

York Cycle Rally

2023

Show Programme

23-25 June 2023

£1.00

Free for Friends
of York Rally

www.yorkrally.org

100% volunteer-organised,
with special thanks for
support to:



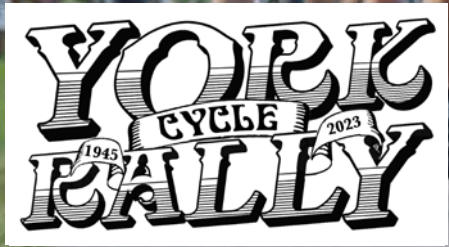
Yorkshire
Wildlife Trust



YORK
Greenways



St Nicks
The Green Heart of York



Welcome to the York Rally 2023

We're delighted to welcome you to the 2023 York Rally! This year has thankfully seen some relief from the COVID pandemic but it has also brought with it a cost of living crisis. The York Rally organising team has kept this firmly in mind as we prepared this year's Rally. The event (and all we do) is organised on a not-for-profit basis, and we do all we can to keep the cost of attending the Rally affordable. We hope all who attend find it good value. Donations in support of the event, from those who can, help immensely. Joining the **Friends of York Rally** is another great way to support, as you'll read overleaf. Once again our all-volunteer team has worked incredibly hard to make the event happen. I would especially like to thank the relative newcomers to the organising committee

who have stepped up to take on significant responsibilities - thank you.

But we have two key organising team members who are stepping back after this year's event. We must fill those gaps in our team to keep the event sustainable so **if you possibly can join the organising team and help shape the future of the Rally**, please do get in touch with us. There's no need to live in or near York.

Thank you again for attending the Rally. Please do take full part and help us make it the best it can be.

We wish you a safe, enjoyable event and happy cycling before, during and after.

**Gerry Boswell
Chairman
York Rally Committee**



Contact numbers
York Rally mobile:
07467 321 443
This number will be manned 24 hours throughout the Rally. For all non-emergency enquiries.
**First Aid & Emergency:
07596 831 541**
On-site emergency number, manned 24 hours throughout the Rally.

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York Rally 2024
The provisional dates for the next York Rally are:
21-23 June 2024
Unfortunately, until York Racecourse have finalised their calendar later this year, this remains subject to final confirmation. Please watch the York Rally's website: www.yorkrally.org for any updates.

COVER IMAGE All welcome at the family friendly Rally!
THIS PAGE A ride sets off in 2022. Both photos: Peter Eland

Info and what's on: Friday



General Info

Rally HQ

Visit Rally HQ (see site plan, page 10) to volunteer, with any queries or problems, to buy Rally clothing & badges, and to find out about rides, talks and more. There'll also be an area for children to do colouring-in. Opening hours: Friday: 4 pm to 10 pm. Saturday: 9 am to 6 pm; Sunday: 9 am to 4 pm.

Showers

Please note the **new showers location** inside the enclosure fence (see site plan, page 11) and opening hours: Friday 4 pm to 10 pm, Saturday 6 am to 10 pm, Sunday: 6 am to 10 pm.

Catering and bar

Please see page 21 for full details.

Lost property

Please hand in items to Rally HQ.

Fancy joining a ride?

Important: info updated for 2023

All rides are free of charge to join, but we do need to collect some basic details from you for safety and insurance purposes.

It would help hugely to speed up ride departures if you could please visit Rally HQ and provide your details at least 30 minutes before the ride is due to depart.

If this is not possible then you can still just turn up to the start point - you'll just need to provide your details to the ride leader.

Departure points are located along the fencing by the main tarmac road leading into the Rally: see site plan on page 10. Any changes made since this programme went to press will be displayed in the Rally HQ (where route details can also be found) and on each of the departure boards.

Riders must satisfy themselves that they and their machines are capable of the pace, distance and type of the organised rides, and that they can make their own way back if for whatever reason they cannot stay with the group. The Rally Committee, organisers and ride leaders can not be held responsible for riders who fail to do so, and we cannot provide any sort of sag wagon or pickup service, sorry.

Finally, please take great care to be courteous and give plenty of space to pedestrians on shared paths near the Rally - this really helps us to be seen by local residents as considerate guests on the Knavesmire.

Friends of York Rally

The Friends of York Rally is the event's supporter club, for everyone who wants to actively support the future of this much loved event. With over 100 members already, the Friends community gives a big boost to the volunteers keeping the Rally alive.

For a donation from just £5 per year, Friends membership entitles you to a free show programme and a Friends badge.

Please just ask at HQ to join.



Have you bought your badge?

2023 York Rally badges are on sale now at Rally HQ, plus badges from previous years.

After the Rally you can order online for postal delivery at: yorkrally.org/merchandise



Donating cycling items to support the Rally

If you have any spare cycling items you would like to donate to help support the Rally we would be most grateful.

For **sellable** items please see the info on page 9.

For **items which may not be sellable**, there is an area set aside at the corner of the Enclosure where you can leave items - and other Rally-goers are simply invited to make a donation to Rally funds if they pick something up.

Private bike sales on the Enclosure fence

"For sale" cycles chained to the Enclosure fence by Rally-goers is a valued tradition of the event. But to ensure we comply with trading rules and can maintain this facility, we must stress that it is for **personal sales only please**. All commercial traders must book a trade stand - please enquire at HQ if necessary.

Friday - what's on

4.00 pm CAMPSITE: Campsite opens!
Catering and bar facilities also open - see page 21 for details.

6.30 pm CHIPS & PUB RIDE: York Greenways evening pub ride to Deighton then on to Bishopthorpe for a pint! Leader Peter Huxford, a Greenways volunteer, says "The route is along the Solar System Greenway and quiet country roads. It's about 8 miles each way. Lights needed!"
www.yorkgreenways.org.uk

7.30 pm Cycling Quiz: in the bar area. Just turn up! Entries £1 each, max team size six. The quiz starts at 7:30pm.

