



WELCOME TO THE CLUB AND RIDING ETIQUETTE

Welcome to the Eden Valley Cycling group. Set out below is an introduction to the club and a guide to how the club rides are organised.

Firstly, a note on safety: We want our members to enjoy riding with the club safely and respectfully. Ultimately, our riders are responsible for their own and others' safety. Skip this, and we risk injury to ourselves as well as others. The Club has a Code of Conduct in the documents section of the website. This sets out the Club's riding etiquette and provides guidance on how to ride in a group, which has some additional considerations compared to riding alone. Please read and follow this when joining us on a group ride.

Many of our group are approaching or past retirement age and have a wealth of cycling experience. Some are relatively new to group riding. What we have in common is a desire to keep active and a love of the outdoors. We are lucky to live in an area with some of UK's best cycling, around the North Lakes, the Eden Valley, the Borders and the Yorkshire Dales. Our group rides cater for both social and more energetic rides, and the focus is on enjoyment rather than competition.

ACTIVITIES:

Throughout the year on Wednesdays and Sundays (detailed on the 'Rides List'). We have:

A schedule of 'café stops' - members cycle alone or as an informal group for a regular meet on Sundays and Wednesdays.

'Rides' led by Members. There are usually 2 categories of rides, briefly grade 2 being 'moderate' and grade 3 being more 'challenging', which take into account pace, distance and length/steepness of hills. These are independent of the café stops but do often sync up with them.

New for 2026, "Self-Led Rides". These are ready-made routes that are intended to join up with the café stop but are strictly informal: there will be no ride leader or guidance from the club. This is to encourage members and others to join up on the same route to the café.

We also have occasional Group Open Events, such as an annual 'Challenge Ride' and every 3rd year host a 'Tri-vets' event for the over 50s.

Members of the club also arrange to go together on both commercially organised and self-led **cycle touring trips** in the UK and abroad.

Cycling UK Membership

CUK Membership is required for members. This provides individual insurance in case of an incident. Non-CUK members are free to join the club rides on a trial basis for a max of 3 rides.

How to join us on a ride

Please see the next page and follow the Club's Code of Conduct in the Documents section of the Website. The café meets are an easy way to informally meet the club, especially if you are new to riding in a group. Non-members are also welcome to join club's weekly rides. In this case, please provide contact details in case of emergency for the Ride leader. You must accept that cycling is a dangerous activity and that you are responsible for your own safety.



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Joining a ride:

Initially, the ride leader will post basic information on the club's Rides List. A few days ahead of the ride, further details are posted on the Blog section of the website. Please check this just before a ride in case there are late changes or cancellation. Club policy is to cancel rides where there is a risk of ice/snow on the road

Members or guests should let the Leader know they are joining (from the start or elsewhere) – contact details will be on the Blog. *Riders should inform the Leader of anything which might affect their riding, such as health conditions, or information that may be relevant in an emergency*

On the Ride:

The leader sets the pace (she/he may ride at the front, the back or anywhere in the group) She/he may nominate front and rear riders, especially in large groups, to help keep the group together and deal with breakdowns or accidents. Please stay behind the nominated front leader. If you do get ahead, you should wait at a safe place at the top of a hill or near the first junction for others to catch up. Please do not obstruct junctions or create a hazard to other road users

Finally, please enjoy riding with us and come home safe.