



Wheelrights

2010 Rides



This year something a little different from the *Explorer* rides of the last two years is on offer. Instead of targeting complete beginners the rides are aimed at near beginners, returning cyclists or anybody who would enjoy a gentle ride of around two hours (10-20 miles) with the option of a sociable lunch afterwards in a nearby pub or café. To achieve this most start at 10.00am on the third Saturday of each month from March to November with venues alternating between west and east.

To join a ride all you need to do is turn up on your bike at the venue given below. Phoning the leader (numbers at bottom of page) is however recommended, especially if there is a chance of the ride being cancelled due to bad weather. See overleaf for important information relating to the rides.

Note that this programme may require amendment so if you are not viewing this on line check www.wheelrights.org.uk, ('Events' page) for an up-to-date version. Also changes may be made on the day according to who turns up and the weather conditions.

Key to the ride start/finish (S/F). GR = Grid Ref. eg on OS 1:50,000 sheet 159 or Swansea A-Z.

BP Blackpill Lido café (GR 593323)	Dcp Duvant Car Park by NCN 4 (GR 596939)
Com Commercial Inn car park, Gowerton (GR 593323)	RI Railway Inn by NCN 4 (GR 598924)
	SB Sail Bridge, Swansea (GR 662929)

Date	S/F	Time	Description
Saturday 20 th Mar.	RI	10.00	North Gower. Clockwise circuit: climb up to Three Crosses, descent over Welshmoor to Llanrhidian, back along the coast. Leader: Rhian Evans
Saturday 17 th April	RI	10.00	Mystery ride. A gentle ride at the whim of the leader, who is: Nick Guy.
Saturday 15 th May	SB	10.00	Swansea Valley: up NCN 43 to Clydach and possibly beyond; chance to check out the planned new Connect 2 route. Leader: Mike Lewis
Saturday 5 th June	BP	14.00	A SE Gower Exploration. A short ride in and around Mumbles to follow the formal opening of the <i>Gower Walking Festival</i> . Leader: Claudine Conway
Saturday 19 th June	Com	10.00	Blackhills Wild Flower Centre. 14 mile ride there; lunch, then 3 mile (optional) walk. A <i>Gower Walking Festival</i> event Leader: David Naylor.
Monday 21 st June	Dcp	18.30	Wheelrights mid-summer ride. Up to leader but normally this classic ride follows the coast to the N. Gower Hotel in Llanrhidian.* Leader: David Judd
Saturday 17 th July	SB	10.00	Crymlyn Bog circuit. CN 43 to the Enterprise zone. then up and over to the east, returning via Jersey Marine and NCN 4. Leader: Eifion Francis
Saturday 14 th Aug.	RI**	9.30	Pontardulais: A flat ride north up the Lliw Valley cycle path then back west of estuary. (19 miles from R'l'y Inn or 13 from Gowerton). Leader: Bob Smith.
Saturday 18 th Sep.	BP	10.00	Gower Cycling Festival: choice of a short or longer ride following the formal opening. (See Festival programme.) Leaders: Nick Guy/David Naylor.
Saturday 25 th Sep.	RI	10.00	Gower Cycling Festival: choice of North Gower ride. Leader: Bob Smith; or (if you are one) the teenager's ride. (See Festival programme.)
Saturday 16 th Oct.	SB	10.00	A ride to the east: maybe a circuit of Crymlyn Bog via east side of Kilvey Hill or alternatively a flat ride to Aberavon . Leader: Jan Garvey.
Saturday 20 th Nov.	RI	10.00	Mumbles/S. Gower. An easy ride in this area to suit the participants. Leader: Phil Jones

* Bring lights in case we dally in the pub.

** Or Mill St./Gowerton By-pass traffic lights at 10.00

Ride leaders' phone numbers:

Claudine Conway: 07918 140124	Nick Guy 01792 476178	Mike Lewis 07846 570178
Rhian Evans: 01792 510470	Phil Jones 01792 234705	David Naylor 01792 233755
Eifion Francis: 07773 139058	David Judd 07967 613920	Bob Smith 01792 850650
Jan Garvey: 07861 684722		

Notes

We take care of participants by, eg by waiting for the last person at the top of hills and providing assistance should you have a puncture or other breakdown. But please inform the leader if you decide to leave the ride before it is finished. And note the following:

- Before the ride ensure that your bike is in good working order: tyres pumped up, brakes adjusted.
- 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.
- 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

Children under 16 years of age must be 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 on acceptance of these terms.