11.00 p.m. CAMPSITE: Quiet please after 11 pm.
Catering and bar close



Back for the York Rally 2023!

Cycling Quiz

on Friday evening

Come along once you're set up!

The Quiz will take place in the bar area from 7:30 pm. Entry is just £1 per person, up to six per team.

What's on: Saturday

Saturday: Rides

Please sign up at HQ in advance if you can - see page 4 - and please do check in Rally HQ for any late additions or changes.

09:00 Challenge Ride: The Tour de York

Join Eamon Prendergast of the York Wednesday Wheelers for this 68 mile epic ride encircling the city of York. At a brisk pace, riders will enjoy riding along mainly quiet roads and country lanes. There will be a refreshment stop. **Start point: 5**

09:15 The Tour of the Ainsty

Join Gary Knighton (York Rally Committee) for this 31 mile tour of the lowlands to the west which were known, historically, as the Wapentake of Ainsty. There will be a variety of surfaces and, as Gary says "There are some very green, green lanes." **NOT suitable for road bikes with narrow tyres.** Refreshment stop at Doyly's tearoom at Bolton Percy. The pace will be medium. **Start point: 2**

09:30 On road ride to Stamford Bridge

Andrew Richardson of York Wednesday Wheelers will lead this medium to fast paced 37 mile ride to the east of York to Stamford Bridge. Here in 1066, King Harold's army defeated invading Danes, and then marched south to fight William of Normandy. The rest is history! There will be a refreshment stop. **Start point: 3**

09:30 The Non-Conventionals!

Ian Prince (York Rally Committee) is leading a ride for tandems, tricycles, recumbent cycles, Bromptons, Moultons etc. Join him for a ride along the traffic-free Solar System Greenway and beyond, 5 miles each way, refreshments at Naburn Lock. **Start point: 5**

09:45 Easy ride to Riccall

Barry Raynor (York Rally Committee) will lead this leisurely 21 mile ride along a traffic-free track and quiet roads to the village of Riccall, where there is a tearoom. **Start point: 4**

10:00 Westwards with the Rouleurs

Mark Presley from York Rouleurs is leading this medium-paced 35 mile ride through villages to the west of York, calling at Doyly's tearoom for refreshments. All are welcome on this ride along quiet roads. Visit The York Rouleurs' stall at the Rally to find out more about this friendly and inclusive club. **Start point: 2**

10:30 The Solar System Greenway

Join Peter Huxford of York Greenways and the York Rally Committee, for this leisurely, traffic-free 17 mile ride along York's Solar System Greenway, visiting the Planets along the way. This former railway line is now home to a wealth of wild flowers and small animals. **Start point: 5**

12:30 The Way of The Roses

Bill Ramage is leading this leisurely-paced, mainly traffic-free ride along the York Riverside path and quiet roads to the Home Farm café at Beningbrough. The route follows part of Sustrans' Route 65. The Riverside Path is shared with people out for a stroll, so be prepared to take it easy! Beginner cyclists are especially welcome on this 23 mile round trip. (This ride will be repeated tomorrow) **Start point: 2**

13:00 RSF Ride: Dunnington and Beyond

Join George Nutt of The RSF Off-Road Cycling And Touring Club for this 26 mile ride to Stamford Bridge. There are lengthy off-road sections on farm tracks and bridleways. Enjoy quiet roads and interesting traffic-free tracks through lovely countryside. **Start point: 4**

Saturday: Activities

10.30 am

All activities open:
Catering and bar open
TRADE SHOW
CLUB DISPLAYS
CHILDREN'S ACTIVITIES (see page 14)

THE SONICS PLAY LIVE

12 noon

AUCTION: Seller registration open
THE SONICS PLAY LIVE

1 & 2 pm

TALKS: see opposite

2.00 pm

AUCTION: Viewing (until 3 pm)

3.00 pm

AUCTION: Selling starts! Expected to end by 5 pm.

CHILDREN'S ACTIVITIES close

5 to 6 pm

TALKS: see opposite

6.00 pm

All activities close:
TRADE SHOW
CLUB DISPLAYS

7.30 pm

LIVE MUSIC: The BeatRoots play live in the bar area until late. See right...

11.00 p.m.

CAMPSITE: Quiet please after 11pm.
Catering and bar close



Saturday: the Auction Sale

Buy or sell bikes with all the adrenaline of the auction format, under the experienced gavel of auctioneer Tony Stephenson.

The Auction is in the Lounge tent at 3 pm on Saturday, with seller registration from 12 noon and viewing from 2 pm. Any cycling related item is welcome.

- **Please bring cash:** we hope to have card facilities, but cannot guarantee the availability of this. We cannot accept cheques, sorry.

- **Fees:** There is a £2 fee per lot entered, payable by the seller in advance. In addition, 10% sellers and 10% buyer's fees will apply. So if hammer price is £100, buyer pays £110 and seller receives £90.

- **Payments to sellers** will be by PayPal or bank transfer or by cheque posted after the Rally to the address provided by the seller.

Saturday: Talks

Many thanks to all of our volunteer speakers, and please do contact us if you could volunteer to do a talk next year. The talks take place in the main marquee - see page 11.

Also: many thanks to Inspired Cycle Engineering for providing the TV screen for this and many previous Rallies!

1 pm: **42 Ways to Transform York** by York Cycle Campaign

How can cycling in and around York be made safe, convenient and accessible for everyone? York Cycle Campaign has developed a vision for a truly cycle-friendly city which can be an inspiration for cycle campaigners nationwide. Read the whole 42 Ways document at <https://yorkcyclecampaign.bike/42ways/> or come to be inspired!

2 pm: *Being There* by Peter Lumley Getting words on paper can be like pedalling; sometimes easy, sometimes not. The highlights of seventy years of cycling, and writing about it, come to life in this talk - not least the tale of founding a cycling club, and attending York Rallies since the '50s...

