

Keyworth & District U3A Cycling Programme 2025

K=Keyworth start 10am at Keyworth Village Hall (KVH) unless otherwise stated

Jan 15 Advise Lights	K – Kinoulton-Cropwell Bishop-Langar (Coffee) Colston Basset- Hickling (Lunch) Keyworth	David 26m
Jan 29 Advise Lights	K – Kinoulton-Hickling-Long Clawson (Coffee)-Ab Kettleby-Saxelbye-Grimston (Black Horse Lunch)- Willoughby Widmerpool-Keyworth	Tony about 28 miles
Feb 12 Advise Lights	Southwell Leisure Centre 10am Halam, Edingley, Farnsfield, Hexgreave Park, Bilsthorpe, Eakring - coffee stop at The Daffodil Tea Rooms - Wellow (lunch in Old Red Lion), Ompton to Kneesall to Norwell Woodhouse and Caunton, Knapthorpe, Hockerton, and back to Southwell.	Mike Approx. 28 miles
Feb 26	K – Plumtree-Tollerton-Bassingfield-Gamston- Radcliffe (Coffee)-Cropwell Bishop-Cropwell Butler- Langar-Harby (lunch Nags Head)-Hose-Long Clawson-Hickling-Kinoulton-Keyworth	Simon 32m
Mar 12	K-Wysall-Wymeswold-Burton on the Wolds-Barrow on Soar-Quorn and Woodhouse Station(coffee)- Loughborough-Stanton on Soar-Normanton on Soar-Sutton Bonington-West Leake (lunch Star Inn)-East Leake-Costock-Wysall-Keyworth	Adriana about 30 miles
Mar 26	10 a.m. Keyworth Village Hall via Breedon on the Hill Church to Wilson (coffee Breedon Priory Healthclub) via Melbourne and Ticknall to Ingleby (lunch John Thompson Inn)- Stanton by Bridge-Kings Newton-Cloud Trail- Wilson-Donington Park-Isley Walton-Castle Donington-Keyworth	Fred approx. 28 miles
Apr 9	KVH - Thurlby Lane, Kinoulton, Colston Bassett, Langar (Coffee Wild Flower farm) Harby - Hose - Long Clawson - Nether Broughton- Saxelbye-Grimston (lunch Black Horse) Willoughby, Widmerpool, Keyworth.	Roger A. about 32 miles
Apr 30	10.a.m. Eastwell (Roadside Parking) Branston-Eaton-Gt Ponton-Gunby-N&S Witham- Wymondham (Lunch) Garthorpe- Waltham-Eastwell	David 38m

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May 14	10.a.m. Bottesford Village Hall Bottesford, Orston via Hawksworth to Screveton (coffee Velo Verde), Car Colston, Scarrington, Aslockton, Whatton in the Vale, Granby, Plungar, Barkestone le Vale, Redmile, Belvoir, Woolsthorpe (lunch Dirty Duck), Belvoir Castle, Terrace hills, Barkestone le Vale, Bottesford.	Roger D. about 33 miles
May 28	KVH 10am. Widmerpool. Wysall. Costock. East Leake. West Leake. Kegworth. Long Lane. Sawley Marina (coffee). Cranfleet lock to lunch at Ferry Inn, Wilford. Ruddington and back to Keyworth.	John O' 33m
Jun 11	10.a.m. Southwell Leisure Centre Southwell→Halam→Edingley→Farnsfield (coffee Woodberry Teahouse)→Hexgreave Park→Bilsthorpe→trail to Vicar Water (Golden Hand)→Kings Clipstone→Edwinstowe (lunch Forest Lodge)→Center Parcs (peripheral road)→Sherwood Pines→Deerdale Lane→Bilsthorpe→Southwell Trail→Southwell	Mike about 33 miles
Jun 25	10.a.m. Bakewell Monsall Trail > Hassop (Coffee stop) > Headstone Tunnel > Cressbrook and Litton Tunnels > Millers Dale to Worm Hill > Peakdale > Smalldale > Wheston > Tideswell (lunch Anchor Inn). Great Hucklow > Foolhow > Howsley > Cavendish Mill to White Rake, Longstone Moor Monsal Head Viewpoint. Little Longstone and Great Longstone, Monsal Trail back to Bakewell.	Roy about 27 miles
July 1/2/3	Suffolk Cycling Trip	JW/JO'/TF RT/FT/MW DG
July 09	K- to Asfordby (coffee Mountain Restaurant) and Gaddesby (lunch Cheney Arms).	John W. about 40 miles, hilly.
July 23	10 a.m. Measham Car Park Bosworth Rd to Newtown Burgoland, Shackerstone, Bilstone, Little Twycross, Twycross (Harveys Coffee Cabin), Orton on the Hill, Austrey, Newton Regis, Shuttington, Wiggington (lunch Old Crown Inn) Haunton, Clifton Campville, Oakthorpe –Ashby Woulds Heritage trail, Measham	Tony About 34 miles

