



Cafe Deserts

A good cafe stop is the core of a decent day ride. Cafes do seem to come and go with frequency, the Covid crisis contributing to several. We found to our cost that **Knott End**, a popular destination for a Sunday ride is now a victim. Amy's cafe, now renamed Mike's, is the last remaining one, and sadly will have problems accommodating large groups (Cash Only). The Knott End ferry cafe has closed. The Bourne arms only serves Sunday Lunch, as does the Lakeside Kitchen nr. Hambleton. The Squash pub only serves Weds to Saturday, and Dawn's Kitchen appears to be closed on Sundays and is up for sale.

Our resident gourmet Andrés, however, recommends Hadfield's, between Preesall and Stalmine as the nearest Sunday alternative.



The Bus Stop Bikers Cycling Group was formed in 2013 and has inevitably gone through change, though the way it works has remained essentially unchanged. None of the original founders are still riding with the group, and many former regular riders have stopped riding with us, or stopped altogether. This tends to be the nature of non-competitive cycling.

We passed our 10th anniversary in 2023 without comment.

Since re-launching our website in 2020, now entering the fifth year, the membership has gradually increased. We stopped using the 'Lets Ride' website to advertise most of our rides some time ago as nobody booked on, preferring to use our own website, though there is a substantial number of members registered on Let's Ride. Andrés still occasionally puts on British Cycling Guided rides on Let's Ride and Chris hosts the Monday evening open track rides at the Steven Burke track in Barrowford.

The current website membership has been gradually increasing and now stands at 194. Slightly less than half of members have actually been on any of our rides and the core group itself changes from year to year. There is usually always someone new to meet. Percentage male to female ratio of the group is 60:40.

Recently a new organiser, Simon Morris, has begun posting and leading rides for us.





YOU GO TOO FAST!

This has been said of our group, despite the fact we never leave anyone behind, even if someone has become detached.

The good news is we propose to recommence the Chorley evening rides this year when the weather improves, and hopefully run them once in the daytime and once in the evening.

These will be run at a steady pace suitable for all. Start will probably be Astley Park Gates in an evening, and Astley Hall in the daytime, to make use of the free car parking.

RIBBLE VALLY JUNIORS

A word about the Ribble Valley Juniors Club, based at Walton-le-Dale Primary School, with rides starting in several parts of the area for Children accompanied by their adults. Coincidentally run by several of our members and Ride Leaders Simon and Geoff. There is a link on our website to theirs.

Traditionally we have always run our main ride on a Sunday. We feel this is the best day as the roads are the quietest. It also suits working cyclists, but not churchgoers. Summer time evening rides from Chorley were not run last year due to ill health.

We would love to host more rides but lack the ride leaders to do this i.e. more volunteers are needed.
If you fancy organising and leading rides please get in touch. Despite what you may hear there is no compulsory qualification required, just common sense and enthusiasm. Information about what is necessary is available and our existing organisers can offer support.

Stephen Hilton

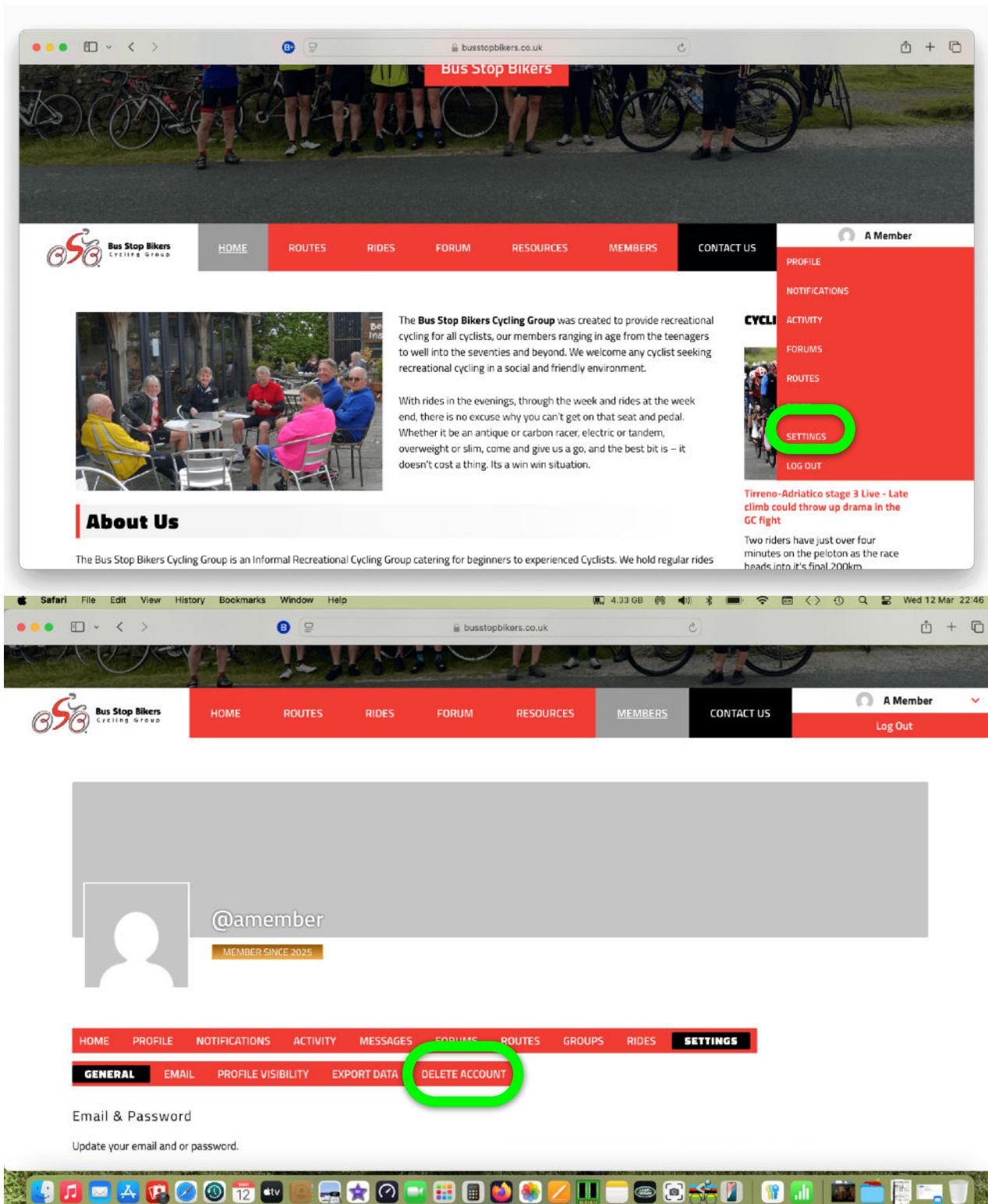
WHY ARE WE AFFILIATED TO CYCLING UK?