5 pm: **StelA Tandem: a record-breaking ride around the World!** by Laura Pugh

On 6th June 2022 Stevie and Laura set off on their tandem to cycle around the world. They returned 180 days later with a Guinness World Record! Their trip was full of adventures and the record wasn't easily won, so come along to hear more about their epic challenge! Read more at www.stelatandem.com

Saturday: Live music

We're delighted to once again welcome **The Sonics Rock and Roll Band** to the Rally! Three keen cyclists, they will play two sets on Saturday morning, from 10:30 am and 12.

On Saturday evening, we welcome back 2022's well received performer Linda Jennings - a long-time cyclist and triathlete from Bolton.

Linda will be back with bassist John and fellow guitar/vocalist Helen, together performing as **The BeatRoots**.

Although this year's session, which takes place from 7:30 pm in the bar area, isn't billed as an Open Mic do please come prepared to sing along and join in if you want!

Riccall refreshments

Unfortunately the refreshments usually available at the Methodist Hall in Riccall, a few miles south of York, **will not be available this year** due to refurbishment of the Hall. There is however a new bakery/cafe as you enter the village, which should be a suitable stop for the "Easy" self-led ride. The Riccall team expect that normal service will resume next year!

What's on: Sunday

Sunday: Rides

Please sign up at HQ in advance if you can - see page 4 - and please do check in Rally HQ for any late additions or changes.

09:30 Church service ride

To Naburn. Mostly traffic free, about 5 miles each way. An all age worship service will take place at St Matthew's, Naburn, at 9:30 AM. There will be a marshalled ride back after the service. Gather opposite Rally on cycle path across the horseracing track - see map. Leader Paul Reid **Start point: see map on page 10.**

09:00 Challenge Ride to Fridaythorpe

Join Roger Bilsby of The York Wednesday Wheelers for this medium-paced 62 mile ride to Seaways Café at Fridaythorpe. The scenery is varied, from the lowlands of the Derwent Valley to the steep climbs of the Wolds. **Start point: 2**

10:00 Westwards with The Rouleurs

Erin Bagral of The York Rouleurs is leading this medium-paced 35 mile ride, which is aimed at encouraging women and non-binary people to ride in a non-competitive situation. There will be a refreshment stop. **Start point: 3**

10:20 RSF Ride to Skipwith and Selby

Join Ian Wood of The RSF Off-Road Cycling And Touring Club for this 34 mile ride, with off-road sections to Skipwith and Selby. This route includes byways, bridleways and the Solar System Greenway. **Start point: 4**

10:45 RSF Solar System Greenway

Geoff Smith of The RSF Off-Road Cycling And Touring Club is to lead this 17 mile off-road, traffic-free ride to Riccall. The pace will be slow/ medium, as this ride is along a shared use path.

Start point: 5

11:15 The Way of The Roses

Join Bill Ramage for this relaxed-pace 23 mile round trip to the Home Farm Café at Beningbrough. Much of this route is traffic-free along York's Riverside Path, and also some quiet roads. The Riverside Path is shared with people out for a stroll, so be prepared to take it easy! (This is a repeat of yesterday's ride) **Start point: 2**

13:00 The Col de Kimberlow

Peter Huxford (York Greenways and York Rally Committee) is leading this relaxed pace ca. 10 mile ride along mainly traffic-free paths to York's highest point (Kimberlow, c. 40 metres above sea level) and on to the York Velodrome for refreshments.

Start point: 5

Sunday: Activities

9.00 am SADDLEBAG SALE: Sellers setting up.

10.00 am SADDLEBAG SALE: Opens to buyers. Entry free with show programme, else £1.

10.30 am All other activities open:
Catering and bar open
TRADE SHOW
CLUB DISPLAYS
CHILDRENS' ACTIVITIES

12 -1 pm TALKS: see below.

3.00 pm CHILDREN'S ACTIVITIES close

4.00 pm TRADE SHOW closes
CLUB DISPLAYS close
Catering and bar close

8.00 pm SURVIVORS' GATHERING: DIY get-together in the central trade area for anyone still on site. Bring a BBQ if you have one!

11.00 pm CAMPSITE: Quiet please after 11 pm. Please depart by 10 am on Monday morning.

Children's activities

We have new activities for children this year on both Saturday and Sunday - please see page 14!

Sunday: Talks

Many thanks to all of our volunteer speakers, and please do contact us if you could volunteer to do a talk next year. The talks take place in the main marquee - see page 11. Many thanks to Inspired Cycle Engineering for providing the TV screen for this and many previous Rallies!

12 noon: CYCLINGJAZZ - the next great cycle racing novel? by Stuart Stanton

Drawing on philosophical links between saxophones and bicycles, and the deep cultural history of the Tour de France, Stuart seeks suggestions for title and first lines of the next great cycling novel...



Sunday: the Saddlebag Sale

The York Rally's cycle jumble is traditionally known as the Saddlebag Sale. We'll continue to use the more COVID-friendly layout we introduced last year.

Sellers set up from 9 am, buyers enter from 10 am. Entry is free with this show programme, otherwise £1.

PLEASE DONATE YOUR UNWANTED BIKES AND CYCLING KIT!

This year we have once again set aside a table at the Saddlebag Sale where we will sell donated items to raise funds for the Rally. Please leave anything **sellable** which you can donate at Rally HQ, **before 9 am on Sunday.**

Complete bikes may be sold in the Auction, so please donate these at HQ **by 10 am Saturday please.**

Any unsold items will be placed in the "in exchange for a donation" area (see page 5) and if not taken by the end of the Rally, offered to local cycling organisations or disposed of.



A Rally ride to Fridaythorpe in 2019. This year's "Challenge" ride to the same destination departs at 9 am. Photo by Andy Jeff.

