

2011 Ride Reports

Fishguard figure of eight ride 18th December 2011

For between six to 11 riders, in search of signs of spring. A year ago in the first week of December only 4 riders made it through the ice to ride out to Pwll Deri. There were plenty in view of the mild autumn - daffs fully out by the local petrol station and a garden poppy (probably papaver orientale) if full flower just before Llangloffan Cross where riders from Roch and Treffgarne merged. Across A478 and passing Land Rover graveyard to meet 'Gary Jones's bit' of Route 4. A seasonal stop at St.Nicholas for photo call (geddit?) and on to Stop and Call - spotting the American car collection at the first house in Stop and Call. Interesting to take in the newly surfaced 'safe route to school' to Pencw = Harbour Village and a brief diversion on foot to the burial chamber. Coffee stop on the Parrog where the proprietor declared that, like Martin, he too was bent. He wanted a photo for his Facebook page. We are now apparently also on the Shire Horse Centre pages from May's ride.

We resumed route 4, marvelling that its creators managed to make it 25 miles to St.David's from here. Adrian, Megan, Brian and Linda left here to go due south , and Deborah and Steve dropped off at the new school. A cold wind still bowing off the sea but not so cold as the previous day's North Westerly. The drop in to the Gwaun valley to duck out of the wind was not therefore necessary, and plan a) beer in the Pendre - evolved in to plan b) butties on the Llanychaer village green and drinks from the Bridgend in . After a loop back via Trecwn and a snood-related delay plan c) revealed itself as lunch in the Grimshaws' kitchen with alcohol free lunch.

A modest 20 miles but riders claimed to be busy preparing for Christmas.

(Editors note - the Roch and Treffgarne cyclists did a slightly more then modest 34 and 26 miles respectively)

Ride Report for 23rd Oct 2011 - Haverfordwest to coasts

Ride leaders - Ted Seaman & Ross Grisbrook

Distance - 31.6 miles

Average Speed - 9.6 mph

Cycling Time - 3h 15 m

Riders - 10

Punctures - Nil

Injuries - 1

After a night of heavy rain, it was with some trepidation, for the weather prospects, that 10 riders set out from St Thomas Green. We need'nt have worried about rain, but the wind.....

From the top Merlins Hill we travelled along Scarroscant Lane to Glenover Park, crossed the Dale road, past the Cricket Club, to Ruther Park via the old racecourse. It was at this point that one of our members (Steve H) sustained a slight injury to his knee, when he failed to negotiate an access ramp, by becoming entangled with the railings. He fell off whilst still clipped in to his SPDs. There was blood, although not as much as the injured party would have you believe... Fortunately a member of the medical profession (Dr Bob) was on hand, who confirmed that a transfusion would not be necessary as it was "only a flesh wound."

Continuing along Haven Road, we turned off at Portfield Gate for Sutton, on to Nolton Cross taking a left, which eventually took us down the exhilarating 40mph hill into Broad Haven. Without pausing, we carried on, up the hill past the Fort Hotel (supposed to be haunted) and down the other side to Little Haven for a coffee stop at "Ceri's". David and I made the mistake of ordering carrot cake with our drinks - both of us failed to consume the enormous portions we received, and consequently suffered during the long pull out of Little Haven to Hasguard Cross.

We became nine when Dr Bob said farewell at Rickeston Bridge, leaving a disgruntled Steve, who, I think, felt that a prescription for his injury would have been justified.... Bob knew what he was doing, the drag up to Herbranston, against the wind, was a killer !

After the hill, we flew through Hubberston and into Milford, where we continued along the marina, picked up the path from Smokehouse Quay to the Rath, and from there down Cellar Hill to the Pill, along the slippery foreshore and picked up the

main road at Black Bridge.

Another serious climb from Black Bridge to Waterston where we noticed that one of the huge wind-turbines appeared to have "lost" its set of blades - we were assured by Martin that it wasn't the wind or vandalism, but probably maintenance...We then turned right to Llanstadwell and on to Neyland Marina, where we had a windy lunch - outside the cafe.

Re-fuelled, we continued back to Havefordwest at a leisurely pace via the Brunel (route 4) cycle path - arriving at St Thomas Green at 15.10.

