

Cycling UK Wednesday Wanderers, Wales - Wednesday Evening Rides, January – April 2019

As the dark evenings will still be with us for a while longer, we'll be staying fairly close to Cardiff until spring arrives. We always ride as a group and at a steady pace. These rides are definitely not races, but an opportunity to have a good ride with a sociable group of fellow cyclists.

Rides: Meet at 6.50 pm (for 7.00pm departure) from the one of the four starting points noted below (or 7.10pm from the secondary point). 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 (e.g. if the lanes are icy).

Date	Destination	Direction	Likely total ride (very approx.)	OS Grid Ref
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
30/01	Star, Dinas Powis	<u>South</u>	15 - 20	ST 153 712
06/02	Ruperra Arms, Bassaleg	East	30	ST 273 869
13/02	Fox & Hounds, Llancaiach	West	25	ST 052 703
20/02	Farmers Arms, Upper Church Village	North	25	ST 082 866
27/02	White Cross, Groeswen	East	25 - 30	ST 128 869
06/03	Hare & Hounds, Aberthin	West	25	ST 007 753
13/03	New Inn, Llantrisant	North	30	ST 046 836
20/03	Malcolm Uphill, Caerphilly	East	25 - 30	ST 156 867
27/03	Vale of Glamorgan, Cowbridge	West	30	SS 994 747
03/04	Otley Arms, Trefforest	North	25	ST 084 887
10/04	Tiny Rebel Bar, Rogerstone	East		ST 272 885
17/04	Blue Anchor, East Aberthaw	<u>South</u>	35	ST 035 667
24/04	Boar's Head, Tyla Garw	<u>North</u>	30	ST 029 819
01/05	St Julian's, St Julian's (Newport)	East	35	ST 338 896
08/05	Barley Mow, Craig Penllyn	West	35	SS 978 773
15/05	Railway, Nelson	North	35	ST 105 950

Rides leave from:

- (W)** St Fagan's crossroads (North of village, near cricket ground & just around the corner towards Peterstone)
- (N)** Llandaf station approach & later by Tongwynlais School.
- (E)** outside Roath Park Community Centre / Library (corner of Ninian Road and Pen-Y-Lan Road).
- (S)** outside main entrance to Cardiff Castle.

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