

## Train in Spain 21 – 27th April 2018 Denia, Costa Blanca – The Girls version !

With some trepidation, a group of seven ladies faced the winter cycling training ground of the pro's – with promises that this was not a trip for those interested in touring the area and stopping for coffee, the tone was set .

Never to be outdone by the gentlemen we were determined to conquer the peaks albeit at our own pace and style. Valiantly guided by Hugh he may have thought he had bitten off more than he could chew with us as we insisted he spoke clearly and gave us plenty of notice of his directions. Needless to say Louise 'Drill sergeant' Roshier got Hugh sorted as to our ways and gave me a lesson on voice tone and projection!

I must mention at this point that Hugh is a water extraction specialist and led us up the mountains at the lively age of 82 – We were all definitely inspired to continue with this cycling - there obviously being no such thing as retirement !



A couple of us hired Focus bikes available from John, the owner of Train in Spain but as Jill 'a bloody 28' Rodgers pointed out we quickly got them replaced with a 32 cassette to give us a chance with our ascents.

The week passed all too quickly as we cycled through La Vall de Gallinera, Pop and Jalon .With the air heavily perfumed with blossoming Oranges and lemons we passed the orchards of ripening almonds and cherries.

We were allowed coffee stops and certainly had good lunch breaks with our bocadillos of local Spanish hams and cheese. Much to the dismay of Cath 'What .. no wine with lunch' Hall we resisted

the alcohol except on the day off and instead at the end of the day enjoyed our shakes ,cakes and the occasional Radler.

By mid week we were 'allowed' a break when we ventured out in to Denia and explored the city, castle and enjoyed plenty of good tapas and wine.

The hotel accommodation was good with each of us in ground floor en suite rooms to accommodate our bikes together with washing machine, cooker and microwave. Although the food was adequate we chose several nights to eat out in the local marina restaurants, which, always led to a very convivial evening.

Sarah 'Mountain goat' Jones led the way on the climbs closely followed by Ann 'work Horse' Trewren who swore herself to the top of the steepest climbs!



On the last couple of days Hugh drafted in reinforcements in the form of world masters cycling champion Jack, aged 80, to deal with some of the nagging and blue humour coming from the group (Louise mainly!)



Many of us had visited Parcent on the trip last year but for Sarah 'Worried but smashed it' Traynor all her doubts on her ability were unfounded as she spun along the roads. – The Roads - must say how we enjoyed the generally pot hole free conditions and as we used smaller country roadways, rarely saw much car traffic.

By the end of the week we had cycled nearly 500km climbed almost 5000m, bought new 'Café cyclista' cycling outfits and generally had a fantastic week with a great group of friends. Highly recommended!



From left to right:

Fiona 'I'd redesign these mountains' Harrison  
 Sarah 'worried but smashed it' Traynor  
 Ann 'work horse' Trewren  
 Hugh 'what the f\*\*k have I ended up with' guide  
 Cath 'what .... no wine with lunch' Hall  
 Louise 'drill sergeant' Rosher  
 Sarah 'mountain goat' Jones  
 Jill 'a bloody 28' Rodgers