

Flint Leisure Centre - Jan 30th 2011

Due to an unpleasant experience with a 'dodgy' bacon sandwich, purchased from a small kiosk at an amateur football match, I was unable to lead my ride this week. No, you just don't want any details!

Fortunately, for everyone, Jill, who is a far more popular leader than me anyway, agreed to take the ride, so it is her account plus Janet's photos that are 'on-line' this week.



After **Roy** had compared some unusual saddle heights, 16 of us left the Eureka on a lovely crisp, frosty morning for a planned fairly easy ride to Flint, with only a few moderate climbs.

Crossing the Dee at Queensferry, we rode parallel with the A594 then dropped down towards Ewloe and headed to Buckley.



Stand-up 11ses

A patch of ice was successfully negotiated in Magazine Lane, before we took 'stand up 11's' and continued to Northop.

Passing the recently renovated Horticultural College, we noted that the café and garden centre were no longer there on the site.

Leaving the tarmac, we turned right and after crossing the A55 on the footbridge, continued down an icy track, to rejoin a road to the **Flint Leisure Centre** for lunch - an enjoyable, quickly-served meal at reasonable prices.

Following the welcome rest, we made our now traditional visit to **Flint Castle**



and were surprised by the very low tide. (Low water 1502. 2.7 Mtr. Lavers Tide Table).



Woodbank and so to the Eureka for tea.

NB. It was such a beautiful afternoon; I chose to ride all the way home along the Wirral way!

Thank you **Jill and Janet** for the photos and Garmin route.

Bob Witton

Click <http://goo.gl/c4loQ> to see the route.



We followed the **path along the coast** before rejoining the main road and so to the cycleway.

A little deviation took us through the Deeside Industrial Park before we clambered back up