Cyclepath at Arrecife



Posted by RideLeader at 19:30 GMT


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Lanzarote. Sunday 18 January. Plane lands over Cyclepath



Posted by RideLeader at 19:27 GMT

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Lanzarote. Sunday 18 January. Puerto del Carmen beach



Posted by RideLeader at 19:24 GMT

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Sunday, 11 January 2009

Lanzarote. Tuesday 6 January to Sunday 11 January. Scroll down for local Club Rides

The Trip here went well. I took a Taxi to Gatwick and the Taxi man helped me get the luggage and the bike onto the trolley. I soon checked in with no queue. Hand luggage was in a rucksack. No alarms at security over the leg metalwork. Managed the walk to the gate ok if a bit slow. The Plane was half empty and I had 3 seats to myself. Great view of Lanzarote on the approach and we flew in low over the Puerto Del Carmen to Arrecife Cyclepath which runs between the Airport boundary and the sea. A Taxi to the Apartment able to take a bike was easily obtained.

I put the bike back together Wednesday but started out building up strength with some walking first. I find I am much more inclined to get out with temperatures 18 to 20c. I find I can walk further than I expected but I still

need to use a walking stick and expect to for some time yet.

Suncream is a necessity even at this time of year. Lanzarote is a long way south, about level with the southern border of Morocco. Today,

Sunday I finally got in my first bike ride in four months. The first difficulty is getting on the bike. There is no way I can get a leg over the saddle yet. However I can get there by laying the bike down flat, stepping over it and then bring it up underneath me and then reversing the system for getting off. The walking stick folds up to fit in the barbag.

I had planned to use totally flat routes to start with. However my usual route down to the seafront was blocked by massive roadworks along part of the seafront. I had to first get over a short hill of a few hundred yards but I soon found towards the top that the mind might have been willing but the muscles were not yet up to it and I had to go off and walk. The rest of the ride was fine after descending to the seafront. Riding a bike on the flat was a great deal easier than walking and with no ill effects. I followed the seafront cycle path to a cafe overlooking the beach at Matagorda and enjoyed the sun with a fresh orange juice.

The ride out was 4 miles and a similar distance back so 8 miles for the day so a reasonable start to cycling recuperation.

Edwin

Posted by RideLeader at 17:58 GMT

Updated: Monday, 2 February 2009 19:17 GMT

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Lanzarote, Tuesday 6 January. Flying in over Cyclepath



Posted by RideLeader at 17:57 GMT

Updated: Sunday, 11 January 2009 21:34 GMT

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Lanzarote. Thursday 8 January. Puerto Del Carmen Beach



Posted by RideLeader at 17:56 GMT

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Sunday, 21 December 2008

Sunday 21 December 2008. Ride to the White Horse, Sutton

Richard led this 36 mile ride from Chichester Cross with Avryl, Keith, Jeff, bell-ringing Chris and Linda for starters.

??

I thought I knew Chichester's back roads well, but not as well as Richard, for he took us from East Street up Little London, through the residential roads north of St Pancras and the Swanfield Drive estate and past the sculptures in front of Homebase. The new twist came when we entered the car park of the Harvester Pub, picked up a signed (astonishingly) cycle track leading into the car park at the back of the Chichester Park Hotel, taking by surprise an unclothed male hotel resident flinging open his curtains and finally emerging onto Madgwick Lane in front of said hotel.

After all this the onward route to the White Horse was the usual - Pilleygreen, Duncton Hill and Barlavington.

At the pub Colin, Liz and Alan and then Gill turned up, Gill having had to mend a

couple of punctures before setting out. Extra people turned out useful as Keith had come armed with the Mail's jumbo Christmas crossword.

After lunch Liz and Alan made their way back to Wiggonholt from whence they came; Chris, Jeff, Keith and Colin went their own ways, while the remaining four of us turned left from the pub past Burton Mill Pond, across the A285 via Graffham and Heyshott to Cocking for tea.

