

CLWB BEICIO YSTWYTH

Sponsored by
Noddwyd gan



Sunday rides Summer – 2010

All rides start at Plas Crug leisure centre at 9.00 AM

Date	Route	Estimated Miles
25-Apr	Llangurig - Rhaeadr - Elan Valley – Devils Bridge	65
02-May	Angela Davies Road Race! (If not riding please marshal)	55
09-May	Borth – Tal y Bont - Nant y Moch	45
16-May	Tregaron – Pontrhydfendigaid – Pontrhydygroes – Devils Bridge	50
23-May	Machynlleth – Llanwrin loop	55
30-May	Nant yr Arian – Llangurig – Llanidloes – Staylittie - Machynlleth	70
06-Jun	Devil's Bridge - Nant y Moch	40
13-Jun	Ponterwyd - Arch - Hafod	40
20-Jun	Machynlleth – Caersws – Llangurig (Tour of mid Wales)	80
27-Jun	Llanilar – Lledrod – Ystrad Meurig – Pontrhydygroes – Devils Bridge	45
04-Jul	Tregaron – Llanbed – Talsarn – Trefilan (the dark side!) - Llanrystud	55
11-Jul	Machynlleth - Staylittie - Llanidloes	70
18-Jul	Aberaeron – Llanbed – Llanddewibrefi - Tregaron	60
25-Jul	Bow Street - Clarach – Borth – Nant y Moch – Pendam – Penrhyn Coch	50
01-Aug	Machynlleth - Corris - Tywyn	65
08-Aug	Llangurig - Rhaeadr - Elan Valley	65
15-Aug	Machynlleth – Tywyn – Dolgellau - Machynlleth (Tour of South Gwynedd)	95
22-Aug	Corris - Dinas Mawddwy - Machynlleth	70
29-Aug	Devils staircase (This one might sting a bit!)	90
05-Sep	Autumn Road Race! (If not riding please marshal)	65
12-Sep	Borth – Nant y Moch – Devils Bridge	55
19-Sep	Llanrhytud – Temple Bar – Aberaeron	55

The above itinerary is a guide, routes may be changed on the morning depending on weather and the night before!

Riders can take a shorter or longer route as appropriate to their ability.