

Keyworth & District U3A Cycling Programme 2026

K=Keyworth start 10am at Keyworth Village Hall (KVH) unless otherwise stated

Jan 14	K – Widmerpool, Willoughby, Lakeside Café Wymeswold (coffee), Willoughby, Wysall, Keyworth (lunch Tavern pub)	David 17.5 miles
Jan 28	K – Kinoulton, Hickling, Long Clawson (coffee), Ab Kettleby, Saxelbye, Grimston (lunch Black Horse), Willoughby, Widmerpool – KVH	Tony About 29miles
Feb 11	K – Widmerpool, Willoughby, Lakeside Wymeswold (coffee), Grimston, Asfordby, Hoby, Thrussington (lunch Star Inn), Radcliffe on the Wreake, Sileby, Barrow on Soar, Burton on the Wolds, Wymeswold, Wysall	Roy Approx. 32 miles
Feb 25	K – Tollerton, Bassingfield, Holme Pierrepont, Radcliffe on Trent (coffee), Cropwell Butler, Cropwell Bishop, towards Langar, Colston Bassett, towards Owthorpe, Kinoulton (lunch Neville Arms), Widmerpool, Keyworth.	Simon 26.5 miles
Mar 11	K- Wysall, Thorpe in the Glebe, Wymeswold, Hoton, Prestwold, Walton on the Wolds, Barrow upon Soar (coffee Millie's café), Quorn, Loughborough, Stanford on Soar, Normanton on the Wolds, Sutton Bonington, West Leake (lunch The Star) East Leake, Costock, Wysall, Widmerpool, Keyworth.	Adriana 35 miles
Mar 25	Kegworth to Melbourne Hall (coffee), via Staunton Harold Reservoir to Ticknall (Lunch Staff of Life), Ticknall Tramway, Calke Abbey, Breedon, Cloud Trail to Wilson, Castle Donington back to Kegworth.	Fred 32.5miles
Apr 8	K - Widmerpool, Willoughby; Upper Broughton, Nether Broughton; Long Clawson (coffee Clawson Kitchen) Eastwell, Barkestone, Plungar, Harby (lunch Nags Head), Colston Bassett, Kinoulton and Thurlby Lane back to Keyworth.	Roger A About 37 miles
Apr 22	K – Wysall, Thorpe in the Glebe, Wymeswold, Six Hills (coffee Flying Goose Café), Old Dalby, Nether Broughton, Hickling, Kinoulton, Owthorpe, Cotgrave, Tollerton (lunch Air Hostess), Plumtree, Keyworth	Adriana About 30 miles
Apr 29	Eastwell (roadside parking) Branston, Eaton, Great Ponton, Gunby, North & South Witham, Wymondham(lunch), Garthorpe, Waltham, Eastwell	David About 38 miles

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May 13	Bottesford Village Hall, Orston, Thoroton, Screveton (coffee at Velo Verde) Kneeton, Flintham, Staunton in the Vale (lunch Staunton Arms) Long Bennington, Normanton, Bottesford	Roger 33 miles
May 27	K-Wysall, Costock, East Leake, West Leake, Kegworth, Sawley Marina (Coffee Café Blue), Trent Lock, Beeston, Nottingham, Compton Acres (Lunch Apple Tree), Ruddington, Bradmore, Keyworth.	Tony/David about 35 miles
Jun 10	Dukeries Leisure Centre (DLC), Boughton, New Ollerton (NG22 9JJ) 10.15 am start, Walesby, Bothamsall, Clumber Park (coffee), Carburton, Norton, Holbeck, Creswell Crags (pause), Cuckney (lunch Greendale Oak), Boughton, Clumber park and return to DLC	Mike about 35 miles
Jun 24	Cancelled due to red heat health alert.	
July 1	Bakewell Bridge Car Park - Coombs Road DE45 1AQ 10am – Bakewell Railway Station, Monsal Trail > Hassop (Coffee stop) > Headstone Tunnel > Cressbrook and Litton Tunnels > Millers Dale to Worm Hill > Peakdale > Smalldale > Wheston > Tideswell (Lunch at the Anchor Inn - at Junction A623/B6049). Great Hucklow > Foolhow > Howsley > short distance on the Main A623 before joining a road (signposted Cavendish Mill) to White Rake, Longstone Moor, B6465 to Monsal Head Viewpoint. Little Longstone and Great Longstone, Monsal Trail and back to Bakewell.	Roy, about 27 miles
July 08	K (9am start)-Bradmore, Ruddington, Wilford Lane to Trent over new bridge, Coffee at Stig's Cafe Bistro, around Colwick Country Park (pause at Colwick Fish Pass) back over new bridge, Ladybay, Bassingfield, Tollerton, Plumtree, KVH	Adriana 25 miles, morning only
July 22	KVH via Thurlby Lane, Bridegate Lane, Hickling (coffee at the Old Wharf), Kinoulton, Colston Bassett, Langar, Harby (lunch at the Nags Head), Hose, Long Clawson, Nether Broughton, Willoughby, Widmerpool.	Tony about 31 miles
Aug 5	KVH 9.45am. Widmerpool, Willoughby via Hades Lane to Six Hills (coffee), Seagrave, Sileby, Barrow on Soar and Burton on the Wolds (Lunch at The Greyhound). Return to Keyworth via Wymeswold and Wysall.	Roy, approx. 25 miles

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Aug 26		
Sept 9		
Sept 23		
Oct 14		
Oct 28		
Nov 11		
Nov 25		
Dec 9		
Dec 23		