



Wheelrights

Explorer Rides

2009



These are short rides (most around 5 miles). All but two (marked *) are on quiet roads or traffic free paths. They generally incorporate a refreshment stop: a pub in the evening or café during the day. They are for beginners but also for more experienced riders who want a social ride.

This programme may require amendment from time to time so check www.wheelrights.org.uk, ('Events' page) for the latest version. Alternatively contact the ride leader. The leaders' initials are in [] which are related to their names and phone numbers below. (m) is approx. distance in miles.

Key to the ride starts. GR = Grid Ref. on OS 1:50,000 sheets 159 or 170.

AsdL Llansamlet ASDA by foot entrance on north side of A48. (GR 676978)	CivCe Civic Centre east car park (GR 652923)
B&Q Corner of B&Q car park by cycle/ped. bridge to Liberty Stadium (GR 664955)	Pencil Car park on NCN 4 by Bynea Road crossing (GR: 555984)
BPcp Blackpill car park by NCN 4 on north side of Mumbles Road. (GR 618905)	SailB Sail Bridge, Swansea (GR: 662929)
Crofp Crofty village playground at start of Marsh Road (GR 527947)	Shep Shepherds, Parkmill (GR: 545893)
Dunv Duntant car park by NCN 4 (GR 596939)	Tirc <i>Nythfa</i> cul-de-sac in Tircoed. <i>Nythfa</i> is 4 th left after turning left at mini-roundabout at entrance to Tircoed. (GR: 621002)
	TowH Tower Hotel, Jersey Marine (GR 712938)

Date	Start	Time	Description
Thu 7 th May	Crofp	18.30	North Gower Marsh Road. Along the quiet Marsh Road to Llanrhidian. Pub: <i>Dolphin</i> . Return same way. (6m) [DN]
Sat 9 th May	Pencil	12.00	Penclacwydd. NCN 4 to Penclacwydd Wildfowl Centre. Return same way. (4m) [ML]. Note later start as ride will be joined by another one. Fancy dress suggested for fun events at Centre!
Thu 21 st May	B&Q	18.30	Llansamlet Lakes. Up one side of R. Tawe, round the lake(s) and back the other. Pub: <i>Rhamada Inn</i> or <i>Morfa Parc</i> . (4m) [RE]
Mon 15 th June	Dunv	18.30	North Gower (Wheelrights mid-summer ride) * Along coast to N. Gower Hotel, Llanrhidian. Return over Welsh Moor. (15m) [DJ]
Sat 20 th June	CivCe	10.00	Singleton and Brynmill Parks. Explore the two parks (3m) [NG]
Sat 27 th June	CivCe	10.00	West Pier. Foreshore along newly opened path to Swansea Barrage; West Pier; cross Tawe and back on NCN 4. (4m) [ML]
Thu 23 rd July	Tirc	18.30	Penllergaer Forest. Clockwise circuit of the forest. Path not surfaced. OK for town of mountain bikes but not racing (3m) [DN]
Sat 8 th Aug	Shep	10.00	Green Cwm. Up and down valley to Llethrid. Inspect pre-historic burial chamber and Cathole. Snack in Shepherds' Café. (4m) [PJ]
Thu 20 th Aug	TowH	18.30	Jersey Marine. Anti-clockwise circuit: NCN 4; cycle path north of M4; Llandarcy; Jersey Marine. Pub: Tower Hotel. (5m) [EF]
Sun 13 th Sep	SailB	10.00	City Centre: visit open houses * Visit <i>Sylfaen Cynefin's</i> open houses in City Centre. (4m) NB: Expect to finish about 3.00pm [NG]
Thu 24 th Sep	BPcp	18.30	Clyne Valley. NCN 4 to Railway Inn, Duntant or further north and back to suit group's wishes. Pub: Railway Inn. (4, 6m or more) [CC]
Sat 3 rd Oct	AsdL	10.00	Tircanol to Clydach. NCN 43 to Clydach, pub: <i>Carpenters Arms</i> , and back. Explore future Connect 2 route. (5m) [EF]

* Ride involves significant on-road sections.

Ride leaders and their phone numbers:

Claudine Conway [CC]	07918 140124	Phil Jones [PJ]	01792 234705
Rhian Evans [RE]	01792 510470	David Judd [DJ]	07967 613920
Eifion Francis [EF]	07773 139058	Mike Lewis [ML]	07846 570178
Nick Guy [NG]	01792 476178	David Naylor [DN]	01792 233755

See over page for advice and *Wheelrights* disclaimer.

Notes

Before the ride:

- Ensure that your bike is in good working order: tyres pumped up, brakes adjusted.
- We recommend that you bring a pump with you and the means to replace an inner tube, ie tyre levers, a spare inner tube and a spanner to remove wheel nuts if not quick release. (Not essential for these short rides, but you could be faced with an hours walk without them!)
- For the evening rides come with lights. We aim to be back before dark, but sometimes we get delayed.
- Bring rain wear if rain is a possibility. Otherwise no special clothing required except that it is a good idea to be highly visible: eg high visibility jacket or bib.
- Bring a bike lock.

Wheelrights disclaimer

Participants must be over 16 years of age unless accompanied by a parent or guardian. Personal accident insurance is the rider's responsibility. *Wheelrights* cannot accept responsibility for an individual's safety or possessions and reserves the right to refuse participation to anyone who endangers others or rides irresponsibly. It is each rider's responsibility to follow advice from the *Highway Code* at all times. Your participation is acceptance of these terms.

18th February 2009