

We were back to our weekly ride from Trencherfield on Tuesday following our trip to the coast on the previous day. 14 of the 19 cyclists taking part were backing up from the Lytham ride but Phil 1, who was leading the ride, showed no mercy as the route would provide a few challenges.

Thankfully, it was a bright, cold morning with a light wind which was much to the relief of those who had cycled through the strong wind the day before. The route took us through Parsons Meadow to Worsley Mesnes and then across to Worsley Hall. A bit of a climb up took us up through Norley Hall to Kitt Green and the climb then continued up to Orrell Post and on to Upholland. We took the back route to Roby Mill via Lafford Lane before flying down Bank Brow into Appley Bridge. Of course, after every downhill comes an uphill climb – this time into Shevington.

Following a short rest we made our way via a back track down to Crooke Village to join the canal for the last mile or so back to Trencherfield.

The route was around 15½ miles but still provided a reasonable challenge given the undulating terrain. There were no incidents to report from this ride and it provided good experience on backing up for those who had undertaken the tougher ride the day before.