



Ride list

Exported on: 26/04/2024 Exported type: All future and past rides

St Albans - The Extra Mile

The following applies to each ride unless otherwise stated within the individual ride information:

Contact name: Deb Kirby **Contact email:** deborahkirby8@gmail.com

Ride Date	Group	Meet	Meet Time	Departure Time	Elevenses	Lunch	Tea	Principal Leader	Supporting Leader	Map Ref	Note	Important Note
Fri 16/04/2021	The Extra Mile	Wendover	9:30	10:00		Packed lunch / Possible drinks stop at Spire & Spokes in Watlington	Wendover	Martin P		Route details	**RIDE SUBJECT TO FAVOURABLE WEATHER FORECAST** A 50 mile / 82 km ride at Inters pace through the Chilterns. The first part is hilly through the Chilterns AONB, the return takes the flatter ground south of Aylesbury. Bring packed lunch and please respond on the Extra Mile WhatsApp group if you are planning to come.	
Fri 23/04/2021	The Extra Mile	St Albans (10am) or Sandridge (11am)				Picnic at St Pauls Walden	Brewhouse, Wheathampstead	Mike / Rosemary			Length 32-40 miles at Inters pace Please let Deb know if you are interested in participating. Joining instructions will be sent out to those registered. Extra Mile rides are subject to last minute changes, so please monitor The Extra Mile WhatsApp group	
Thu 29/04/2021	The Extra Mile	St Albans	10:00	10:30		Aldbury	Leverstock Green	Steve Rogers		Route details	Length 40 miles at Inters' pace. Please let Deb know if you are interested in participating. Joining instructions will be sent out to those registered. Extra Mile rides are subject to last minute changes, so please monitor The Extra Mile WhatsApp group.	
Fri 07/05/2021	The Extra Mile	St Albans (See WhatsApp for details)	10:00	10:00		Picnic		Steve Ri	Steve Ro, Martin P			
Thu 13/05/2021	The Extra Mile	White Lion Square, Hatfield	10:00	10:30		RoundBush, Radlett	TBA	Deb Kirby		Route details	Length 40 miles at Inters' pace. Please let Deb know if you are interested in participating. Joining instructions will be sent out to those registered. Extra Mile rides are subject to last minute changes, so please monitor The Extra Mile WhatsApp group.	
Fri 21/05/2021	The Extra Mile	White Lion Square, Hatfield	10:00	10:30		Offley Farm Cafe	Brewhouse Cafe, Wheathamsted	Steve Rogers		Route details	Length 40 miles at Inters' pace. Please let Deb know if you are interested in participating. Joining instructions will be sent out to those registered. Extra Mile rides are subject to last minute changes, so please monitor The Extra Mile WhatsApp group.	
Thu 27/05/2021	The Extra Mile	Brewhouse Cafe, Wheathampstead	10:00	10:30		Cafe in the Orchard, Shenley		Bob Rall		Route details	Length 40 miles at Inters' pace. Please let Deb know if you are interested in participating. Joining instructions will be sent out to those registered. Extra Mile rides are subject to last minute changes, so please monitor The Extra Mile WhatsApp group.	

Ride Date	Group	Meet	Meet Time	Departure Time	Elevenses	Lunch	Tea	Principal Leader	Supporting Leader	Map Ref	Note	Important Note
Fri 04/06/2021	The Extra Mile	Buntingford Coffee Shop, 61 High St, Buntingford	10:00	10:30		Poppy's Barn tea room (salads, sandwiches and jacket potatoes), Butts Green	Westmill Tea Room	Martin P		Route details	A 60km / 40 mile ride from Buntingford around the N Herts villages of Great Chishill, Elmdon, Clavering and the Pelhams. Public car park off Bowling Green Lane, Buntingford SG9 9DF. Exit car park along walkway to the east, past the public toilets, to access High Street near the Coffee Shop. **Please confirm attendance via the WhatsApp group and monitor it for any last minute changes**	
Thu 10/06/2021	The Extra Mile	Brewhouse Cafe, Wheathamstead	10:00	10:30		TBA		Steve Rickard		Route details	**Please confirm attendance via the WhatsApp group and monitor it for any last minute changes**	
Fri 11/06/2021	The Extra Mile	Buntingford Coffee Shop, 61 High St, Buntingford	10:00	10:30		Picnic	Westmill Tea Room	Martin P		Route details	A 60km / 40 mile ride from Buntingford around the N Herts villages of Great Chishill, Elmdon, Clavering and the Pelhams. Public car park off Bowling Green Lane, Buntingford SG9 9DF. Exit car park along walkway to the east, past the public toilets, to access High Street near the Coffee Shop. **Please confirm attendance via the WhatsApp group and monitor it for any last minute changes**	
Thu 17/06/2021	The Extra Mile	Stokenchurch	9:30	10:00	Stoke Row	Benson, Waterfront Cafe		Kev Harrop		Route details	* This will only take place if the weather is good! Note earlier start time. Park (and depart from) adjacent to Kings Hotel 01494609090, Stokenchurch (Junction 5 of M40). I'm assured this is a free public car park, and there is abundant free street parking. Ride descends the Hambleden valley and takes in Hambleden Lock (walk over the lock and weir), Henley, passing by the house where George Harrison lived, Stoke Row to visit Maharajah's Well (nearby village store for drinks possibly), Benson (on the Thames) for lunch. Return via Russell's Water, Maidensgrove, Stonor valley, The Barn at Turville Heath for coffee, passing Turville Grange which Henry Ford once owned and Christmas Common. Return to Stokenchurch. 48.7 miles. **Please confirm attendance via the WhatsApp group and monitor it for any last minute changes**	

