

CLWB BEICIO YSTWYTH

Sponsored by
Noddwyd gan



Sunday rides 2009 – 2010

All rides start at Plas Crug leisure centre at 9.00 AM

Date	Route	Estimated Miles
11/10/2009	Machynlleth	38
18/10/2009	Nant y Moch	35
25/10/2009	Tregaron	38
01/11/2009	Machynlleth - Llanwrin	55
08/11/2009	Tour of Carmarthenshire Start at Llangadog	55
15/11/2009	Local ride TBC (Club dinner eve before!)	30
22/11/2009	Ponterwyd - Arch - Hafod	40
29/11/2009	Devil's Bridge - Nant y Moch	40
06/12/2009	Tour of Gwynedd Ride start at Tywyn	60
13/12/2009	Machynlleth – Caersws – Llangurig (Tour of mid Wales)	80
20/12/2009	Machynlleth - Staylittle - Llanidloes	70
27/12/2009	Christmas special! Include pub stop	
03/01/2010	New year special!	
10/01/2010	Machynlleth - Corris - Tywyn	65
17/01/2010	Llangurig - Rhaeadr - Elan Valley	65
24/01/2010	Club weekend	
31/01/2010	Corris - Dinas Mawddwy - Machynlleth	70
07/02/2010	Devils staircase (This one might sting a bit!)	90
14/02/2010	Bontrydfendigaid - Tregaron - Llanbed- Aberaeron	60
21/02/2010	Borth – Nant y Moch – Devils Brige	55
28/02/2010	Llanrystud – 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.