

Keyworth & District U3A Freewheelers Cycling Programme 2023

K = Keyworth start 10 a.m. at KVH unless otherwise stated

Date	Route	Leader/Dist
Fri Jan 6 Advise Lights	K- Widmerpool-Willoughby-Grimston- Pie shop coffee-N Broughton-Hickling- Kinoulton (lunch) Owthorpe-K'worth	DG 22m
Wed Jan18 Advise Lights	Southwell Circular 10 a.m. Southwell Leisure Centre	Roy/ 26m ish
Fri Feb 3	K- Kinoulton-Hickling-Nether B- Saxelbye-Asfordby-Hoby-Ragdale- Wymes-Widmerpool	Tony/ 33m
Wed Feb 15	K – Vale Circular details TBA	Pam
Fri Mar 3	10 a.m. Kegworth. Kegworth West details TBA	Fred
Wed Mar 15	K – Barrow on Soar Circular Details TBA	Paul B
Fri Apr 7	??	Adriana
Wed Apr 19	10.a.m. Eastwell Branston, Knipton, Denton, G Ponton, Buckminster, Wymondham, (Lunch) Garthorpe, Stonesby, Eastwell	DG 25m, 33m or 38m options
Fri May 5	10 a.m. Washingboro' Lane Water, Railway, Woodhall Spa etc.	Mike/32m
Wed May 17	K- Cotgrave-Gunthorpe-Lowdham- Stoke Bardolph etc	Terry/33m (Ian)
Fri Jun 2	K – Mountsorrel Swithland Circular Lunch at Griffin Swithland	John O/35m
Wed Jun 21	10 a.m. Bakewell Monsall Trail, Millers dale-Wormhill-Smalldale-Tideswell	Roy/32
Fri Jun 30	K - Vale & Ale, with Stilton, Coffee and some cycling	David G 38m

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Wed July 19	10 a.m. Staunton. Staunton Figure of Eight	John W
Tues/Wed Aug 1 st /2 nd	RAID with o'night stay. Oakham Details TBA	John W 100m total
Wed Aug 16	Measham / Tamworth Circular 10 a.m. Measham Car Park	Tony/34m
Fri Sept 8	K = E Leake = Gotham – Kingston – Sawley – Trent Lock etc Lunch at Ferry	John'O/30m
Wed Sept 20	K – Alpine Lodge Asfordby Circular	John W
Fri Oct 6 10.a.m.	10 a.m. East Bridgford – Velo Verde – Thoroton – Shelton –Newark – Hawton – Eden Hall-E Bridgford	Mike W 32m
Wed Oct 18	10 a.m. Meet Attenboro' Erewash Trail Bennerly Viaduct etc.	Roy/?m
Fri Nov 3	K - TBA	John'O?
Wed Nov 15	K = Nottingham Urban. Lady Bay- Wollaton- Uni- Ferry (lunch)	Ian/28m
Fri Dec 1 Lights	K – Xmas Lunch TBA	Tony
Wed Dec 13 Lights	K - Artist's Amble TBA	John W