

Cycle-Treks Weekday Timetable

Day	Morning (venue/ start time)	Afternoon (venue/ start time)	Evening (venue/ start time)	Day of week
Monday	Temple Park (S'shields)/ 10 am <i>Duration 2 hours</i> John Reid Road, Post Code: NE34 8QN	Washington Arts Centre (S'land)/ 1 pm <i>Duration up to 3 hours</i> Biddick Lane, Fatfield, Washington Post Code: NE38 8AB		Monday
Tuesday	Watergate Park (Gateshead)/ 10 am <i>Duration 2 hours</i> Watergate Forest Park, Whickham Highway. Post Code: N/A	Marsden (S'shields)/ 1 pm <i>Duration up to 3 hours</i> Coast Road South Shields, opposite Norfolk Road, park on sea front just north of Marsden Grotto. Post Code: N/A	Monthly History Ride (Seasonal) Visit Website for Details (1 ½ to 2 hours)	Tuesday
Wednesday	NO RIDE	Winlaton Mill (Gateshead)/ 1:30 pm <i>Duration up to 3 hours</i> Opposite the R S P Winlaton Mill Garage. Post Code: NE21 6RT	Private Ride <i>Duration 2 hours</i>	Wednesday
Saturday	Extended or Tour Training Ride, Visit the website for details. <i>Duration up to 6 hours</i>			Saturday

The above venues may be new to you, please visit the website (cycle-treks.co.uk) 'weekday rides' page for a download map or contact me.

Neil (Mob. 077037633427)