

**CYCLING UK ERYRI INFORMAL THURSDAY GROUP
PROGRAMME JANUARY/FEBRUARY/MARCH/APRIL 2019**

JANUARY 10th MEET Inigo Jones Slateworks car park 10.30am
Easy ride to Ty Golchi café for lunch (Bangor roundabout)
LEADER Doreen mob: 07484 146484

JANUARY 24th MEET Coed Helen car park at entrance 10.30am
Lunch at Airport café Dinas Dinlle
LEADER Chris & Mike Simpkin (tandem) mob:

FEBRUARY 7th MEET Tyddyn Sachau garden centre Y Ffor (Four crosses) on A499 10.30 am
Lunch at Abersoch garden centre
LEADER Doreen mob: 07484 146484

FEBRUARY 21st MEET Nefyn car park behind old Church 10.30am
Aberdaron for lunch
LEADER Doreen mob: 07484 146484

March 7th MEET Coed Helen Caernarfon 10.30 am
Through lanes to Fron for lunch
LEADER Sue Cooper mob: 07842 521509

March 21st MEET Mawdach Trail car park (A470 Dolgellau turn right onto A493 car park immediately on right) 10.30am easy trail over to the bridge to Barmouth for lunch
LEADER Doreen mob: 07484 146484

APRIL 4th MEET Port Penrhyn dock Bangor 10.30am to lunch at Zip World
LEADER Gwen Richards MOB: 07721 864661

April 18th MEET Clynog Fawr (A499) by the church 10.30am
Lunch details later
LEADER Kath mob: 07974 288056

A reminder will be sent before each ride with more info

The rides are usually between 25 & 30 miles, sometimes less, with café lunch halfway
Walking up hills allowed & no one left behind. **ELECTRIC ASSIST BIKES WELCOME**
Please make sure your bike is roadworthy & that you have spares & pump appropriate for your bike
Also waterproofs & cash for refreshments

PLEASE RIDE CAREFULLY

REMEMBER you are responsible for your own safety & the safety of others in the group
More info from doreenlindsey@btinternet.com or 01766 522262
Programme can also be seen on www.ctcchesterandnwales.org/eryri