

| DATE             | ROUTE   | LEADER   | RATING  | Miles | Difficulty |
|------------------|---|--|---|-------|------------|
| 11 October 2015  | Crag Bank - Storth-Levens-Witherslack-Cartmel Steps-High Newton-Cartmel-Grange Fell-Grange-Meathop-Levens-Heversham-Holme-Kellets                   | Tony Edge  | Flat terrain before the long climb of Cartmel Steps provides a stem test.Stunning views at the of Cartmel Fell are the reward.          | 70    | **         |
| 18 October 2015  | Scorton-Inglewhite-Longridge-Stonyhurst College-Whalley-Bashall Eaves-Trough  | Brian Ramsdale   | South into the Ribble Valley and a sting in the tail with the fearsome Whalley Nab.   | 65    | ***        |
| 25 October 2015  | Caton-Wray-Ravenclose-Ingletton-Ribblehead-Dent-Sedbergh-KL-Arkhome   | Les Lavercombe   | Test your legs on the climb of Ravenscose before a steady rise up To Ribblehead and then a rapid descent into Dentdale.                 | 70    | ***        |
| 01 November 2015 | Caton-Wray-Bentham-Clapham-Austwick-Johns Lane (Malham loop optional)-Settle-Mewith Lane  | John Butler  | Staple Lune diet with an extra helping of climbing round Malham.  | 55/65 | **/*       |
| 08 November 2015 | <b>SOUTH LAKES RIDE OF THE FALLING LEAVES</b>   | Trevor Paige/Leanne Thompson                           | A not to be missed venture into no doubt uncharted territory.   | 70    | ****       |
| 15 November 2015 | <b>Howard's Leg Breaker</b> Wray-Bentham-Cross o Greet-Slaidburn-Waddington Fell-Bashall Barn-Whitewell-Dunsop Bridge-Trough-Scorton                | A guest appearance by the Ironman, <b>Howard Hirst</b> | Pack your climbing legs for Howards annual assault on Lyth Fell and Waddy Fell.   | 65    | *****      |
| 22 November 2015 | Burton in Kendal-Crooklands-Gatebeck-Killington-Lune Gorge-Sedbergh-Kirkby Lonsdale-Arkhome   | Jim Ditchburn  | Beautiful foray into the Howgills on quiet roads which skirt the M6 Round the Lune Gorge crossing the Lune at the Crook of Lune bridge. | 70    | ***        |
| 29 November 2015 | Cockerham-Garstang-Inglewhite-Longridge-Chipping-Oakenclough-Galgate  | Pete Dobson  | The wind could be friend or foe today on this venture to flat southern roads before following the Wyre inland                           | 55    | *          |
| 06 December 2015 | Caton-Hornby-Buton in Lonsdale-Ingletton-Ribblehead-Horton in Ribblesdale-Austwick-Bentham  | Rob Entwistle  | Classic 3 Peaks scenery for this Yorkshire classic  | 65    | **         |
| 13 December 2015 | Crag Bank-Storth-Levens-Grange-Meathop-Levens-Heversham-Kellets   | Mal Bisby  | Time to bunch up on this standard ride out to Grange as Christmas approaches.   | 60    | *          |
| 20 December 2015 | Christmas Ride  | Father Christmas                                       | -   | -     | -          |
| 27 December 2015 | TBA   | -  | -   | -     | -          |
| 03 January 2016  | Bowerham-Abbeystead-Trough-Cow Ark-Whalley-Longridge Fell-Chipping- Scorton   | Ian Breslin  | Well worn circuit of the trough before crossing A6 to the coast.  | 50    | **         |
| 10 January 2016  | Caton- Wray- Mewith- Settle- Bentham -Wray  | Deb John   | Outward journey along the peaceful Mewith lane south of Bentham to Settle before returning over he exposed and windy Bentham Moor.      | 55    | **         |
| 17 January 2016  | Crag Bank- Storth- Levens- Brigsteer -Underbarrow-Crook- Staveley- Shap Road- Kendal- Natland- Holme- Kellets                                       | Tony Edge  | North, taking in the villages skirting the Lyth Valley and high ground above Kendal.  | 60    | **         |
| 24 January 2016  | Crag Bank- Storth- Levens- Cartmel Fel- Lindale-Grange- Flockburgh- Holker- Haverthwaite- Bigland Hill-Cartmel- Grange- Meathop -Heversham- Kellets | Les Lavercombe   | Circuit of the peninsula villages before turning back south over the brutal climb of Bigland Hill.                                      | 70    | ***        |
| 31 January 2016  | Cockerham- Pilling- Shard Bridge -Singleton -Elswick-Longridge Circuit- Scorton   | Mal Bisby  | Flat fast roads around the Northern Fylde before riding east across the A6 to Scorton.  | 60    | *          |
| 07 February 2016 | Jubilee Tower- Trough -Slaidburn- Boland Knotts-Clapham- Bentham  | Phil Peake   | Climbing from the gun and it doesn't get easier, until the summit of Boland Knotts is reached.  | 65    | ****       |
| 14 February 2016 | N Kellet- Burton- Endmoor -Mealbank- Burnside- Staveley- Underbarrow- Levens- Sandside- Warton  | Mark Robinson  | Marks ride round less known Kendal roads.   | 65    | ***        |
| 21 February 2016 | Scorton-Inglewhite-Jeffrey Hill-Longridge Fell-Bashall Barn-Chalgley-Chipping-Oakenclough-Galgate   | Ian Breslin  | Get your triples out as this ride takes in the vertical tarmac wall that is Jeffrey Hill, before the testing descent of Birdy Brow.     | 65    | ***        |
| -                | <b>SPRING CLASSICS</b>  | -  | -   | -     | -          |
| 02 March 2014    | COAL ROAD CHALLENGE (Provisional)   | -  | Annual Reliability Ride taking in the awesome Coal Road from Garsdale Head.   | 65    | *****      |
| 09 March 2014    | ROBS RIVINGTON RONDE  | Rob Entwistle  | Robs tour round his local Lancashire hills  | 90    | *****      |
| 16 March 2014    | THE HELL OF THE NORTH   | Ian Breslin  | Test out your post Coal road fitness on the climbs of Gummers How and Brow Edge on this long testing ride into South Lakeland.          | 80    | ****       |
| 23 March 2014    | LA DOYENNE (Ferry ride)   | Mal Bisby  | Lune classic to Sawrey to catch Ferry to Bowness and return down Lyth Valley.   | 80    | ***        |
| 30 March 2014    | RIDE OF THE MONUMENTS   | Trevor Paige and Leanne Thompson                       | More classic local hills packed into one day.   | 80    | ****       |
| 06 April 2014    | NICKS CHEESE SHOP RIDE  | Nick Miller  | A ride, to a shop that sells Cheese, I think, oh and lots of Yorkshire hills.   | 75    | ****       |
| 13 April 2014    | BUTTERTUBS AND BEYOND   | Ian Breslin  | Long day in the Dales with the iconic climb of Cote de Buttertubs to rekindle memories of the Tour de France.                           | 100   | *****      |
| 20 April 2014    | SECRETARY'S RONDE ENFER   | Tony Edge  | A mountainous route, including Lythe Valley - Bowland Knotts-Kingdale-Dentdale-Barbondale   | 100   | *****      |
| -                | All the above Routes are subject to change due to weather/ road conditions at the time.   | -  | -   | -     | -          |
| -                | A GPS MAP OF EACH RIDE WILL BE POSTED ON THE LUNE FACEBOOK GROUP EACH WEEK ALONG WITH ANY UPDATE REGARDING THE STATUS OF THE RIDE                   | -  | -   | -     | -          |