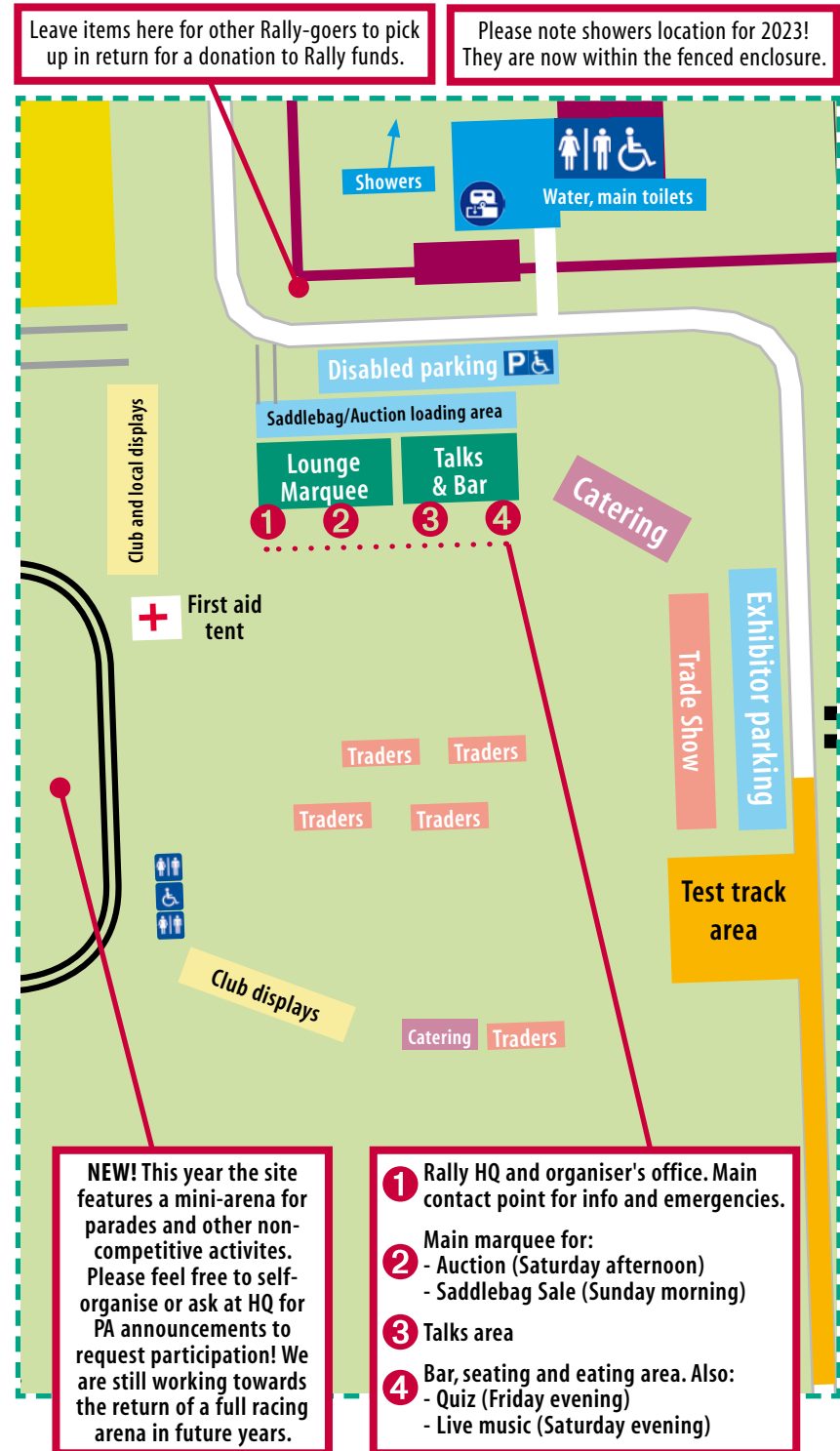
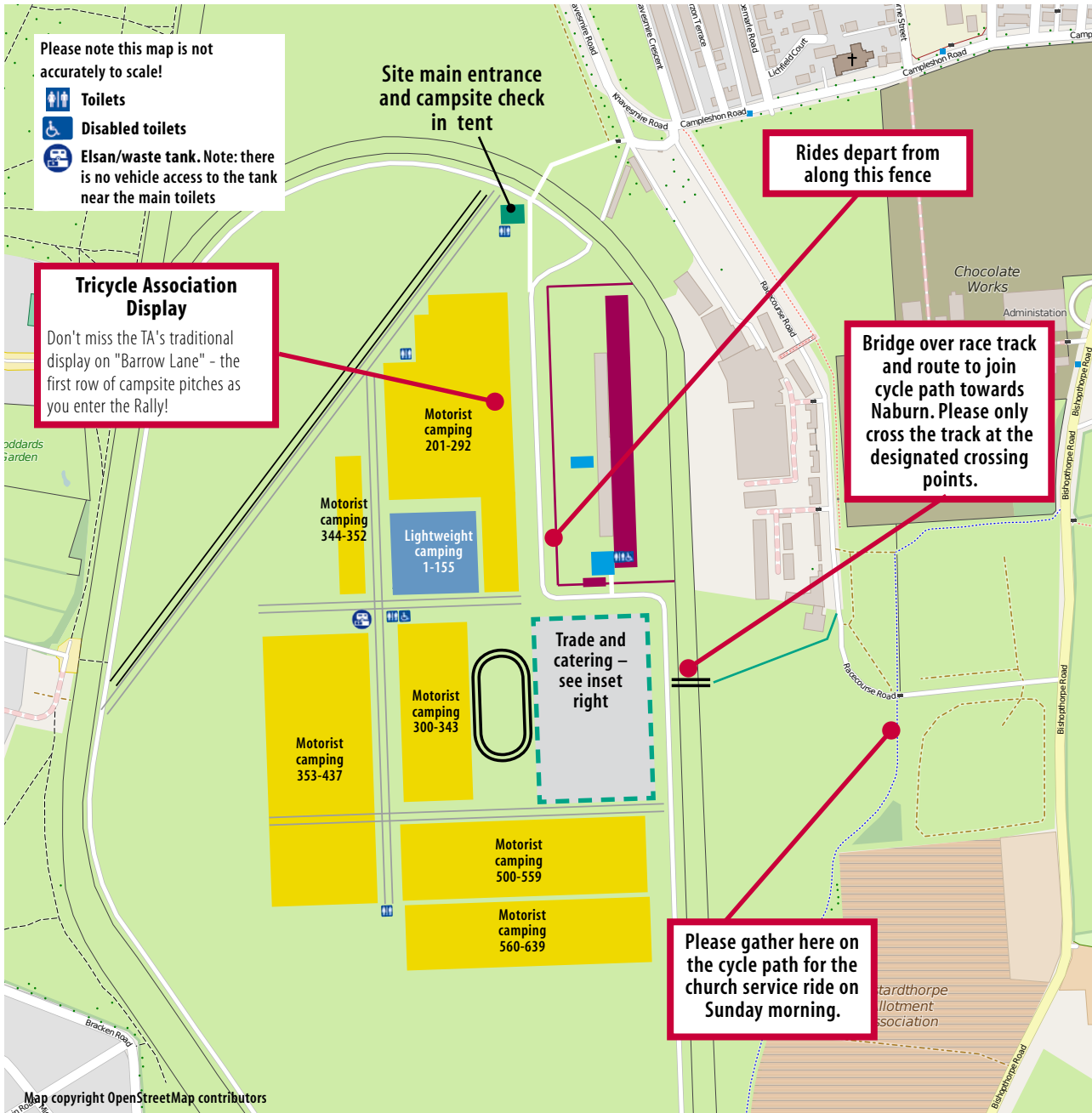
Church service ride

