

## Cycling UK (CTC) Wednesday Wanderers Wales - Wednesday Evening Rides, May - August 2019

As the lighter evenings are now with us we shall be venturing a bit further afield. 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 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 Cycling UK (formerly CTC) 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 than the return journey. 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
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
22/05	The Bell, Caerleon	East	35	ST 345 802
29/05	Carne Arms, Llysworney	West	35	SS 964 741
05/06	Brynffynon Hotel, Llanwonno	North	35 (hilly)	ST 031 956
12/06	Wheatsheaf, Llanhennock	East	40	ST 353 928
19/06	Plough & Harrow, Monknash	West	40	SS 919 705
26/06	Capel Hotel, Gilfach Fargoed	North	35	ST 151 990
03/07	Tiny Rebel Bar, Rogerstone	East	35	ST 272 885
10/07	The Star, Treoes	West	35	SS 943 783
17/07	Glan Taff, Quaker's Yard	North	35	ST 096 965
24/07	Old Swan, Llantwit Major	West	35	SS 967 688
31/07	Ponthir House Inn, Ponthir	East	40	ST 331 926
07/08	Red Fox, Penllyn	West	35	SS 973 762
14/08	Railway, Nelson	North	35	ST 105 950
21/08	Six Bells, Penmark	<b><u>South</u></b>	35	ST 058 688
28/08	White Cross, Groeswen	East	30	ST 128 869
04/09	Vale of Glamorgan, Cowbridge	West	30	SS 994 747
11/09	Cross Inn, Cross Inn	North	30	ST 055 830
18/09	Fox & Hounds, Llanharry	West	30	ST 006 806

### **Rides leave from:**

**(W)** St Fagan's crossroads (North of village, near cricket ground & around the corner towards Peterstone-S-Ely).

**(N)** Llandaf station approach (7.00) & later by Tongwynlais School (7.15).

**(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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