

SUNDAY RIDES CYCLING GROUP

PROGRAMME OF RIDES FOR 2024

VERSION: 28 March 2024

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Rides will commence at 11:00am. Initially, they will focus on leisurely rides with limited mileages and low ascents/mile. Attempts are made to avoid steep slopes, but when they occur, they are mentioned under 'Special Safety Issues'. As the programme proceeds, account will be taken of members views and interests and adjustments made to the programme below if necessary.

Many of the rides listed can be quite easily accomplished without the use of an electric bike by anyone who considers themselves to be reasonably active. Some of the rides may necessitate a walk up a hill for some, but this is never a problem. We simply wait at the top.

To locate the precise parking and ride start location, please zoom in fully on the link provided for the plotaroute map. The parking point may also be defined in the text. Parking is free. We encourage car and bike rack sharing. Passenger pays £1 per 10 miles of total travel.

DATE 2024	DESCRIPTION	MLS	ASCENT ft.	ft/ml.
17 March	<p>Rhyl – Prestatyn – Talacre - Meliden – Rhuddlan www.plotaroute.com/route/2243167 LUNCH: at Clwyd Bakeries, Talacre. PARKING: head towards Rhyl on the coast road through Towyn and Kinmel Bay. When you see the blue bridge into Rhyl ahead of you, turn left 100 m before it at the Mayquay pub. Go under the sign for Rhyl Harbour and turn left into the car park. The Harbour Hub Café and the Bike Hub is close by. We start there. ROUTE: warm up along the flat coast through the holiday camp and golf course to Point of Ayr. Off-road for most of the route including cycling along Prestatyn-Dyserth Way. Return past Rhuddlan castle and the Clwyd river cycleway (NCN 84). We can return from Talacre by the same route to shorten the distance to 20 miles. SPECIAL SAFETY ISSUES: none.</p>	26.2	669	26
24 March	<p>Felinheli – Caernarfon – Menai Strait www.plotaroute.com/route/2500565 LUNCH: at The Black Boy Inn, Caernarfon. PARKING: pull off at junction 10 of the A55 sp. Caernarfon. Head towards Caernarfon on the A4087. Follow the sign to Felinheli at the next roundabout. As you enter the village, turn right down the hill which is just after the B&B sign. This takes you down to the harbour. Park on the road opposite the harbour. ROUTE: Lôn Las Menai Cyclewy takes us from the seldom visited harbour of Felinheli to the historic Roman fort of Segontium. We follow Lôn Eifion Cyclewy before doubling back right besides the Straight, a very peaceful journey, not to be missed. SPECIAL SAFETY ISSUES: none.</p>	18.9	771	41
31 March	<p>West Shore, Llandudno – Conwy – Marina – Glanwydden www.plotaroute.com/route/2501503 For the energetic, try the extra loop around the Great Orme with coffee at The Rest and Be Thankful Café.</p>	17.2	925	54

