

BORDERS BRAKE-AWAY CYCLE GROUP 2017 programme

Borders Brake-away (BBA) is an informal member group of CTC Lothians & Borders.

It's not just cakes! Borders Brake-away (now in its 13th year) hosts cycle rides at a sociable, leisurely pace across the Scottish Borders and further afield, mainly on quiet country roads or good tracks, stopping at tea rooms, scenic spots and places of interest.

Mileage varies but is often around 50 miles taking most of the day (typically 10-11 mph). The weather may not be guaranteed but we can guarantee friendly company, healthy exercise, great scenery and usually a tea room or two for lunch or cakes.

All rides/dates below are subject to change; details of these and any additional rides will be sent to members of our Yahoo and Facebook groups a few days before each ride.



Here's how to join in.....

Yahoo group: bordersbrakeaway@yahoogroups.com

Facebook group - Borders Brake-away Cycle Group






Email: bordersbrakeaway@gmail.com

Website: www.ctclothiansandborders.uk

Date	April to September 2017	Miles	Leader
5 April WED	Peebles- Cademuir – Meldons – Eddleston - Lamancha - Peebles	40	M&C B
29/30 April SAT/SUN	Tweed Cycleway section 1 – Biggar - Peebles In 2017, we'll enjoy the 95 mile Tweed Cycleway in 4 scenic stages.	46	C&F H
10 May WED	Broughton - Carmichael area	40-45	J J
17 May WED	Tweed Cycleway section 2 – Peebles - Melrose	50-55	C&F H
27 May SAT	At the Kirkpatrick Macmillan Rally near Dumfries From our campsite at Barnsoul to the seaside at Kirkudbright	50-60	C&F H
7 June WED	Tweed Cycleway section 3 – Melrose - Coldstream	55-60	C&F H
17/18 June SAT/SUN	Melrose – Lilliesleaf – Harestanes area	40-50	J J
25 June SUN	East Lothian circuit	40-50	T M
28 June WED	Peebles to St Mary's Loch (Tweedsmuir Loop) including a visit to the historic Polmood CTC hut	53	C&F H
12 July WED	Traquair or Gordon Arms to Eskdalemuir or Moffat Glorious quiet roads and long climbs.	tba	K J
22 July SAT	Selkirk – Midlem – Lilliesleaf – Minto –Hawick –Ashkirk – Selkirk Visit www.berwick-cyclists.co.uk for contact info.	38	Berwick cyclists
12 Aug SAT	Belford - East Horton – Doddington – Ford – Lowick - Holy Island - Fenwick- Belford Safe causeway crossing time – 10:00-16:40	42	Berwick cyclists

20 Aug SUN	The legendary Durisdeer Tea Ride from Abington More hills and cakes than you can possibly need!	56	C&F H
26/27 Aug SAT/SUN	Tweed Cycleway section 4 – Coldstream - Berwick (will include Honey Farm and Union Chain Bridge)	40-45	C&F H
13 Sept WED	Loch Katrine circuit Enjoy the Autumn colours.	tba	M&C B
27 Sept WED	4 Abbeys cycleway A classic ride between historic monuments.	55	K J

GROUP CYCLING GUIDELINES

-  Carry your emergency contact details, both on your person and in your bike bag. (As ICE on your mobile unless mobile is PIN protected.)
-  Make sure the ride leader has your mobile number before the ride in case of emergencies during the day
-  For safety guidelines and advice on riding with a group, go to: http://www.ctclothians.org.uk/dynamics/files/General_riding_guidelines.pdf
-  Experienced group riders are encouraged to give friendly advice on the spot to those who may not be following the guidelines. Before you join a group ride, please read the guidelines and then ensure that you comply with them for the safety and enjoyment of all.
-  Carry emergency food/drink and spare inner tubes with you (essential precaution) and enjoy the ride!

