

Rhos-On-Sea Cycle Club

Invites all cyclists to new rides on

Saturday 29th June 2013

Rides start from Rhos-On-Sea Golf Club.

All rides travel round the Great Orme.



- Riders receive a slate coaster & headbuff for 200Km
- All riders receive food at the finish.
- All rides are under Audax regulations.
- Sponsors Maricraft Slate World & SiteQuest .
- Charities Ty Gobaith & Help for Heroes


Hope House
Children's Hospices


HELP for HEROES
Support For Our Wounded

FAQ's

How to enter ?

Online at

<http://www.aukweb.net/events/>

Can I get a route sheet ?

Download from

<http://www.aukweb.net/events/>

Can I get a GPS file. ?

Download from

<http://www.aukweb.net/events/>

What bike should I use ?

All rides are on tarmac.

Most riders will use race bikes, but all touring bikes are suitable.

The short ride will be suitable for mountain bikes.

Is the ride timed ?

Riders start at the same time for each ride, and their total time is recorded but not published.

Do I get food on the ride ?

You will need some money to buy your own food at selected cafes.

For further information

07825417872

cbwilby@gmail.com

Designed and written by :- Chris Wilby

Finished by :- Les Horobin



INVITATION



rhoscycling.com

Glan-y-Mor



Our seaside route to the Pavilion over the hidden gem of the short Sychnant pass and to Llanfairfechan shore.

Return around the rocky outcrop of Pen-y-Clip taking the cycle path with views of Puffin Island and the Great Orme.

Designed for leisure cyclists on off-road cycle tracks and quiet roads.

Only 30 miles (51Km)

Start 10.am Cost £7 + insurance (£2).



The Legend of Gelert



The ride goes through Beddgelert where you can visit Gelert's grave if you have time and read about the legend of this brave dog. Shortly after Beddgelert you will be welcome in a converted chapel.

After lunch take on Nant Gwynant to view Snowdon, the highest mountain in Wales.

A challenging training ride of 135Km suitable for sportive cyclists.

Start 9:15am cost £8 + insurance (£2)



Cestyll Cymru



See the splendour of seven of the castles of Wales.

Conwy Castle is the most magnificent Edward I's castles



Caernarfon is the mightiest of Edwards's 'Iron Ring' of castles

Beaumaris Castle, on the isle of Anglesey, Wales, is the most impressive example of a concentric castle.



The toughest ride for Audax and long distance riders. 200 Km

Start 8:15am

Cost £12 + Insurance (£2)