Ride Date	Group	Meet	Meet Time	Departure Time	Elevenses	Lunch	Tea	Principal Leader	Supporting Leader	Map Ref	Note	Important Note
Fri 25/06/2021	The Extra Mile	Flitwick : Rufus Centre Cafe on Steppingley Road. MK45 1AH	10:00	10:30	Rufus Centre Cafe	The Green Man, Church End, Eversholt	Cafe Kiosk, Ampthill Park	Carol Brazier		Route details	Carol says "I think we shall be going ahead based on current weather forecast. I don't think we'll get an accurate forecast until a couple of days ahead and if it's just showers and 21 degrees we'd be happy to do the ride." The ride will start from the Rufus Centre cafe on Steppingley Road. MK45 1AH. We have been given permission to use their car park overflow field as I said we'd get a coffee in their cafe prior to the ride. please leave any cars in the field in the corner to leave the main car park free for vaccination centre attendees. For those who don't wish to pollute the atmosphere with exhaust fumes(or exploit third-world labour for lithium extraction), you can join Steve and me on the 9.38 train from St Albans (9.46 Harpenden) which arrives at Flitwick at 9.53. turn right out of the station down Steppingley road past Tesco to reach the centre after a mile. (£7.20 return with a railcard) The ride will leave at 10.30 and do a loop round The Brickhills and Woburn, then have lunch at the Church End, Eversholt pub The Green Man after about 20 miles.The pub is quite posh, but they do a vegetarian and non-vegetarian sourdough sandwich each lunchtime. Puddings are probably great as the pub is run by Candice who won the British Bake-off a few years ago! There is a picnic option by the church or recreation ground nearby. After lunch we'll head north east for a 15 mile loop to Ampthill Park and the cafe kiosk for a tea stop before a quick 5 miles back to the station or the cars. (if it's raining we can use cafes in Ampthill instead) There are trains back to St Albans about every 15mins. Let us know via What's app if you want to come along and/or eat at the pub. **Please confirm attendance via the WhatsApp group and monitor it for any last minute changes**	
Fri 02/07/2021	The Extra Mile	WGC	10:00	10:30		The Country Bumpkin, Tewin		Deb Kirby		Route details		
Thu 08/07/2021	The Extra Mile	Brewhouse Cafe, Wheathampsted	10:00	10:30		Dunstable Downs Cafe		Bob Rall		Route details		
Fri 16/07/2021	The Extra Mile	Hatfield White Lion Sq	10:00	10:30		The Woodman & Olive, Wormley West End		Deb Kirby		Route details		

Ride Date	Group	Meet	Meet Time	Departure Time	Eleveneses	Lunch	Tea	Principal Leader	Supporting Leader	Map Ref	Note	Important Note
Fri 23/07/2021	The Extra Mile	Sandy railway station (see note below)	10:00	10:15		Late brunch at Harbour View café, Grafham Water	Waresley Garden centre	Carol Brazier		Route details	Carol says "The ride will start from outside Sandy train station SG19 1AW ready to depart at 10.15. For those who wish to travel by car I suggest you park in a residential street, The Avenue, just off the A1 at post code SG19 1ER. I could not find any free car parks in Sandy. To get to the station should be a five-minute cycle ride east along Bedford Road, then south on the B1042. For those who wish to travel on the train, you can join Steve and me on the 9.19 train from Hatfield (9.26 WGC) which arrives at Sandy at 10.04 after a change at Hitchin (with no platform change) for £7.75 with a railcard. The ride will leave at 10.15 and do a loop up to Grafham Water, where we can have a late brunch, after about 18 miles, at the Harbour View café, then a tea stop at the lovely Waresley Garden centre after another 18 miles, before a short seven miles or so back to Sandy." Confirm on WhatsApp if you are coming.	
Thu 29/07/2021	The Extra Mile	Harlow Garden Centre Cafe - beside M11 J7	9:30	10:00	TBA	Booking Hall Cafe in Rayne		Tony O'Byrne		Route details	Details to be confirmed nearer the time.	
Fri 06/08/2021	The Extra Mile	Hatfield White Lion Sq	10:00	10:30		Hertford coffee stop		Steve Rogers		Hatfield, Welham Green, Wildhill, Essendon, Bayfordbury, Hertingfordbury, Hertford, Cole Green Way		
Fri 13/08/2021	The Extra Mile	Hatfield White Lion Sq	10:00	10:30		Brocket Arms		Deb Kirby				
Fri 20/08/2021	The Extra Mile	Sandridge	9:30	9:30	Dunstable Downs	N/a		Steve Rogers		Sandridge, Markyate, Dunstable Downs, returning via Redbourn and Harpenden		
Fri 27/08/2021	The Extra Mile	Birch Green Stores (Park on Cole Green Way near Cowper Arms)	10:00	10:30		Brewery Tap, Furneux Pelham		Deb Kirby				
Fri 03/09/2021	The Extra Mile	St Albans Clocktower	10:00	10:30		The Greyhound, Aldbury		Steve Rogers				
Fri 15/10/2021	The Extra Mile	St Albans by clock tower	10:00	10:30		Aldbury - Packed lunch or Musette cafe	Fishery Wharf, Boxmoor	Martin			Route is 70km / 650m of ascent (44 miles / 2000ft) Lunch menu at Musette is either pizza or cake Please let Martin know via WhatsApp if you will be joining this ride	

