

## Weekly rides

A group of our members generally start in South Wootton at The Swan. Then to the café stop via one or two pick up points with approximate times planned. The group stays together and rides at a touring pace around 12mph. There will be a coffee stop, usually at a café, and a pub lunch stop. Routes typically between 40 and 60 miles.

Routes are published in <https://www.plotaroute.com/> and free to access. Click the link to view, copy or download the route. For help with this program visit [Plotaroute help](#).

[\*\*CyclingUK\*\*](#) members are welcome to join, just email Trevor at [wnctckl@gmail.com](mailto:wnctckl@gmail.com) in advance.

Non members are also welcome with prior notice, please complete the guest form [HERE](#). This allows you three rides with us using club insurance cover.

If anyone has queries about the routes please contact [David HERE](#)..