Calamity. The closed sign was up. But fortunately after a bit of gesticulating through the windows the proprietor welcomed us in saying that they'd had a private lunch with neighbours, but since they'd finished we were very welcome to have tea, which we did - with cakes.

In passing, the locals said that the BLUEBELL INN in Cocking is CLOSED FOR GOOD. Failing business is to blame and they didn't know what was going to happen to the pub or the site.

Our foursome disintegrated after tea. Richard set off early to get home, Avryl turned left at Singleton and Gill took the Centurion Way, while Linda carried on down the main road.

Happy Christmas to everyone.

Linda



Posted by RideLeader at 18:06 GMT

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Sunday, 7 December 2008

Appetite Enhancer Ride 2008

Mood: 🍌 hungry

Gill met Mary and Phil at the Cross at 8:15 for the 2008 Appetite Enhancer Ride. Following a clear night, the temperature was low and we made careful progress to the top of Pillygreen Hill. The air was still very clear and crisp as we climbed. We passed two large falcons, and then a herd of at least a dozen deer crossed the road in front of us.

We descended to East Dean and took the road to Upwaltham. The descent of Duncton Hill required even more care. We turned right at the bottom and

made our way through Sutton, up the steep hill, past Bignor Roman Palace to West Burton, up to join the A29 through Watersfield, then right through Greatham to Pulborough Brooks.

There were occasional small patches of ice on the roads, but they were mainly dry and we arrived without mishap at the Bird Sanctuary for our morning coffee. Gill repaired an inner tube while we rested – she had punctured on the way to the start.

After coffee we took the usual return route through Rackham and Amberley and then up Houghton Hill. We followed the main road down from Whiteways, then turned through Slindon before heading south to Aldingbourne for Christmas Lunch (Phil & Mary) and the journey back to Chichester (Gill).

Phil & Mary returned from Aldingbourne to Chichester with Richard's group.

Posted by RideLeader at 22:14 GMT

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Sunday, 30 November 2008

Buriton

Mood:  a-ok



Linda and Phil near Ditcham Park School

Only three takers at the Cross at 10:00 am on a cold and wet morning for the ride to Buriton – Linda, Mary and Phil. We set off westwards in a light drizzle taking the usual route through Woodmancoate to Stanstead House.

The temporary café in the Garden Centre is still being used and unfortunately we arrived just after a coach of people on a Christmas Outing. We took our places at the back of the queue. After 15 minutes queuing with little visible progress, our leader's craving for a morning coffee faded and he managed to persuade the team to climb back into their wet clothes and take to the road again unrefreshed.

We headed north towards Forrestside, turned left to descend to Finchdean and climbed the valley, staying to the right of the railway line and

ascending all the way to Ditcham Park School. The now steady drizzle continued as we descended to the main road, turned left towards Petersfield, and then cut back over the hill to Buriton.

Familiar bikes were parked by the Five Bells and we found Adrian and Jill sitting on sofas in the snug eating their lunch. We ordered ours and were joined a few minutes later by Colin. The snug turned out to be not so snug as the wood-burning stove had not been lit, but the onion soup was good as was the large bowl of chips which Linda gallantly shared around the group.

Still a little cold, we donned our wet clothes again and continued to the crossroads and turned left to climb Buriton Hill. At the top, somewhat warmer, we paused momentarily before descending through the forrest back to Rowlands Castle. Adrian turned back towards Clanfield, and Colin decided to skip tea, so only Jill, Linda, Mary and Phil enjoyed the tearooms.

Finally we headed south again, turning left then right at the main road to descend to Westbourne and return through Woodmancoate, and Fishbourne. Linda headed back into Chichester, while Jill, Mary and Phil took the Apuldram Road, continued towards the marina, and then turned east to Hunston and Runcton.

Posted by RideLeader at 19:47 GMT

Updated: Sunday, 30 November 2008 19:59 GMT

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