

Disability Cycling Charity

Sunday 29th March

Official **EM**powered People All Ability Cycling Hub Grand Opening 11.00am till 5.00pm

Salford Way, Todmorden, West Yorkshire, OL14 7LF

The official lunch of the charities new All Ability Cycling Centre. Come and see the range of our Inclusive and Adaptive bikes, and even try them. Raffle and lucky dip, cycle paraphernalia stalls. Food and light refreshments available.

We are always looking for helpers and volunteers, so please come - the kettle is always on!

You can also become a friend of the charity by subscribing to

EMpowered People: - empoweredpeople@.co.uk

Taster days (Every first Saturday from May to September 9.30am till 2 pm at the **EM**powered People All Ability Cycling Hub, Salford Way, Todmorden, OL14 7LF

Test ride the range of our inclusive cycles in a safe area, range of bikes for sale, come and meet the team, refreshments available (door donation)

Social rides

Sunday 15th March (Provisional)

The Hub to Hard Castlecrags via Hebden Bridge and back 10am meet at **EM**powered People Hub, Salford Way, Todmorden, OL14 7LF

23 mile very social cycle with a mix of roads, gravel tracks and canal towpaths.

Lunch at Gibson Mill Cafe before returning back to the Hub.

Saturday 4th April

The Hub to the Secret Cafe, Luddenden Foot, HX2 6EQ 9.30am meet at **EM**powered People Hub, Salford Way, Todmorden, OL14 7LF

21 mile very social cycle with a mix of roads, gravel tracks and canal towpaths.

Lunch at the Secret Cafe before returning back to the Hub.

Sunday 3rd May

York to Jupiter (The Planetary Cycle) a very social ride 10 am Cycle Heaven Bicycle Shop, 31 Hospital Fields Road, York, YO10 4FS.

Contact number is Jamie Wood Tel 01904 670740.

Cycle part of the planetary cycle route which will take us to Selby via the old train lines, with lunch at Selby before returning back to Cycle Heaven around 4.00 pm with a distance of 36miles.

Limited spaces available in Betty from Todmorden, leaving at 8.00am from the Hub, fuel charge of £5 per person, or you can make your own way.

Sunday 14th June

Ribble Valley Ride

Three routes, **EM**powered People enter the 25 mile.

Start and finish at Hanson Cement, Clitheroe.

Enter on line: - www.sientries.co.uk> event

Sunday 26th July

The Monsal Trail

Blackwell Mill to Bakewell and return, 20 miles on the old Midland railway lines.

Meet at 10am to start the ride, limited spaces available in Betty from Todmorden, leaving at 8.00am from the Hub, fuel charge of £5 per person.

Cycle lights will be required and working when negotiating the various tunnels.

Details for the ride contact Simon 07702784916.

Sunday 30th August

Singing Ringing Tree, Crown Point Road, Burnley 9.30am meet at **EM**powered People Hub, Salford Way, Todmorden, OL14 7LF

28 miles cycle along the roads and lanes of East Lancashire calling at the Singing Ringing Tree viewing point of Crown Point, then dropping down to the Stables cafe at Townley Park. After a break the route climbs up to Worsthorne and onto the Long Causeway before dropping back into Todmorden.

This is a challenging ride due to the long and steep climbs.

Provisional Event

Pedal and Pie

Wednesday early evenings 4.00pm till 8.00pm 20 miles

Starting from the Hub our destination is the Secret Cafe at Luddenden Foot, Cycling the Canal Towpaths towards our destination The Secret Cafe.

Pie & Pea meal.

20th May, 8th July, & 2nd September, more details to follow.

EMpowered People Charity Cycle

Sunday 17th May 3 Hills of the Edge including the Derek Lawton Hill climb

9.30am start from **EM**powered People All Ability Cycling Hub, Salford Way, Todmorden, OL14 7LF

38 miles cycling around the backbone of the Pennines between the Lancashire and Yorkshire border, climbing over 4,000 feet.

New for this year family route with reduced mileage and climbs (15 miles).

Entries open on 1st February £15.00 on line, family and group discounts.

Fully Supported Distance Rides

The Great Glen

Fort William to Inverness cycling along the Caledonian Canal and beyond!

19th to 24th of April

3 day cycle from Oban to Nairn.

Sorry entries closed.

Glenys's Gwyneth Gathering

3rd and 4th October (meeting on Friday 2nd afternoon/evening)

Two day cycling adventure around the glorious lanes and roads of North West Wales, to include Harlech and Porthmadog on one ride and the second day riding the Mawddach estuary trail to Dolgellau and on to the Cader Idris cycle route, where you will see magnificent views of the Welsh mountains.

Mileage for the event is approx 80 miles over the two days and the event is based from the Min y Mor hotel at Barmouth.

The cost for the event is £160 which includes B&B. EM and service cover.

Please contact Glenys on 01341 242370