

The Holly Bush, Cefn-y-Bedd - 26th August 2015



Today **Chris L** is leading us to **Cefn-y-bedd** which translates to “*Behind the grave*” and his route there nearly put some of us in one. There were about 16 ready to take up the challenge. (I mean ride) - amongst them were four brave women. I think those who did the **Birthday Rides** could be still resting from their efforts in the **Lakes**. After **Woodbank** came our warm up to **Buckley**, then down a bit to **Padeswood**, then up again to **Stryt**.

At the start **Chris** mentioned **Frith** and I thought that’s good there’s a beach there - that bit should be flat, but alas there is another **Frith** on the top of a mountain. I remember going through Pant-Y-Ffordd which translates as “*out of breath*”. We all agreed the views were brilliant - it was such a clear day - but with about a mile to go **Peter** had a front wheel flat.

At the **Holly Bush** we joined **Brian L** getting there with one of his recovery rides, and also there **George and Ada**. The pub was very busy and some of our group were late being served, so in that old cycling tradition we said "bon appetit" and deserted them.

Because we had 1,443ft of elevation there were some scary downhills, but the return was enjoyably flat and easy. We went via **Llay**, **Burton Green**, **Pulford**, **Saltney Ferry** and **Saughall**. It had been a tough but very satisfying ride made more enjoyable by **Chris's** Knowledge of all the twists and turns over the hills; well done mate, but the next Holly Bush I see will have snow on it on a Xmas card. Another **Chris** celebrated his birthday today - Mr Boardman, born 1968.

Chris Byrne