[Route map](#)

Amroth 9th October 2011

It could have been a bad sign when I counted the numbers and they came to 13 but obviously its quality not quantity which counts even when its this portentous number. Having been told that Tei was unable to come we were able to leave on the dot at 10 am and set off in the direction of Saundersfoot through the tunnels- nice and flat. We continued on the flattest way possible out of Saundersfoot by taking the lesser known Moreton Lane and coming out on the main road at Moreton. A quick dash across the main road and 50 metres along it to the quiet Clayford Lane and relief that we still had 13 members.

So onwards for a gentle pedal through Cold Inn, East Willamston and down to Redberth before cutting across to St. Florence for coffee in the Brambles tea room. I nipped in ahead of the other riders just to pre-warn the hosts that they were going to have custom and as I came back out to meet the first couple of thirsty riders, I could hear shouts of "THIRTEEN!!!" from the kitchen.

Not a problem though and there was a nice selection of cakes and even something gluten free for Madeline. On behalf of everyone else I was overjoyed at the selection of cakes. My pre-dilection for cakes is well known but sadly for me I was warming up for a colonoscopy on the Tuesday and had to make do with black tea.

Well refreshed although having done nothing that needed refreshment we set off

then for Tenby on the old Ritec Road - did you know that quite large boats used to come up the Ritec and park (is that a nautical term?) in St. Florence harbour. Well some people know now because I told them. Nowadays I doubled the flow rate of the Ritec having visited the gents toilet.

Out of Tenby and back into Saundersfoot and the tunnels again for my figure of eight plan so we got back to Wisemans Bridge without breaking sweat. A short break there and off to visit Tim Holland at the Big House, postal address "Small Man, Big House, Pendine" apparently. So much for the easy ride as we warmed up across the cliffs into Amroth and then began the real climb out of Amroth. I always know I'm coming to a big hill when I get to that one but it still always surprises me and it was a much more tired out group who arrived at Tim's. By this time we were down to 10 as Ed had dropped out at Wisemans Bridge on justifiable health grounds and Dave and Fiona stopped off at Amroth to head home. Nice to see Dave and Fiona again and good luck with everything in Devon.

The master plan was to just head straight back to Wisemans Bridge after tucking in to Tim's good lady's ginger cake (those of us who weren't on the black tea diet) but mutinous mumblings about going back up the hill to Amroth blended with suggestive remarks from Tim that a better route would be to head towards Red Roses and then on to Tavernspite and then back down to Ludchurch. I did voice a couple of mild objections but was told that it was all downhill and very short from Pendine so we set off towards Red Roses. After what seemed like a long uphill struggle for about two miles I made my mind up to take on the main road from Red Roses and so at approximately three miles when we got there we had a quick discussion and that seemed to be the consensus view despite misgivings about the main road. From there it was quite easy going but not nice as cars fly past you at ridiculous speeds and much too close for comfort but it was a nice finish down the hill from Summerhill into Wisemans Bridge.

Thanks to everyone for coming, sorry about the route change and main road, thanks especially to Tim's good lady (apologies for forgetting the name but perhaps the editors will insert it before censoring and publication)

Allan ("shouldering" the responsibility for leading this ride due to Tim's incapacity)

Ride Report

For

Sunday 26 September 2011

Rosebush

Sunday 26 September should have been for a return visit to Rosebush. It was not as the previous Rosebush ride had been cancelled due to the snow and ice, which was a real pity, as it was scheduled as the famous Mine Pie run, held immediately before Christmas.

11 youthful freewheelers met up at the car park, some doing the traditional "must ride everywhere" routine, Syd having cycled in from Haverfordwest and Teifryn from Milford Haven. Lesley, Johanna and Stephen also cycled in but from Maenclochog! - well it added a few metres the distance. David also cycled in from Wern, but that was the Sunday before. We were also joined by potential new member Debra Johns, making up our total to 12, until we met another freewheeler running late just after starting out.

We set off towards Maenclochog and the second meeting place for late arrivals, turning south towards Tufton. This gave us all a chance to get a bit of speed up as well as getting warmed up again, as it is a steep descent to the Water Works on Afon Syfynwy, followed by an equally steep ascent. At Tufton we regrouped and rode into the village before turning right to head to Castlebythe. Just after the right turn the ride secretary reprimanded (the first of many) the leader for not stopping at the junction, despite the whole group witnessing the manoeuvre. This road leads back towards the B4313, but before meeting it has an elevated section giving fantastic view towards St Davids and according to Garry The Alps. Unfortunately our new recruit Debra missed the geography lesson, as she and another freewheeler had decided whiz on ahead.