Once again we have a Sunday church service ride, an easy and almost completely traffic-free 5 miles to St Matthew's in Naburn. The photo below shows riders departing in 2022.

Please note **this ride will leave 15 minutes earlier this year**, at 8:30am sharp from the location shown on the map overleaf, to ensure that everyone can comfortably reach the church in good time.



2023 York Rally site plan



ENJOY THE RIDE...

ICE
INSPIRED CYCLE ENGINEERING



COMFORTABLE, RELAXED CYCLING. WHETHER YOU'RE PUSHING YOUR SPEED OR ON A LEISURELY WEEKEND RIDE, AN ICE RECUMBENT TRIKE IS YOUR PERFECT RIDING PARTNER.

TEST RIDE AN ICE TRIKE YOURSELF THIS WEEKEND.

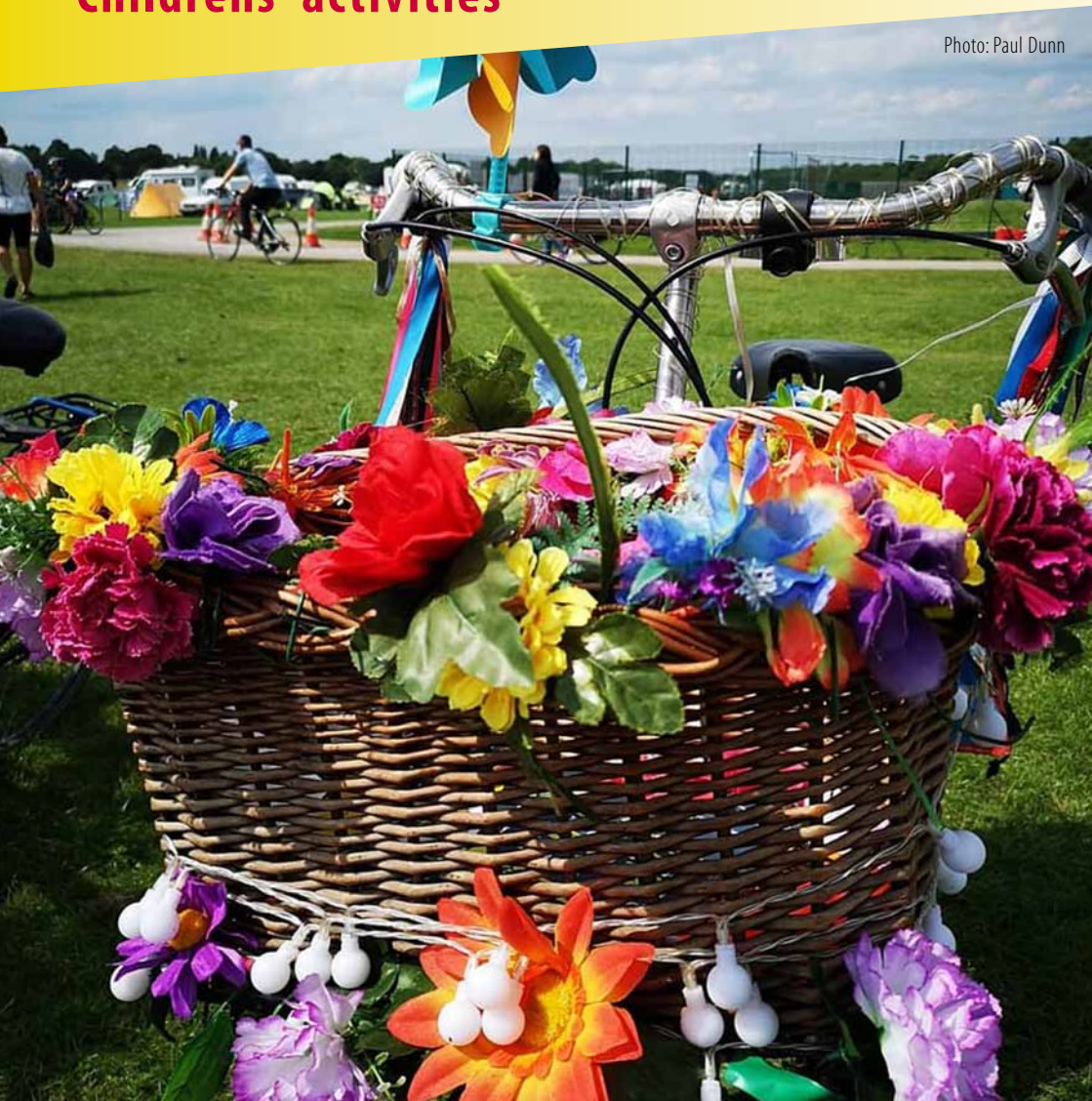
icetrikes.co | 01326 378848



BUILT IN FALMOUTH, CORNWALL

Childrens' activities

Photo: Paul Dunn



Children's activities - NEW

New this year - decorate your bike! Bring your child and their cycle to Rally HQ where we'll have materials to make a magical artwork from any bike. Prizes for all who take part! Other activities may be added as resources permit - please just ask at HQ.