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	<p>LUNCH: Cantin Café, Conwy Culture Centre. Menu – Cantin (cantincafeconwy.co.uk)</p> <p>PARKING: West Shore beside the lake. Please note this is not the children's paddling pool on North Shore.</p> <p>ROUTE: yet another off-road route for much of the time with lovely views across Afon Conwy to the castle. Then through Conwy Quay and following Afon Conwy once more along a delightful cycleway to the marina. Lunch stop in Conwy on the outward or the return journey.</p> <p>SPECIAL SAFETY ISSUES: none.</p>			
7 April	<p>Anglesey: Brynciencyn – Newborough Forest – Ynys Llanddwyn. www.plotaroute.com/route/2503044</p> <p>LUNCH: Anglesey Transport Museum Café, Newborough.</p> <p>PARKING: as you approach Byneciencyn there is a good size car park on your left just before the RH bend into the village. This car park may just be for the café at that point. Go on and keep left at the sharp RH bend. A large layby is 300m down on the left opposite the school. Park there.</p> <p>ROUTE: we walk onto the magical island of Ynys Llanddwyn and its tragic tale of Princes Dwynwen. A small diversion shown after point 1 takes you to the Tide Café at Halen Mon, Anglesey Salt. Sales shop on site.</p> <p>SPECIAL SAFETY ISSUES: Some short stretches of the A4080 where extra care is needed with single file riding. This event can only take place when tides allow. access to the magical island of Ynys Llanddwyn and its tragic tale of Princes Dwynwen.</p>	21.7	1043	43
14 April	<p>Denbigh - Cae Dai Museum - Llanrhaeadr - Llanynys - Rhewl - Ruthin - Llangynhafal - Llandyrnog. www.plotaroute.com/route/1818979</p> <p>LUNCH: Ruthin Craft Centre. Coffee at Cae Dai.</p> <p>PARKING: near Denbigh Castle at the tall stone tower at junction of Castle Hill and Ffordd Newydd. LL16 3NB.</p> <p>ROUTE: We visit the historic towns of Denbigh and Ruthin with some nice views from the castle. We divert to the Cae Dai Museum of rooms full of 1950's artifacts and spend up to an hour there at a cost of £5 each – but coffee is 50p! (This can be omitted if the group so choose). Llanrhaeadr is famous for its Jesse Stained-glass window in St. Dyfnog's Church. Church of St Dyfnog, Llanrhaeadr-ying-Nghinmeirch, Denbighshire - Visit Stained Glass</p> <p>SPECIAL SAFETY ISSUES: care needed on a short section of the A525 beyond Llanrhaedr. 1 in UP – 1; 1 in 7 DOWN – 1.</p>	23.4	1486	62
21 April	<p>Anglesey: Penrhos Park – Breakwater Park – Trearddur Bay www.plotaroute.com/route/2501850</p> <p>LUNCH: The Boathouse Hotel en-route to Holyhea's Breakwater Park. or the RSPB café at South Stack if we divert there..</p> <p>PARKING: Penrhos Coastal Park overlooking the sea. Exit at junction 3 of the A55 and travel into Valley. Go straight ahead at the traffic lights. At the end of the Stanley Embankment, turn right immediately into Penrhos Park car park with toilets.</p> <p>ROUTE: a very special route with lovely seaside scenery. From Penrhos cycle past the pet cemetery en-route to Holyhead where you will travel through the railway station and over the lovely Celtic Gateway Bridge. Meet Wil Stewart, the warden at Breakwater Park. Notice the little detour at Trearddur Bay to see the little sandy bays. It's also well worth the detour down to the car park below Rhoscolyn, then walking the short distance across to Porth y Corwgl (see the OS Map). Use the beach or the footpath just above it. Yet another diversion is suggested to see Silver Bay. The last 500m will need to be walked, having first secured the bikes.</p>	18.3	1129	62