The leader managed to confuse the rides secretary by doing a long loop around by following the B4313 to Fishguard, before turning off to go past Tyryet, and a farm where the road is always covered in This road loops back towards Rosebush, and half the group noticed the left hand turn that leads to Newport, but more importantly to the coffee stop at Gelli-fawr. The other group were too busy talking about Stephen's shaved legs, so missed the turning. Problem for leader is no mobile reception in this area. After flagging down a passing driver, it appeared that the group had realised the error of their ways and were returning at a very leisurely pace - according to the driver. Gelli-fawr provided excellent real coffee and home made cakes - so Debra ordered a take away ham sandwich, which was very good quality - but as the saying goes, you only get what you pay for.

After receiving the usual ticking off, the leader tried to lead despite Teifryn stopping every 100 metres to make calls, to arrange Sunday lunch, taxi and possibly some female company or two. On reaching Croesffordd new recruit enquired, once again about hills. Leader assured her there are very few on this ride and only a few undulations. So she kept with us, apart from some members who had various excuses why they could not continue. Leader gave a brief health and safety talk about hills, bends, water and strange men as we set off towards Craig Rhosyfelin, where we encountered hills, bends, water and a strange man. Then on a short stretch of B4329 to Crosswell, which fortunately was not too busy. In the past this has been a bit of

road to be very cautious on, as it is popular with motorcyclists riding "a circuit."

On nearing Crymych mutiny nearly erupted as it was past lunch time. Coffee having taken so long with some members insisting on the scenic route to the Hotel. It was decided to press on to Mynachlog-ddu rather than do a detour into Crymych. At Mynachlog-ddu it was decided to forget the caravan park for lunch (which apparently can only do instant coffee) and find somewhere in the village. The club went the children's play area, where they have fortunately provided picnic benches and seats for cyclists. At the lunch stop, a very detailed inspection was made of Debra's ham sandwich, to ensure it met quality control. Fortunately it need, but so fortunate for the sandwich.

We returned to Rosebush at 15:30 under dark clouds having managed to miss the threatening down pour. The distance being just less than 30 miles. So well done Debra on her first ride with the club. Thank you to all that joined us and apologies for over running on the time.

David Haward

(Officially celebrating 25 years membership of CTC)

Ride report for September 11th - The Cleddau Estuaries Ride

Four Iron men and two Iron Maidens left Milton and headed West through Cosheston and along the newly completed cycle path to Pembroke Dock where we joined up with a trio of Iron men in the guise of Grimshaw Grisbrook & Brake. We crossed the bridge with a strong wind blowing up the Haven almost enough to knock us over, (except for Teifryn who was just below the side wall barrier) turning right through Burton and on to Houghton before taking another right onto the Langwm

road A bit further on and Angela & Paul were back where they had started from an hour or so earlier, climbing up the steep hill into Hook (Bob now leading) and an al-fresco breakfast stop at the Miners Memorial Garden at Hook sports & social club, the facilities there were all locked up and the Iron Men took turns to inspect the skip parked near to the car park hedge.

Leaving Hook and a few miles on to join the main road to Haverfordwest, turning right just before the milk factory and through the short cut that takes us out by Haroldston and the Pop factory to the top of Quay Street where we did a bit of 'the wrong way down a one way street) past The Bristol Trader, over the footbridge to County Offices and under the dual carriageway and off up the Uzmaston road, we took the left to Creamston and toward Picton Castle, just before Picton we were wondering exactly where to have our al-fresco lunch when Bob realised we were only a few hundred yards from The Bannister household at Hill Block, a wonderful welcome from Peter and Pat (who were in the middle of their lunch), we all gathered round the picnic table in the garden and enjoyed our lunches (with Teas & Coffees provided) and a pleasant bit of sunshine after several wet days.