Do you have activity ideas for next year? We'd love to hear from you - please contact us on juniors@yorkrally.org

Recycling: many thanks to St Nicks!

A big thank-you to the recycling team at St Nicks, whose recycling boxes, cargo trike and electric vehicle you may see on site helping manage the Rally's waste. They're part of the St Nicholas Fields eco charity, based at York Environment Centre at the end of Bull Lane, just off York's Hull Road. Find out more at: www.stnicks.org.uk



Bygone Bykes Yorkshire Club GREAT YORKSHIRE CYCLE JUMBLE



SATURDAY, 23rd September 2023 ~
10am to 2pm.

To be held at Shipton Village Hall,
Main Street,
Shipton-by-Beningbrough.
YO30 1AA
(5 miles north of York on the A19)

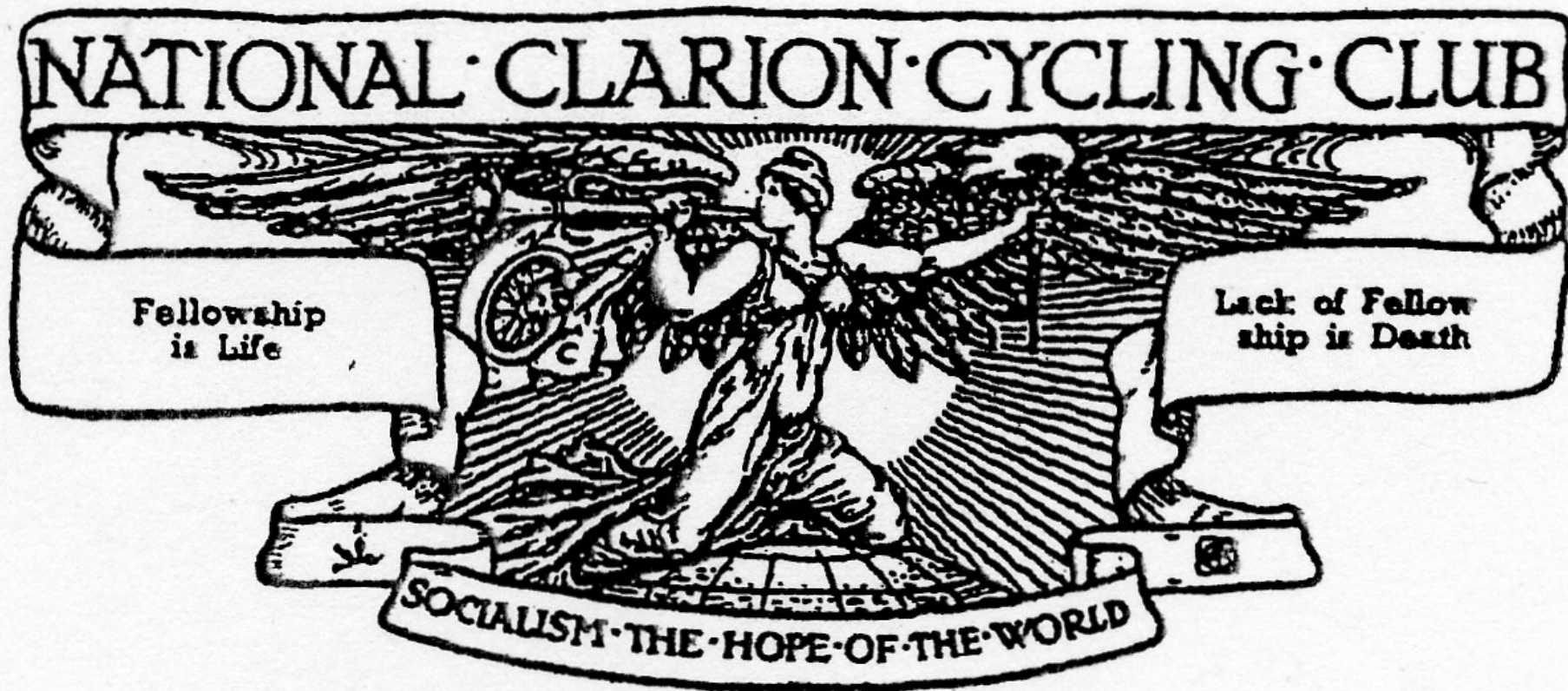
Indoor pitches £10, outdoor pitches £10

NOTE: All sellers need to bring their own tables.

Admission by donation, No early bird fee,
No queuing, Refreshments and
Large free car park on site.