DATE 2024	DESCRIPTION	MLS	ASCENT ft.	ft/ml.
	SPECIAL SAFETY ISSUES: Can be muddy through the woods at the start. Some solid gravel track after Breakwater Park.			
28 April	Llanddulas – Rhyl – Bodelwyddan – Abergele www.plotaroute.com/route/2501793 19.5mls, 568ft, 29ft/ml. LUNCH: Rhyl Bike Hub. PARKING: Llanddulas beach car park SH 906 786. Come off the A55 at junction 23 sp. Llanddulas and follow signs for the beach. ROUTE: off-road and quiet lanes starting with NCR 5 (National Cycle Route) hugging the coast followed by the NCR 84 River Clwyd to Rhuddlan. SPECIAL SAFETY ISSUES: care needed and single file riding through Abergele.	19.5	568	29
5 May	Anglesey: Beaumaris – Castell Aberlleiniog – Penmôn Point www.plotaroute.com/route/2502758 LUNCH: The Pilot House Café, Penmôn Point. PARKING: on the Beaumaris approach, with the boatyard just ahead, park in the long roadside layby on the right. ROUTE: we visit Castell Aberlleiniog, a Motte and Bailey fortress. “Like so many sites on Anglesey, Aberlleiniog is a hidden gem. It combines fascinating history with natural beauty - without any of the crowds, costs, or hassle”. Another diversion of just a few metres takes you to Traeth Lleiniog with lovely views over the Strait to Snowdonia. The route along the shore to Penmon and Puffin Island and the lighthouse cannot be missed. SPECIAL SAFETY ISSUES: rough track out of Llangoed past the castle.	13.9	1070	77
12 May	Llandudno Junction – Conwy – Rowen - Bodnant Foods www.plotaroute.com/route/2501830 LUNCH: Bodnant Foods café, The Furnace. www.bodnant-welshfood.co.uk/thefurnace PARKING: from the large roundabout with Telford's Bridge ahead, turn towards Deganwy. Pass LIDL on your left and take the next left at the small roundabout. Go under the flyover and park 100m further on, on the right. ROUTE: a picturesque journey overlooking the meandering River Conwy. We can pop into the Conwy Water Gardens for a walk around the lake too. SPECIAL SAFETY ISSUES: 1 in 7 UP – 1; 1 in 7 DOWN – 1.	16	1473	92
19 May	Conwy Morfa – Penmaenmawr – Llanfairfechan – Newry Drive www.plotaroute.com/route/2501873 LUNCH: the Beach Pavilion Café, Llanfairfechan. PARKING: come off the A55 at jn. 17 sp. Marina. Turn right sp. Marina. At the right-hand bend at the Aberconwy Resort sign, turn left and follow through to the car park. ROUTE: hugging the coast once more on NCR 5. Shorter version omitting the Newry Drive loop is just 13.1mls. SPECIAL SAFETY ISSUES: none.	18.3	1598	87
26 May	Anglesey: Bodffordd – Aberffraw - Malltraeth – Llangefni – Cefni Reservoir www.plotaroute.com/route/2512456 LUNCH: Llys Llewelyn Cegin Bar, Aberffraw. PARKING: at the western tip of Cefni Reservoir. Exit the A55 at junction 6 Llangefni. Stay on the A5 Gwalchmai. Turn right sp. Bodffordd after 2 miles. After 1 mile turn right at the T-junction sp. Llangefni. Turn left after 150 yards and turn right into Cefni Forrest Car Park after another 300 yards. LL77 7LQ. ROUTE: see one of Anglesey's many fascinating inland seas stretching away into the distance at Malltraeth. Visit the exhibitions at Oriel Môn before cycling the delightful Dingle Cycleway from Llangefni to the Reservoir. The map also shows a longer route through Aberffraw as a red line. An extra couple of miles diversion will allow us to view Eglwys Cwyfan, the Church in	23.7	961	40.5

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	the Sea (or Eglwys Bach y Mor). Perched on the tiny island of Cribinau, a place of pilgrimage across the causeway. See Facebook for the lunchtime menus at Cegin Bar. SPECIAL SAFETY ISSUES: none.			
2 June	Betws y Coed – Penmachno – Cwm Penmachno – Glasgwm www.plotaroute.com/route/2505430 LUNCH: packed picnic lunch with coffee at the end in Betws. station. PARKING: in Old Church Road behind the railway station. ROUTE: yet another fabulous route. We soon ride above Fairy Glen with its waterfalls and into the glorious Machno valley. We pass Roman Bridge, "an elegant single-span packhorse bridge" across Afon Machno. The ever-open St. Tudclud at Penmachno contains an inspiring and unforgettable modern stained-glass window which we will view. We visit the remote Cwm Penmachno and we can take an optional diversion to ascend 400ft. into the valley of Afon Glasgwm. Coffee and cake arranged at the 16 th . century Plasgwm Farm development, 30 years in the making by Peter and Tamsyn and viewing Big Seat! Plasglasgwm Farm SPECIAL SAFETY ISSUES: single file along short stretch of the A5 in Betws.	20.9	1796	96
9 June	Anglesey: Amlwch Port – Porth Wen Brickworks – Cemaes – Parys Mountain www.plotaroute.com/route/2522192 LUNCH: Caffi Banc, Cemaes. PARKING: at Amlwch Port on the square SH449 931. LL68 9HD. Overspill by turning into the harbour road and proceed to the end of Pen Cei overlooking the outer harbour for free parking. ROUTE: some lovely coastal scenery. The route includes a walk down to the amazing brickworks and old harbour. Even more amazing is the deep copper chasm at Parys Mountain where we can walk right down into the quarry and take in the wonderful colours. SPECIAL SAFETY ISSUES: steep walk down to Porth Wen brickworks.	20.8	1713	82
16 June	Abergwyngregyn – Llandygai – Tregarth – Bethesda www.plotaroute.com/route/2566956 LUNCH: Café Seren, Bethesda. Optional coffee at the end at Café Hen Felin, Aber. PARKING: exit the A55 at junction 13 Aber. Turn left at the T-junction and carry straight on past the free parking sign and park in the very long layby on the left. ROUTE: National Cycle Route NCR 5 and 82 (Lôn Lâs Ogwen). SPECIAL SAFETY ISSUES: none. ALTERNATIVE: Llandygai – Penrhyn Port – Bangor Pier – Bethesda www.plotaroute.com/route/2567156 LUNCH: Café Seren, Bethesda. PARKING: turn off the A55 at junction 11 and onto the A5 towards Llandygai and Bangor. Turn right at the second roundabout and park on the right after 100m. SH 598 709. ROUTE: National Cycle Route NCR 82 is followed. This is very largely an off-road route.	20.1 15.7	1460 1276	73 81
23 June REPEAT RIDE	Rhyl – Prestatyn – Talacre - Meliden – Rhuddlan www.plotaroute.com/route/2243167 LUNCH: at Clwyd Bakeries, Talacre. PARKING: head towards Rhyl on the coast road through Towyn and Kinmel Bay. When you see the blue bridge into Rhyl ahead of you, turn left 100 m before it at the Mayquay pub. Go under the sign for Rhyl Harbour and turn	26.2	669	26

