

Cycling In and Around North Fife

1st Jan. 2023

Happy New Year!

NCN1 Coastal Path through Tentsmuir will be closed in January

Information here <https://forestryandland.gov.sc...>

Tree felling operations - path closures on map below.



Forestry and
Land Scotland

Coilltearachd agus
Fearann Alba

Untitled

Author: Robin Lofthouse
Scale @ A3: 1:15,000
Date: 08/12/2022

Legend

Regional Boundaries

□ Regional Boundaries

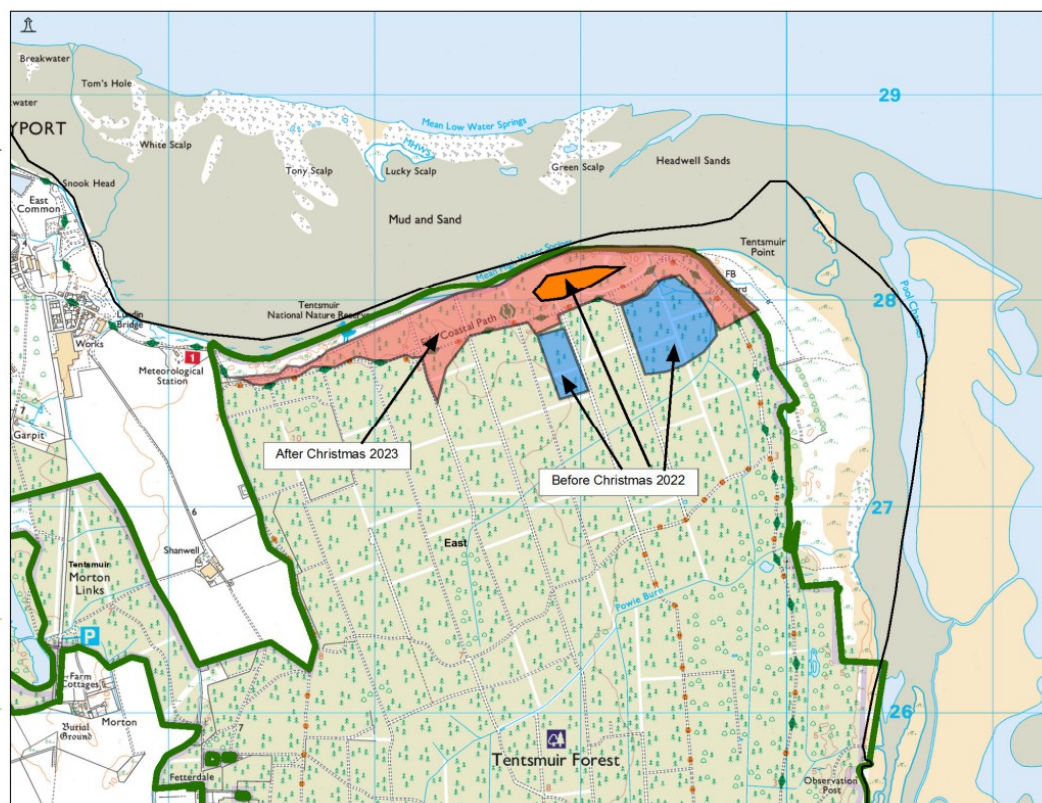
Blocks

■ Blocks

0 0.5 1 2 3 4

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Scotland's national
forests and land
are responsibly
managed to the
UK Woodland
Assurance Standard.

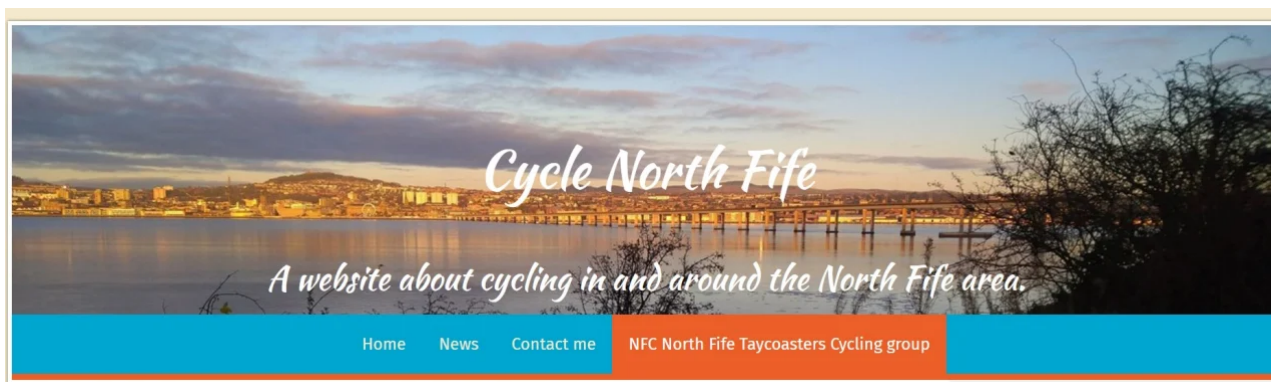


NFC News - North Fife Cycling_group

NFC is a Cycling UK community group. They held their AGM online on 15th November electing the committee for 2023, and welcome new members who would like to join them.

You can contact the Secretary, Ian Cookson via the group
webpage <https://www.cyclinguk.org/grou...>

The NFC Taycoasters group had a series of local rides through the summer and autumn. Rides went from Tayport, Dundee and Cupar. They plan to start their 2023 rides in the spring.



2023 sees a new format for the www.cycle-north-fife.net website. This website started in 2015 and for a few years hosted various cycling events (e.g. Rotary North Fife CycloFun) and NFC/Taycoasters activities as well as generally promoting local cycling. It ran in the background over recent years with most local cycling news being shared through the Cycle North Fife facebook page and this e-newsletter.

You can find the website at www.cycle-north-fife.net

[How to Fix a Puncture](#)

One way is to get the ex-World Champion Peter Sagan to do it for you.

Road.CC internet blog carried this photo and story a few days ago.

<https://road.cc/content/news/s...>



And if you can't wait for a world champion to pass by then here's a guide from Cycling UK <https://www.youtube.com/watch?...>

Carrying a spare inner tube makes swapping tubes easier than trying to find and patch a tube by the roadside.

Some people find 'tubeless' options with a self sealing fluid inside the tyre works well. Your local bike shop mechanic can advise you about this option.

If you have an ebike with a rear wheel motor it may be useful to practice how you remove the wheel and detach/re-attach any cables to the motor in the hub so you know how to do this if needed. *We had an interesting time a couple of weeks ago dealing with a rear hub motor after a hedge thorn had punctured*

the tyre. It took a while but we got there in the end. (Where were you when we needed you Peter....).

Cycle North Fife (including the NFC North Fife Cycling group newsletter)

Unsubscribing from this newsletter also removes you from the NFC North Fife Cycling group list of supporters. We're sorry to see you go but hope you continue to enjoy cycling here from time to time.

If you have any difficulties unsubscribing or any other comments please contact me at

tturvey1@gmail.com

[Link to the unsubscribe page](#)

