

## U3A Swansea Leisurely Cycling programme

April to September 2017

With growing interest in these rides we have now expanded the programme to include mid month rides in addition to those on or near the last Monday in the month. With some asking for longer rides and others for shorter, instead of trying to split them to cater for both the plan now is for separate shorter, easy paced rides (S) and longer rides (L) which would be at a slightly brisker pace. "SL" means that the two rides start together but with a shorter option for the S ride.

As it is sometimes necessary to change rides at short notice (eg due to the weather) I will confirm and if possible clarify the (abbreviated) descriptions below a day or two before. (Newcomers please ensure that I have the means of contacting you.) Details are as follows:

Start/finish and pick up points (GR = Grid Ref: OS 1:50,000 map sheets 159 & 170.)

Bynea Parking area: B4297 opp. Yspitty Rd (GR:555984. [Byn].

Coast Café, Trawler Road, SA1. (GR: 664925) [CstC].

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

Dunvant RFC, Killay SA2 7RU (GR 593932) [Drfc].

McDonalds, Briton Ferry. (GR 741938) [MD].

Sail Bridge. (GR 663929) [SB].

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

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

2017	Time Meet	Description	Terraine	Leader(s)
25 Apr.	10.00: Rly 10.30: CstC	<u>Bay Campus</u> (S) Out: Tennant Canal, back via Campus. [Rly: 20; CstC: 10]	Flat, cycle paths.	<b>Ride cancelled.</b>
8 May	10.00: Byn	<u>Ferryside</u> (L). Swiss Valley, Pontyates, back along NCR 4. [40]	Hilly on way out, flat return.	Tba
22 May.	10.00: Byn	<u>Felinfoel</u> . (S) Triang. circuit: Felinfoel, cycle path, N. Dock & NCR 4. [13]	Climb to cycle path, then flat.	David Naylor Pete Clarke
19 Jun.	9.00: Rly	Gower Circuit. (L) Llanmadoc, lunch Hillend, Rhossili and S. Gower. [42]	Some off road, beach option.	Pete Clarke
26 Jun.	10.00: SB 11.00: CaC	<u>Glyncorwg</u> . Tennant Canal (L), Afan Valley, Mtn C. (LS). [SB: 42; CaC: 18]	Gentle climb up, freewheel back.	Tba
17 Jul.	9.00: Rly	<u>Brynamman</u> (L). Clockwise circuit: up Loughor valley, back NCR 43 & 4. [48]	Climbs on way out, flat return.	David Naylor Pete Clarke
31 Jul.	10.15: SB 11.00: MD	<u>Aberdulais</u> (S). Neath Canal. [11] <u>Melincourt Falls</u> (L). Tennant C. + [35]	Flat, S: off road; L: + minor roads.	David Naylor Pete Clarke
14 Aug.	9.30: Drfc	Llanmadoc & Pots (SL) *. [Drfc: 25]	Moderate hills.	David Naylor
25 Sep.	10.00: SB 11.00: MD	<u>Aberavon</u> . NCR 4 to MD (L) then anti-clockwise circuit (S). [SB: 21; MD: 7]	Flat: quiet roads and cycle tracks.	David Naylor Pete Clarke

\* GCF Ride 7; see [www.gowercyclingfestival.org](http://www.gowercyclingfestival.org). If doing just this ride no need to pay the £5.

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 will depend on decisions made on the day.

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

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

Pete Clarke (Convenor; email: [psclrk@gmail.com](mailto:psclrk@gmail.com); Mobile: 07778 869818.)