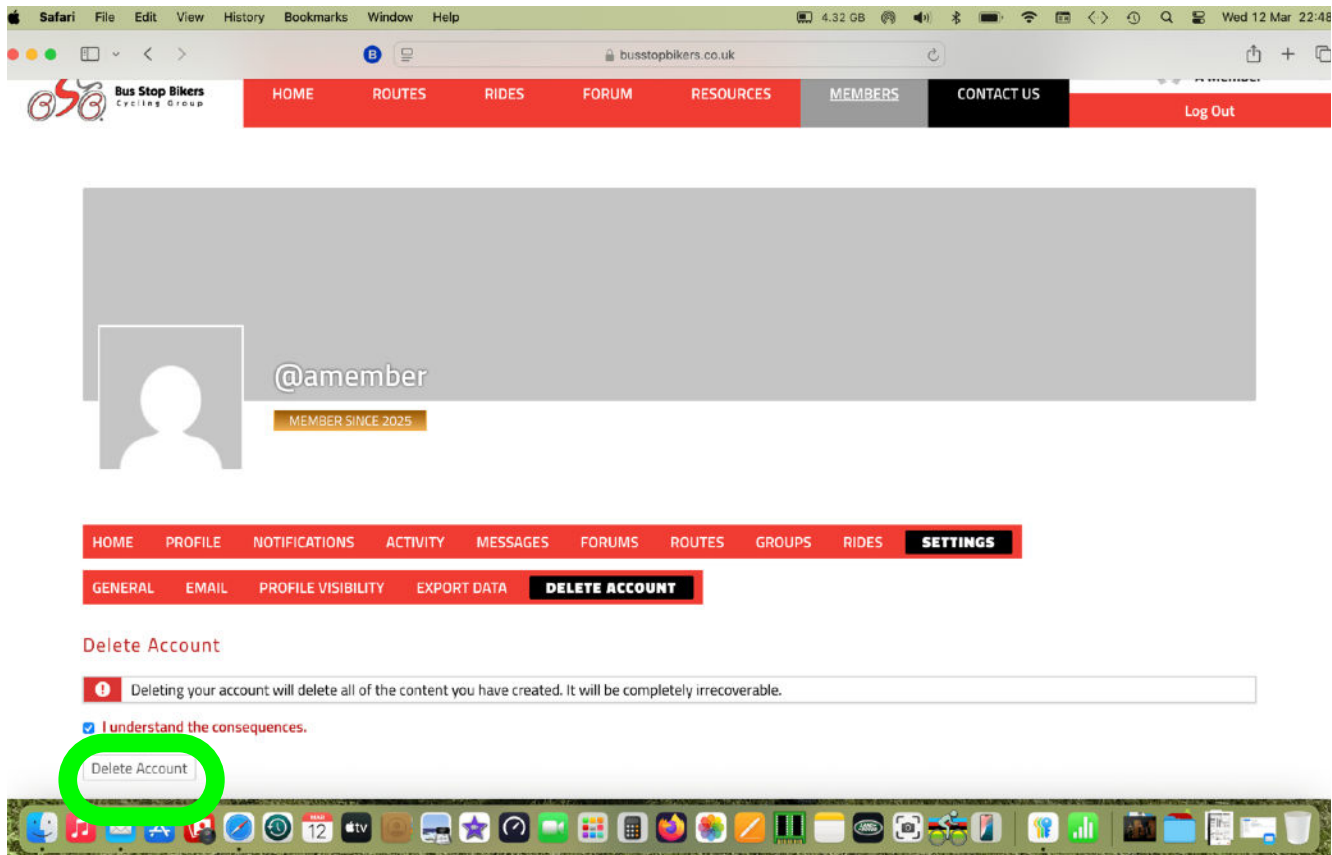
Cycling UK is the world's oldest transport organisation, formed as The Bicycle Touring Club in 1878, changing it's name to The Cyclists Touring Club, then in 2012 becoming The National Cycling Charity, finally changing it's name to Cycling UK in 2016. They sponsor Member Groups with some indirect financial help, but these groups need to have a more rigid structure and this usually involves membership fees. We are currently an Affiliate Group. This gives us insurance for our ride leaders and an advice and guidance structure. As such we do have to operate to certain standards, but these are not very rigid. British Cycling offers similar benefits but their structure tends to be more restrictive. Many of our ride leaders have been on ride leaders courses, mostly run by British Cycling, but Cycling UK also offers these courses. Cycling UK does not expect ride leaders to have special training, just to be competent, this being decided by the group.

