

**CYCLING UK ERYRI THURSDAY GROUP
PROGRAMME MAY/JUNE/JULY 2017**

MAY 4th MEET 10.30am Trefor off the A499 gr 377 473

Through the lanes & a few hills to Criccieth for lunch

LEADERS Sue & Dave mob:07842 521509

MAY 18th MEET 10.30am Chwilog car park behind bus stop gr 453 383

Easy ride through lanes to Bryncir for lunch

LEADER Kath mob:07974 288056

JUNE 1st MEET 10.30am Dolgellau Mawdach Trail car park gr195 713

Via climb to Lyn Creggenan or follow trail to Barmouth for lunch

LEADER Doreen mob:07484 146484

JUNE 15th MEET 10.30am Bryncir Lon Eifion car park gr 446 482

Easy ride to Dinas Dinlle for lunch

LEADER Doreen mob:07484 146484

JUNE 29th MEET 10.30am Penrhryn dock gr 595 733 Lon Las Ogwen

Explore the Tregarth tunnel lunch at Fitzpatrick's Bethesda

LEADER Doreen mob:07484 146484

JULY 13th MEET 10.30am Bryn Cellu Du car park Anglesey gr 714 503

Lanes to lunch at Foel Farm

LEADER Gwen mob: 07721 864661

JULY 27th MEET 10.30am Y Glyn car park Llanberis 10.30am gr 571 612

'Mountain to Sea' lanes & tracks to Fron Goch Garden Centre for lunch

LEADER Ann mob: 07775 515823

The rides are between 25 & 30 miles with a café lunch halfway

Walking up hill & no one left behind

Please make sure your bike is roadworthy & that you have spares & pump appropriate for your bike

Also cash for refreshments & waterproofs

REMEMBER you are responsible for your own safety & for the safety of others in the group

PLEASE RIDE CAREFULLY

More info from Doreen doreenlindsey@btinternet.com or 01766 52226

Programme can also be seen on www.ctcchesterandnwales.org/eryri_group