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	<p>left into the car park. The Harbour Hub Café and the Bike Hub is close by. We start there.</p> <p>ROUTE: warm up along the flat coast through the holiday camp and golf course to Point of Ayr. Off-road for most of the route including cycling along Prestatyn-Dyserth Way. Return past Rhuddlan castle and the Clwyd river cycleway (NCN 84). We can return from Talacre by the same route to shorten the distance to 20 miles.</p> <p>SPECIAL SAFETY ISSUES: none.</p>			
30 June	<p>Llanddulas – Kinmel Bay – Rhyddlan – Bodelwyddan – Abergele www.plotaroute.com/route/2501793</p> <p>LUNCH: The Harbour Hub Cafe, Rhyl.</p> <p>PARKING: Llanddulas beach car park SH 906 786. Come off the A55 at junction 23 sp. Llanddulas and follow signs for the beach.</p> <p>ROUTE: almost entirely off-road to Rhyddlan with unclassified minor roads beyond.</p> <p>SPECIAL SAFETY ISSUES: none.</p>	19.5	568	29
7 July	<p>Llanberis – Quarry Hospital – Goronwy – Caernarfon – Bethel www.plotaroute.com/route/2569370</p> <p>LUNCH: Packed lunch. Coffee stop at the end in Y Caban.</p> <p>PARKING: At the western tip of the lake near the bridge. Take the A4244 towards Llanberis, go past the turning to Brynrefail, when you can see the A4086 sign ahead for Caernarfon and Llanberis turn left into the 30mph sign. Park after 100m. SH 560 623.</p> <p>ROUTE: Quiet unclassified roads. Some lovely views high above Llyn Padarn. Also paying a short visit to Castell Dolbadarn and the Quarry Hospital with their own special views over Llyn Padarn and Llyn Peris.</p> <p>SPECIAL SAFETY ISSUES: take care with single file cycling needed on 0.6mile of the A4085. Cyclists to stay well-separated out.</p>	24.8	1906	77
14 July	<p>Anglesey: Valley – Traeth Cymyran – Rhosneigr www.plotaroute.com/route/2570315</p> <p>LUNCH: The Surf Café, Rhosneigr.</p> <p>PARKING: come off the A55 at junction 3 sp. Valley. At the traffic lights in Valley, turn left. Park in the large car park on the left after a short distance.</p> <p>ROUTE: we visit Cymyran, out of the way and seldom seen. One end of the inland sea, Cymyran Strait, that stretches through to 4-mile Bridge and onwards through the Stanley Embankment and Penrhos Park. Hence the creation of Holy Island.</p> <p>SPECIAL SAFETY ISSUES: TAKE CARE ON SECTIONS OF THE A4080 around Rhosneigr.</p>	24.5	1073	44
21 July	<p>Garndolbenmaen – Cwm Pennant – Llyn Cwmystradllyn – Llyn Ddu www.plotaroute.com/route/2569766</p> <p>LUNCH: Tyddyn Mawr Tea Room, Llyn Cwmystradllyn.</p> <p>PARKING: Go onto the Caernarfon bypass A487 towards Porthmadog. Beyond Bryncir take a left turning to Garn. In the centre of the village with a church on the left and as the road swings sharply right, park in the large car park on the left.</p> <p>ROUTE: quiet unclassified road through the beautiful valley of Cwm Pennant, an unforgettable journey.</p> <p>SPECIAL SAFETY ISSUES: none.</p>	23.9	1841	77
28 July	<p>Gwalchmai – Porth Trecastell - Rhosneigr www.plotaroute.com/map/982594</p> <p>LUNCH: The Surf Café, Rhosneigr or The Oyster Catcher.</p>	17.3	738	43