2025 100 MILE RIDE : We have run the "popular" 100 miler for the last two years and hope to run it again this year, hopefully in August. It will not be a particularly challenging route, so maybe we can encourage more members to give it a try.

DELETING YOUR MEMBERSHIP

We occasionally receive requests to delete a membership, usually because the member feels the rides are not suitable for them. It appears many members are unsure about how to cease their membership. Whilst we are happy to remove you from the website by emailing in, you may easily delete your own membership from your own personal drop down menu, which appears on the right hand side at the top of the home page. Screen shots of the process are below. All your details are removed and any contributions to the forum are anonymised. You can, of course, re-join at any time.





Roots

On the subject of cafes, here are some of our favourites. Some have very good food, some are cycling friendly, some are cheap and some are just exist in the right place. And all these cafes are currently open on Sundays

Roots cafe, Catforth, Preston: Very cycling friendly, plenty of indoor space, nice garden in summer, basic food, lot's of cakes.

Apex Cycleworks, Lytham: Nice food, very cycling friendly, tiny indoor space but large heated outdoor covered space. A tad expensive.

Velo cafe, Twin Lakes, Croston: Very cycling friendly, lots of indoor and covered outdoor space, basic menu.

Bill Rimmers Cafe and Tea Room, Benthams way, Southport: Recently re-opened. Lot's of hidden outdoor space and large indoor space. Decent food.

Village Bakehouse, Halsall: Decent food, small indoor space but outdoor tables overlooking the cricket pitch. Best when the weather is nice.

Mecycle, Ainsdale: Very cycling friendly (also a bike shop). Run by an Autism charity. Food decent though limited menu. plenty of indoor space and outdoor tables. Can run low on food late in the day.

Stanley Park Art Deco cafe, Blackpool: Good food, great setting, loads of indoor and outdoor space. Quick service, cycle racks. Possibly the largest vanilla slices on the planet.

Brew@Anchorsholme park, Cleveleys: Large indoor and outdoor space. Food decent, very cheap.

Half Moon Bay Cafe, Half Moon Bay, Heysham: Nice spot, especially if you like nuclear power stations. Lots of outdoor tables. Was cash only.

3 Peaks Bike shop and Cafe, Market square, Settle: Cycling friendly (obviously), inside and outside tables.

The Old Vicarage Tea Rooms, Tosside: Super cafe, lots of room for cycles and covered outdoor tables. Best to ring in advance if there is a lot of you. Cash or bank transfer only. Great views if you can cope with the climb, though we do a route from the easy side!

Riverbank Tea Rooms, Slaidburn: Small cafe with upstairs and downstairs. Plenty of outside tables. Competes with Tosside for scenery.

Pavilion Cafe, Victoria Park, Barrowford: Community run excellent cafe. Welcomes cyclists. outside bike stands.

The Quayside at Glasson Dock: Nice cafe, inside and outside tables. Bikes against fence opposite. If you are in a hurry, **The Lockkeepers Rest** hut is an alternative. Outdoor tables only

The Cherry Orchard Tea Rooms, Inglenook Farm, Rainford: Good food, lots of outdoor space and tables, which is likely you will be encouraged to use. Adjacent vintage bike shop.

Tastebuds Cafe at The Wharf, Rufford: Well known cycling friendly cafe, popular, so not recommended if you are in a hurry!

Remember all the rides remain on the ROUTES page on the website and the GPX files can be downloaded at any time after logging in. [HAPPY CYCLING.](#)