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Fri 05/11/2021	The Extra Mile	Rhubarb & Mustard - 31 High St, Ashwell, Baldock SG7 5NP	10:00	10:30		The Orchard Tea Gardens in Grantchester	The Copper Kettle, Kings Parade, Cambridge	Martin			Friday's Extra Mile ride is from Ashwell to Cambridge, returning by train. It is a slightly shorter ride than usual to give us some time to look around this historic city and its colleges. The overall plan is to meet at Ashwell ride to Grantchester for lunch, passing through the grounds of Wimpole Hall on the way. After lunch we will cycle through Grantchester meadows and into the centre of Cambridge. I have planned a route through Cambridge to take in places like Kings Parade, the 'backs', Jesus Green and Parkers Piece with tea at The Copper Kettle before heading to Cambridge Station. For those wishing to travel by train, there is a direct stopping service from Hatfield at 0919 arriving Ashwell and Morden at 0957.	
Fri 31/12/2021	The Extra Mile	Waterend Barn, St Albans	9:30	10:00		Chiltern Velo cafe on Hawridge Common		Carol Brazier				
Fri 15/07/2022	The Extra Mile	Redbourn (Location TBA)	10:00	10:30		Floots in Woburn	TBA	Helen Fish		TBA	This can be a car assist ride if required.	
Thu 21/07/2022	The Extra Mile	Verulamium Museum carpark St Albans (earlier coffee available from 9am at Inn on the Park)	10:00	10:00	The Hub, Redbourn	Aldbury, venue TBA	Chipperfield	Martin Phillips		TBA	The 40plus Southend section are St Albans for this ride and we are invited to join them for this 55 mile loop from St Albans via Aldbury. A great chance to cycle with a different part of the 40plus club.	

Ride Date	Group	Meet	Meet Time	Departure Time	Elevenses	Lunch	Tea	Principal Leader	Supporting Leader	Map Ref	Note	Important Note
Fri 23/09/2022	The Extra Mile	Hatfield - White Lion Square	10:00	10:30		The Fox, Hunsdon	Possibly Hertford	Trevor		TBA	<p>Trevor will lead a ride of about 20 miles from Hatfield via Thunderidge and Cold Christmas Lane, then Wareside and finally Hunsdon to visit the Mosquito aircraft airfield. See details below: "The intention is to visit one of the main airfields from which the WWII Mosquito aircraft operated. Linkage for the 40+ being the Mosquito Museum at Salisbury Hall. We will be met at the airfield by Denis Sharp who runs the airfield preservation society for a talk/exploration of what is left of the site. There is a useful video on Youtube (https://www.youtube.com/watch?v=NQSPXTNR2OA) with the Hunsdon interest starting just after 13 minutes in. You might find a pre-visit to the refurbished museum interesting - but there are no plans for questions. We will meet at Hatfield (White Lion Square) at 10:00 for 10:30 departure - going to The Fox in Hunsdon village. After lunch we go the airfield and meet Denis there. How long we stay will depend on our level of interest. He can give a short talk using maps and photos or he can take us around (trainer shoes or similar are recommended for the wooded sections). Don't fit your expensive slick tyres as old concrete runways are pretty rough. My route to Hunsdon is 23 miles via Hertingfordbury, Thunderidge and Cold Christmas Lane, then Wareside and finally Hunsdon. This takes in Anchor Lane which is formally closed but was passable on bike when I last tried. With major roadworks going on in the area who knows what it will be like in September so a re-route may be needed. Coming back I suggest a shorter route - to Ware and the straight along to Hertford and Hatfield. Stopping off in Hertford perhaps, depending on time."</p>	
Sat 31/12/2022	The Extra Mile	Various locations: St Albans, Hatfield, Wheathamstead	10:00	10:30		Various locations		Various				<p>An Extra Mile ride takes place every week. They are not generally posted on this ride list because they are organised at short notice via a WhatsApp group and designed to be sufficiently flexible to take account of weather and other variables. If you wish to join the WhatsApp group, contact deborahkirby8@gmail.com</p>