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Aug 6	KVH 9am start – Swithland Circular Willoughby, Six Hills, Seagrave, Sileby (coffee Brewery Café), Mountsorrel, Swithland (lunch Griffin) Woodhouse, Quorn, Barrow on Soar. Burton on the Wolds, Wymeswold, Wysall, KVH	John O' About 38 miles
Aug 13	KVH - 09.30 start Vale & Ale; Kinoulton-Cropwell Bishop-Cropwell Butler-Car Colston-(coffee Velo Verde) Thoroton, Aslockton, Granby, Plungar, Harby(lunch Nag's Head)-Hose, Long Clawson-Hickling-Keyworth.	David approx. 38 miles
Aug 26/27/28	K - Rutland Raid Day 1 Grand Depart (Windmill coffee) – Rutland Hotel-Day2 around Rutland water- Day 3 return	John W. 120m ish
Sept 10	KVH 09.30 start. Kinoulton, Cropwell Bishop, Cropwell Butler, Car Colston, Screveton (coffee Velo Verde) Aslockton, Granby, Plungar, Harby (lunch Nag'sHead), Hose, Long Clawson, Hickling, Keyworth	Tony approx. 38 miles
Sept 24	10 a.m. East Bridgford to Car Colston, Screveton (coffee Velo Verde café), Hawksworth, Thoroton, Shelton, over Wensor Bridge to Cotham, then trail path to Newark station (lunch Castle Barge) back via Hawton, Thorpe, East Stoke to the old A46, past Eden Hall, Syerston (near), to Slack's Lane, Kneeton, then back to East Bridgford.	Mike 28 miles
Oct 15	10a.m. Kegworth Village Hall via Breedon on the Hill Church to Wilson (coffee Breedon Priory Healthclub), Cloud Trail, Stanton, Elvaston (lunch Harrington Arms), Shardlow, Sawley Marine, Kegworth.	Fred about 30 miles
Oct 29	10 a.m. Attenborough Nature Reserve Attenborough, Bramcote, Stanton by Dale, Darley Abbey (coffee at Windmill Farm, Cat & Fiddle Lane), Stanley, Spondon, Ockbrook (lunch stop – The Royal Oak) Borrowash, Draycott, Breaston, Long Eaton, Trent Lock, Attenborough.	Roy approx. 30 miles
Nov 12	KVH - 9.30am Barrow on Soar Circular Widmerpool, Wysall, Costock, East Leake, West Leake, Sutton Bonnington (coffee), Normanton, Stanford, Cotes, Barrow on Soar (Lunch) Burton, Wymeswold, Willoughby, KVH.	John O' 32m

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Nov 26	K – Nottingham Urban-(Wollaton Hall coffee)- (Poppy & Pint Lunch)	Ian 28m
Dec 17	K- Artists Amble/Ride & Stagger – (Willoughby Bowls Club Coffee); lunch Keyworth Tavern	All 12 miles