

PEDAL PEAK DISTRICT LATEST NEWS April 2012

Welcome to Pedal Peak District e-news. If you have a Peak District cycling story that we could include in future issues please contact Carol Parsons (01629 816297 or carol.parsons@peakdistrict.gov.uk) by the 25th of the month.

In this issue: Peak District Trails update, Get ready for spring, spring rides, bargain bikes and more....

Trails news

We've recently completed a 2 mile stretch of resurfacing from Hartington Station Car Park down to The Closes, nr Biggin on the Tissington Trail. The weather conditions were great which enabled the material to be laid easily resulting in a compacted, smooth surface – perfect for cycling! The toilets at former Millers Dale station on the Monsal Trail have also recently been refurbished.

Surveys are being carried out on the Peak District trails which are owned and managed by the national park authority during the period 7 – 15 April. They are intended to provide baseline data for part of the trails management plan. The surveys will be interview surveys looking at how people travel to and use each of the trails and will take place at the following locations: -

Monsal Trail - Hassop Station & Millers Dale

High Peak Trail - Parsley Hay & Minninglow

Tissington Trail - Mapleton Lane

Thornhill Trail - Carr Lane

If you are out and about during this period please look out for our survey staff and join in the conversation – your feedback will be gratefully received!

The planning application for an extension to the Monsal Trail, from Bakewell (Coombs Road Viaduct) to Rowsley will go to the Planning Committee in May

Food on the go – we've just re-let the mobile refreshment concession licence for Millers Dale to Glyn Williams (who has the Parsley Hay concession) – he is now offering a wide selection of food and drinks including breakfast baps, homemade soups, jacket potatoes, hot and cold sandwiches and homemade cakes, together with hot drinks including proper coffees.... Do give it a try. Tell us which is your favourite Peak District cycling café or refreshment stop.

Get ready for spring with our spring cycling tips

Expect the unexpected. The weather can be very changeable this time of year! Make sure to throw in an extra layer or two including a windproof jacket. Resist the temptation to push yourself too hard or far on your first ride back.

Start out slowly, particularly if you haven't been riding over the winter.

Pick a ride that's dry or sheltered by keeping to the valleys early in the season, the Monsal Trail or Manifold Valley are ideal. South facing slopes tend to dry sooner and feel warmer.

Cycle and win

Need more motivation to keep cycling? Sign up to our web site to find out more about cycling in the Peak District and log your cycle rides. You will receive the support you need to cycle more. Everyone who signs up gets the opportunity to win great prizes, including 'Lunch for Two at Hassop Station Cafe on the Monsal Trail' and 'Half day hire for up to 6 people at any Peak cycle hire centres (Derwent, Parsley Hay or Ashbourne)'. Don't miss out - just visit www.pedalpeakdistrict.co.uk

Spring into action

Enjoy cycling? Then why not tackle one of these rides this spring:

Sunday 20 May Bike Events - The Peaks Ride from 8am

Saddle up for a scenic cycle and enjoy the spectacular scenery of the Peak District. This ride offers three circular routes, starting and finishing in the market town of Ashbourne. Choose from either a 49 mile route for dedicated cyclists or 29 and 12 mile options for recreational cyclists and families. Both routes take in hills, dales and traffic-free cycle trails as well as some of the prettiest villages in Derbyshire. Enjoy a great day out and raise money for Orchid Cancer Care. You can enter as an individual or encourage your friends, family and colleagues to join you in a team. For more information www.bike-events.com

Saturday 26 May Women on Wheels: Cycles, Cotton and Cheese! 11:00 - 14:30

A leisurely cycle ride through White Peak landscape, aiming to build the confidence and fitness of female riders. Enjoy a rest stop in a characteristic Peak District village. Suitable for occasional or regular cyclists (not beginners), who are comfortable riding on quiet roads.

Booking essential on 01629 816 211 (available Mon-Fri 9am-4.30pm).

Meet: Parsley Hay cycle hire centre, just off the A515, 10 miles south of Buxton. SK17 0DG

Distance and terrain: 12 miles on undulating quiet lanes and traffic free cycle routes, with a few short, steep sections.

What you need to bring: Bicycle (or hire one in advance via the booking number, giving rider's height), packed lunch, drink, suitable clothing and footwear. Cycle helmet if you have one.

If you prefer to pedal at your own pace then the Peak District has something for everyone. We have great routes for easy leisure rides, day rides or cycling holidays, whatever your level of cycling download [routes](#) to suit you.

Bargain Bikes

We still have a small number of [ex-hire bikes for sale](#) fully refurbished for only £160.00. Try before you buy from Ashbourne and Parsley Hay cycle hire centres. Ask when you next visit the cycle hire centres or e-mail cyclehire@peakdistrict.gov.uk for further details.

A range of quality Claud Butler bikes have been purchased for the new season. Don't forget a range of specially adapted bikes are available to hire at Parsley Hay and Derwent – including all-terrain mobility scooters, wheelchair and hand cranked bikes. Please phone ahead to discuss suitability for your needs.

Hills, what hills?

The network of [electric bikes](#) is set to expand in the Peak District. Everyone who has ridden them will agree what fun they are to ride and how they help people to enjoy the pleasures of cycling in the Peak District without the pain. Electric bikes are also a good way for less able people to join others on a ride.

For up-to-date news and locations of the bikes check out <http://www.electricbicyclenetwork.com/> You are now able to send book enquiries directly to hire and charge points (including accommodation enquiries).

Follow us online

Join our online conversations and keep up-to-date with the very latest news and events.

Find us on [FACEBOOK@PedalPeakDistrict](#) or follow us on [Twitter @pedalpeak](#) for up to date news and cycling tips.

Please forward this newsletter to your friends and family who may be interested in pedalling the peaks.

If you do not wish to receive future Pedal Peak District e-news please reply to this email with REMOVE in the subject line.

Happy cycling from the Pedal Peak District team! pedal@peakdistrict.gov.uk