

U3A Swansea Leisurely Cycling programme

June to October 2018

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 longer or shorter options.

The table below gives details. Rides are generally once a month. We aim for the last Monday, but for various reasons it may need to be a different day. Sometimes a change at short notice is needed, in which case 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.

Start/finish and pick up points (GR = Grid Ref.; on OS 1:50,000 maps 159 or 170.)

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

Gowerton; Mill St/B4295 X-ing. (GR: 588966) [GW].

Dunvant RFC, Killay. (GR: 593932) [DR].

Blackpill. (GR: 619906) [BP].

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

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

Notation for table: [] = distance; eg [BP: 15] means 15 miles from and back to Blackpill.

2017/18	Time Meet	Description	Terraine	Leader(s)
2 July (Changed from 25 June.)	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
30 July	10.00: BP 10.30: SB	<u>Bay Campus</u> Out: Tennant Canal, back via Campus. [BP: 15; SB: 9]	Flat, cycle paths.	David Naylor Pete Clarke
20 Aug.	10.00: DR	<u>Llanmadoc & Pots</u> . (GCF ride.) Out via Welshmoor and back on north coast. Food in Llanmadoc then visit Bridge Pottery. [DR: 25]	A couple of climbs. Quiet roads.	David Naylor Pete Clarke
10 Sep.	10.00: SB 11.00: CA	<u>Glyncorwg Mtn C.</u> Tennant Canal & NCR 4 to Cwmafan, then up and down Afan Valley. [SB: 42; CA: 18]	Flat and mostly traffic free.	David Naylor Pete Clarke
15 Oct.	10.00: GW 10.30 BN	<u>Kidwelly</u> . Out: via Swiss Valley, back on coast. Shorter option: return from Swiss Valley. [GW: 38; BN: 32]	Some 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 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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