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	PARKING: come off the A55 at jn 6 Llangefni, onto the A5 towards Gwalchmai, look for the the Gwalchmai Isaf turning on the left, park on the left before the turning or on the right after the turning. SH399 761.			
4 August	<p>Anglesey: Red Wharf Bay – Pentraeth – Llangefni – Cefni Reservoir – Benllech www.plotaroute.com/route/1210813</p> <p>PARKING: on the bay at Red Wharf on the approach to the well-known Ship Inn. SH 529 810. Parking can be difficult but there is a large layby at point 22 near to the 'A' road. You may wish to start the route at Pentraeth where there is a large car park. Travelling towards Benllech, go past the small central rank of shops on the left in Pentraeth and turn right into the car park.</p> <p>ROUTE: start at the attractive Red Wharf Bay and see it again later when we traverse the shore-line for the second time. This short second section is rough and can only be undertaken when not at high tide. Lunch is at the museum and art gallery, Oriel Mon, and there you can admire the exhibitions on display before taking the cycleway Lon Las Cefni up to and then along the Cefni Reservoir. Then more seaside scenery at Benllech before returning to the start point.</p> <p>SPECIAL SAFETY ISSUES: the route avoids stretches of the often very fast and busy A5025 beyond Red Wharf and also beyond Benllech on return. However, cyclists will ride on two short sections of the 'A' road and care is needed with single file riding. Check the tides up to a week in advance at: Red Wharf Bay Beach's Tide Charts, Tide forecast and Tide Times for this Week - Anglesey - Wales - United Kingdom - 2023 - Tideschart.com</p>	22.5	1660	74
11 August	<p>Wirral Circular Trail: Neston ... Parkgate ... Thurstaston ... West Kirby ... Hoylake ... Moreton ... New Brighton ... Wallasey ... Birkenhead ... New Ferry ... Bromborough ... Eastham ... Willaston. 48mls to start point. Car sharing recommended.</p> <p>www.plotaroute.com/route/1048737</p> <p>LUNCH: café at Thurstaston Common, in New Brighton and Easton Country Park.</p> <p>PARKING: 46mls, Turn left off the A540 at the traffic lights beside the Shell garage and the Hinderton Arms towards Neston. At the T-junction in Neston turn right sp Parkgate. Turn left sp Parkgate B5135. Stay on this road. Just beyond where the road swings left there is a tree-lined area on the left and broad steps up. Just beyond this turn left at the 'Free Parking for the Parade' sp. Park here. The car park is known as Ropewalk Car Park. It is on the opposite side of the road to The Ropewalk which can be found from Google Maps by entering 'The Ropewalk, Parkgate'. SJ 283 779. Sat nav set to CH64 6QJ for Neston Cricket Club which is nearby.</p> <p>ROUTE: A Classic ride encompassing Wirral Way. We circumnavigate the Wirral taking in Neston, Easton Village, Easton Country Park, The Mersey overlooking Liverpool and the Liver Building, New Ferry, Seacombe with its Spaceport, the attractive Promenade to New Brighton, Hoylake, West Kirby with its Marine Lake overlooking Hilbre Island, and Parkgate waterfront.</p> <p>SPECIAL SAFETY ISSUES: none, largely off-road on cycleways.</p>	38	1200	32