Contact: Charles Jepson 01254 51302 (just 5 digits)

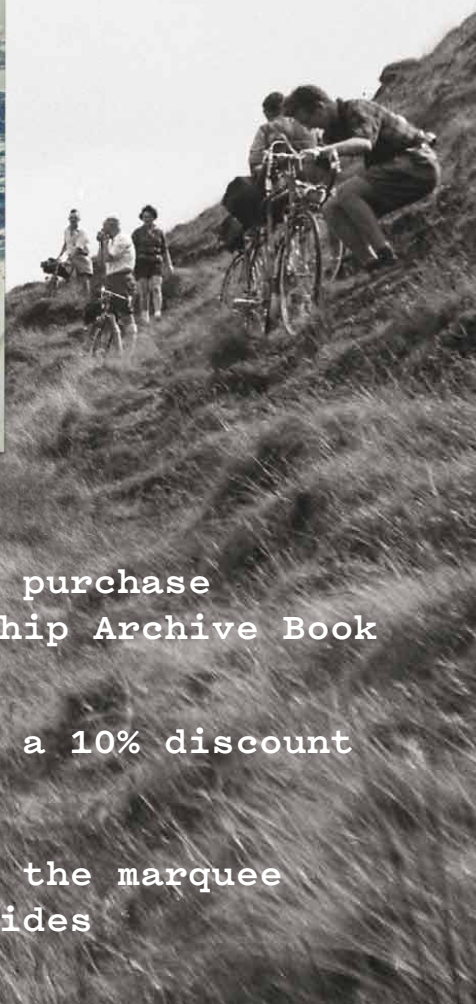
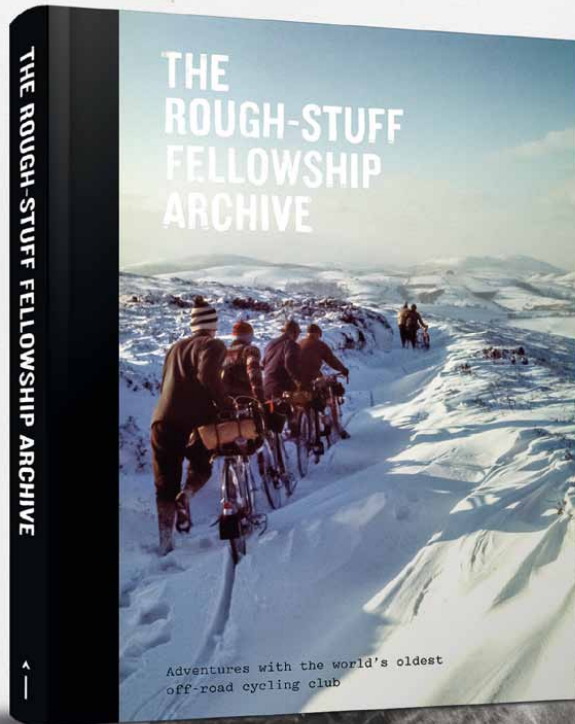
Email: clarioncc@yahoo.co.uk



COMRADELY GREETINGS TO ALL CYCLISTS
CLARION CYCLING AND SOCIALISM
AN UNBROKEN LINK

The Rough-Stuff Fellowship

The Oldest Established
Off-Road Cycling Club
in the World



To find out more and to purchase
The Rough-Stuff Fellowship Archive Book
please visit rsf.org.uk

Members are entitled to a 10% discount

Find us at rsf.org.uk

Meet us on the stand in the marquee

Join us on one of our rides

Trade show and displays

A deal is done at the York Rally 2019.
Thanks to Paul Dunn for the photo!



Please support the following
companies, who support the
Rally by exhibiting at the Trade
Show:

Adapt-E ICETrikes
07836 524170 www.adapt-e.co.uk
Cycle Touring Supplies
07954 227309
www.cycletouringsupplies.co.uk

Fibrax Ltd
01978 356 744 www.fibrax.com

Inspired Cycle Engineering
01326 378848 www.icetrikes.co

Insync Cycling Coach 07490
958 136 www.insynccyclingcoach.com

K2 Trading 01522 827349

Poetry in Motion Cycles
07917 698 749 www.pimcycles.co.uk

Re-Cycle York 01904 848141
www.facebook.com/reCycleYork

Scimitar Sports 01905 425 324
www.scimitarsports.com

Showers Pass UK 07451 069760
www.showerspass.co.uk

Spa Cycles 01423 887 003
www.spacycles.co.uk

Many thanks to the following cycling
organisations for being at the Rally:

British Human Power Club
Website: www.bhpc.org.uk

Bygone Bykes (Yorkshire) Club
Website: www.bygonebykes.weebly.com
E-mail bbyc1967@btinternet.com

National Association of Veteran Cycle Clubs
Tel 01530 833 521 Website: www.navcc.co.uk

National Clarion Cycling Club 1895 Contact
Charles Jepson. Tel 01254 51302 E-mail clarioncc@yahoo.co.uk

Northern Counties Veteran and Classic Cycle Club
E-mail info@ncvccc.co.uk Website www.ncvccc.co.uk

Tricycle Association
Website: www.tricycleassociation.co.uk

Retrobike forum
Website: www.retrobike.co.uk

RSF Off-road cycling club (Rough Stuff Fellowship)
Website: www.rsf.org.uk

York Bike Belles
Website: www.yorkbikebelles.community

York Cycle Campaign
Website: www.yorkcyclecampaign.bike

York Greenways
Website: www.yorkgreenways.org.uk

York Rouleurs
Website: www.yorkrouleurs.co.uk

**Any volunteers-run cycling organisation is
always welcome to exhibit at the York Rally free
of charge!**

Catering heroes of the York Rally



Saving the Rally's bacon

In 2016, the second year after the York Rally was revived by its current team of volunteers, we faced a bit of a nightmare. It was Saturday morning, the Rally was in full swing, but the main catering company hadn't turned up.

Frantic phone calls having failed, we turned in desperation to the **Catering Perfection** van (left) which had been serving the nearby car boot sale since the early hours.

They almost literally saved the Rally's bacon, coming over and feeding Rally-goers for the rest of that day and Sunday too.

