

**CYCLING UK ERYRI INFORMAL THURSDAY GROUP
PROGRAMME May June July 2019**

May 2nd

MEET Chwilog parking behind bus stop 10.30am

Lunch Fishery cafe Pentrefelin

LEADER Kath mob: 07974 288056

MAY 16th

MEET Llanystumdwy free car park 10.30am

Lunch at the Winery Penygroes

LEADER Jo Taylor mob: 07877 955793

MAY 30th

MEET Lidl car park Porthmadog 10.30am

Harlech Castle for lunch

LEADER Doreen mob: 07484 146484

JUNE 13th

MEET Coed Helen Caernarfon 10.30am

Lunch at new café Fron

LEADER Sue Cooper: mob 07842 521509

JUNE 27th

MEET Bryncir car park Lon Eifion track 10.30am

Lunch Nefyn

LEADER Doreen mob: 07484 146484

JULY 11th

MEET Penygroes Leisure centre car park 10.30am

Lunch Caernarvon Airport café

LEADER Doreen mob: 07484 146484

JULY 25th

MEET free car park Osprey site on Llanfrothen road near Tremadog 10.30am

Lunch Nant Gwynant

LEADER Doreen mob: 07484 146484

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

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

PLEASE RIDE CAREFULLY

More info from doreenlindsey@btinternet.com or 01766 522262

Programme can also be seen on www.ctcchestherandnwales.org/eryri