

Cycling UK - Wednesday Wanderers Wales - Wednesday Evening Rides, September - December 2018

As the lighter evenings are fading fast, we'll be staying closer to Cardiff from now on. We always ride as a group and at a steady pace. These rides are definitely not races, but an opportunity for a good ride with a sociable group of fellow cyclists.

Rides depart at 7.00pm from the main starting points noted below. We shall also aim to arrive at the destination around 8.30pm, and to leave by about 10.00pm so that we do not arrive back in Cardiff too late. From some destinations we may leave earlier and call somewhere nearer Cardiff on the way back.

It is your responsibility to ensure that your cycle is in good working order, and that you have a means of getting home in the event of breakdown. Good front and rear lights are essential, and it is advisable to wear bright, weather-proof clothing. We would also recommend that you have membership of the Cycling UK or other organisation that provides you with third party liability insurance.

Please note: You ride at your own risk.

The distance indicated is in miles. It is approximate, and depends on the route. If the weather is fine and the group wishes, we usually make the outward journey a few miles longer. Equally, if the weather is bad we may shorten the ride, or change the destination to suit.

Date	Destination	Direction	Likely total ride (very approx)	OS Grid Ref
07/09	Vale of Glamorgan, Cowbridge	West	30	SS 994 747
12/09	Malcolm Uphill, Caerphilly	East	25	ST 156 867
19/09	Boar's Head, Tyla Garw	West	30	ST 029 819
26/09	Otley Arms, Trefforest	North	20 - 25	ST 084 887
03/10	Ruperra Arms, Bassaleg	East	25 - 30	ST 271 869
10/10	Cross Keys, Dinas Powis	<u>South</u>	15 - 20	ST 153 712
17/10	Kings Arms, Pentyrch	North	20 - 25	ST 104 818
24/10	Maen Llwyd, Rudry	East	25	ST 201 866
31/10	Vale of Glamorgan, Cowbridge	West	25 - 30	SS 994 747
07/11	Bunch of Grapes, Pontypridd	North	25	ST 078 902
14/11	The Lighthouse, St. Brides	East	20 - 25	ST 301 817
21/11	Hare & Hounds, Aberthin	West	25 - 30	ST 007 753
28/11	White Cross, Groeswen	North	20 - 25	ST 128 869
05/12	Black Cock, Caerphilly	East	15 - 20 (hilly)	ST 144 848
12/12	Dynevor Arms, Groesfaen (seasonal celebration meal (£5 deposit please))	West	15 - 20	ST 073 808
19/12	Gwaelod, Gwaelod y Garth	North	15 - 20	ST 116 838
26/12	Y Maerun, Marshfield	East	15 - 20	ST 266 818
02/01	Captain's Wife, Swanbridge	West	15 - 20	ST 169 674
09/01	The Ship, near Llantwit Fardre	North	20 - 25	ST 075 843
16/01	Black Griffin, Lisvane	East	15 - 20	ST 192 830
23/01	Bush, St Hilary	West	25 - 30	ST 015 733

Rides leave from:

West: St Fagan's crossroads (North of village, near cricket ground & just around the corner towards Peterstone).

North: Llandaf station approach & later by Tongwynlais School.

East: outside Roath Park Community Centre / Library (corner of Ninian Road and Pen-Y-Lan Road).

South: main entrance to Cardiff Castle.

Owen Rook

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For other local CTC rides and social activities please visit: <http://cardiffctc.com/>