

CYCLE PROGRAMME JANUARY - DECEMBER 2012

CYCLE RIDES	ROUTE	DESCRIPTION	MEETING POINT
MONDAYS @ 12.00 pm (Excluding Bank Holidays)	MINERAL TRAMWAYS	An easy-paced led cycle ride along the Mineral Tramways from Bissoe to Point and return.	The Bike Chain Bike Hire, Bissoe (Car Park Charge £3)
TUESDAY @ 10.30 am	GOSS MOOR CIRCULAR	An easy-paced led cycle ride on the Goss Moor circular route.	The Screech Owl Sanctuary, Trewin Farm (Car Park Charge £2)
WEDNESDAYS @ 12.00 pm	MINERAL TRAMWAYS	An easy-paced led cycle ride along the Mineral Tramways from Cambrose to Portreath and return.	The Bike Barn, Elm Farm, Cambrose (Free Parking)
THURSDAYS @ 12.00 pm	PENTEWAN VALLEY	An easy-paced led cycle ride from Pentewan Village through the valley towards St Austell and return.	Pentewan Village (Free Car Park)

For more information on the above cycle rides please contact Craig Leach: Ride Leader on 07790965041 - you will be required to complete an Outdoor Health Questionnaire before cycling with us.

If you would like to join the cycle rides but do not own a bike Mobilise have bikes that can be loaned per ride. Please contact Craig giving 48 hours notice to ensure we can loan you a bike as we have a limited number of bikes!

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