They've returned every year since as a mainstay of the Rally - extending their hours to include Friday afternoon and evening, and to early-morning breakfasts on Saturday and Sunday. They serve breakfast sandwiches, burgers, hot dogs, chips, hot and cold drinks, roast pork sandwiches and much more.

Our thanks to their whole team, and to all whose appetites continue to support their loyalty to the Rally!

Our sincere thanks also to **Caps Off Brewery** from Bishop Auckland, who stepped in at the last minute to run the Rally's bar in 2022 to cover for a COVID cancellation, and again at short notice this year after another supplier pulled out. They are now our first choice to run the bar in the years to come!

Also here this year

Alongside **Catering Perfection** and **Caps Off** we're pleased to welcome a selection of other fine caterers to the 2023 Rally! Subject to any last minute changes this will include:

- **Graham's Ices**, an independent family business serving award-winning frozen ices and confectionery. They've been loyal Rally caterers since 2016, when they were captured in the photo below by Richard Yarwood.
- **The Bistro Guy** team with their gourmet wood-fired sourdough pizzas.
- **The Drink Stop** coffee van offering speciality ground coffee, other hot and cold drinks, breakfast pastries and sweet treats.
- **The Dutch Pancake Company** specialises in mini Dutch pancakes, poffertjes, alongside their home-made sauces.



Opening hours

Catering: Friday 4 pm to 9 pm; Saturday: 7 am to 11 pm; Sunday: 7 am to 4 pm.

Bar: Friday 4 pm to 11 pm; Saturday: 10.30 am to 11 pm; Sunday: 10.30 am to 4 pm.



Local info

Rally contact numbers

York Rally mobile:
07467 321 443
 This number will be manned 24 hours throughout the Rally. For all non-emergency enquiries.

First Aid & Emergency:
07596 831 541
 On-site emergency number, manned 24 hours throughout the Rally.

Useful numbers

Emergency: 999
 Non-emergency police: 101
 NHS advice service: 111
 York Hospital: 01904 631313
 Samaritans: 08457 90 90 90

Local services

Pharmacies: The one with longest opening hours is at Tesco Extra, YO24 1LW: open Sat: 8am to 9pm. Sun: 10am to 4pm. See map. Follow the arrow for another.

on Saturdays. Closed Sunday. Phone 01904 653961 or see www.towervets.co.uk

Local cycle shops and cafes

Cycle shops: Too many to mention in York but the closest are probably:

- **Cycle Heaven** on Hospital Fields Road, across the Millennium Bridge (branches also at the train station and Bishopthorpe Road). Tel 01904 636 578, www.cycleheaven.co.uk
- **Get Cycling** are also close by on Hospital Fields Road: Tel 01904 636 812. Specialists in all abilities cycling. www.getcycling.org.uk

Cycling cafes: After others have sadly closed the main one in York is now at **Cycle Heaven**, Hospital Fields Road.

Follow Tadcaster Road into town and there's a Sainsbury's local supermarket on your left just before the cinema, with a free cash point outside. There's also a pharmacy just across the road from Sainsbury's. The train station is in this direction too.

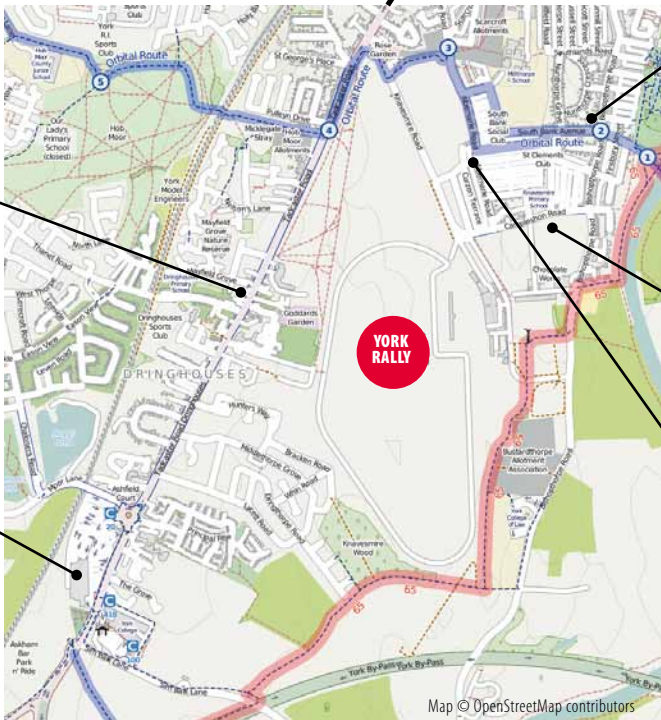
Filling gas cylinders: There are several York area Calor Gas stockists but the closest is probably Morrisons supermarket petrol station on Foss Islands Road, YO31 7UL. Open 6am-10:30 Fri, Sat; 8am-8pm Sun.

Vets: Tower Vets have a surgery nearby (YO23 1NZ, see map) but it's only open 8:30-11am on Sat. Other branches in York open until 12

Blue track is York's orbital cycle route.

Petrol station and late opening shop, Tadcaster Rd. There's a post office in a shop just north of it on Tadcaster Road, and a good fish and chips just to the south.

Tesco Extra supermarket with pharmacy, petrol station and cash points. By car, approach from roundabout on Tadcaster Road. By bike you can also use the pedestrian ramp opposite York College, making the ride from the Rally (via Route 65) entirely off road.



Red track is NCN Route 65 (York Greenway) towards Naburn and Selby

Tower Vets South Bank surgery.

Red track is Sustrans NCN Route 65 towards city centre.

The Millennium Bridge

New Co-op mini supermarket on Capheshon Road. Has a free cashpoint.

Knavesmire shops: The corner shop opens late and will be the closest place to get milk etc. There's also a pub, baker, butcher, (both open Saturday only).



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