

## U3A Swansea Leisurely Cycling programme

November 2018 to April 2019

The group aims to provide pleasant, easy cycle rides in and around Swansea. We want you to enjoy the health benefits of cycling in the great outdoors and in a fun setting. These are sociable rides with at least one refreshment stop, and most have options for a longer or shorter ride. This has worked well; however if there is a demand more adventurous rides can be arranged.

The rides normally start at 10.00 am. They are mostly on the last Monday in the month but not always, as indicated below. Because the date has sometimes to be changed at short notice I will confirm a day or two before. (Newcomers to these rides please ensure that I have the means of contacting you.) With two leaders for most rides this provides flexibility, enabling the group to divide into shorter and longer options if that is their wish. Details as follows:

Start/finish and pick up points (GR = Grid Ref.; all on OS 1:50,000 map 159.)

Railway Inn, Killay. (GR: 598924) [RI].

Blackpill. (GR: 619906) [BP].

Sail Bridge. (GR: 663929) [SB].

Community Centre, Cwmafan (GR:784922) [CA].

Bynea car park: B4297 opp. Yspitty Rd (GR:555984) [BN].

Notation for table: [ ] = distance; eg [RI: 20] means 20 miles from and back to the Railway Inn.

2017/18	Time Meet	Description	Terraine	Leader(s)
19 Nov.	10.00: BP 10.30: SB	<u>Pontardawe</u> . Up and down Swansea Valley on NCR 43. [RI: 36; SB: 24]	Flat, traffic free.	David Naylor Pete Clarke
17 Dec.	10.00: RI	<u>Llanmadoc</u> . Out via Welshmoor and back on N. coast. Refreshments in Llanmadoc Community Café. [RI: 26]	A couple of climbs. Quiet roads.	David Naylor Pete Clarke
28 Jan.	10.00: SB 11.00: CA	<u>Blaengwynfi (Rhondda Tunnel Portal)</u> . Via Tennant Canal to Cwmafan, then up Afan Valley. [SB: 42; CA: 18]	Flat/gentle ascent; mostly traffic free.	David Naylor Pete Clarke
25 Feb.	10.00: BP 10.30: SB	<u>Bay Campus</u> . Out: Tennant Canal, back via Bay Campus. [RI: 22; SB: 10]	Flat, traffic free.	David Naylor Pete Clarke
25 Mar.	10.00: BP 10.30: SB	<u>Aberdulais/Melincourt</u> . Out along Tennant and Neath Canals. Longer option to Melincourt Falls via Resolven. [BP: 28/38; SB: 22/32]	Flat, traffic free. Minor roads from Melincourt Falls for this option.	David Naylor Pete Clarke
29 April	10.00: BN	<u>Swiss Valley – Burry Port circuit</u> . Up NCR 47, back on NCR 4. [BN: 24]	A little up; cycle path & minor roads.	David Naylor Pete Clarke

Let me know if you intend to ride. David will attempt to keep this programme up to date so check [www.wheelrights.org.uk/events.htm](http://www.wheelrights.org.uk/events.htm) the night before for cancellations/changes.

Distances are approximate and actual mileage will depend on decisions made on the day to reflect the group's wishes. Bring appropriate clothing. And water.

Ensure that your bike is in good working order and bring a spare inner tube plus the means to remove wheel and tyre.

I look forward to some happy pedalling. With best wishes,

Pete Clarke

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