It was time to move on with a good few miles still to go, off across the A40 past South Dairy and around Hill Crest to the Toch lane junction and back onto the A40 relishing the cruise down the new road to Canaston Bridge, at this point Teifryn said "I'm going to push on towards Milton and to the bridge where his van was parked" bye bye Tei see you in two weeks.... The rest of us went on up the road past Bluestone and on to Canaston Bowl where we met 'The Real Iron Men' on their way around the 100 & odd miles of the triathlon course, we were diverted off toward Martletwy Cross, past the Cwm deri turn and eventually down past Cresswell Barn to where several bikes seemed to grind to a halt at the Cresselly Arms at Cresswell Quay, good beer and good cheer were instantly heightened by the arrival of none other than Teifryn who had got lost somewhere near Landshipping, a good five miles from Milton, a great day almost over we skirted around the French Mill at Carew and back on the cycle path to Milton. A complete circuit of the Daugleddau Estuary, about 34 miles we think. Thanks to Angela, Paul, Peter, Ross, Tim, Tei, Johanna and Bob for a delightful autumn lead.

Regards Steve Hughes

Sunday ride, 14/8/11 Start, Café Beca.

Leader, Martin Bellwood

I thought I would be ready and waiting at Beca Café, but there were earlier birds. 30 mins early, very keen. 11 of us set off down past the slate centre, and out into the wilds of the Rhydwylym valley, very peaceful, but with some exciting hills to get the Sunday morning cobwebs out of the system. Further on, we stopped to admire the home of the hobbits, the Steiner school, with the rounded walls, and turf roof. Climbing out of the wooded valley, and out towards Maenclochog, passing Penrhos museum, which although closed, offered a glimpse through the windows of a preserved way of life. Pressing on, as coffee had been mentioned, we arrived at the Old Post Office in Rosebush. Tea, coffee, beer and sandwiches were consumed outside in the bright sunlight. The weather here can change very quickly, but we were lucky today, with clear views and warm sun.

On then, over the mountain road towards Mynachlogddu on Sustrans route 47. One of my favourite roads, with huge views over to the south, as far as the Gower, and most of the south of Pembrokeshire. Climbing again, to the highest point of the ride at a touch under 1000 feet, before heading almost east, crossing the A487, and being treated to a well earned blast of about 3 miles of fast downhill through Hermon and Llanfyrnach, where we stopped at the church, and had lunch.

The route back took us past the Lamas project, though the steep entrance was no incentive to actually stop and investigate, maybe another time. On through Glandwr, up the final hill near Hebron, and back to Beca. Just over 29 miles of particularly 'undulating' cycling this week, but worth it I think.

[Route Map](#)

Ride Report 31st July Ride Leader Ted Seaman

Ride leader - Ted Seaman

Distance - 28.8 miles

Thirteen riders arrived (on time) at St Thomas Green Haverfordwest including Friend Wood with his batmobile, sorry velomobile. After waiting five minutes for any late

comers, we set off down Merlins Hill to the roundabout and then proceeded up Dredgman Hill (to get the blood circulating to the extremities). At the summit we were joined by Peter Brake on his cherished Mercian. We then continued along the bridleway to Freystrop via Sandy Wells.

From Freystrop we made our way to Hook, then Llangwm and on to Burton, where, resisting the temptation of the Jolly Sailor, we briefly picked up the A477 before a hairy decent via the newly commissioned snaking access way down to the Neyland cycle path. After a coffee stop at Neyland marina, six of our number - Steve, Jo, Lesley, Adrian, Megan and Friend, for various reasons (hope it wasn't something I said) took their leave to cycle back to Haverfordwest.

At Llanstadwell Peter said farewell.....

Pushing my developing complex to the back of my mind, our rapidly diminishing group (now seven) continued to Waterston, past the wind turbines to Black Bridge and on to Milford Haven marina. Lunch was taken at Milford dock, along side two rusting hulks - we think one was the remains of a trawler, the other looked like the salvaged wreck of Radio Caroline - couldn't be sure... Teifryn practiced his tour guide patter and entertained / educated us with a potted history of Milford Haven - at one point lapsing into Portuguese !!

Lunch over, we pressed on to Lower Priory, at which point Teifryn took his leave (I thought I'd gone deaf !). The remaining six continued to Lower Thornton, Kings Bridge and Tiers Cross, from where we proceeded to Ratford Bridge, crossed the Dale road and on to the junction at Haven Road B4341. We then said goodbye to Brian and Linda as a light drizzle (correctly forecast) began to fall.

Ross, Alan, John and myself headed on to Haverfordwest, arriving back at the start point around 2.30 pm.

[Route Map](#)

Ride Report 17th July 2011 - Christine Robinson

Seventeen cyclists turned out at Whitland station. We had three visitors - Lisa a local girl and two young French men, Remi & Aureleon, staying in Llanfallteg. Gary

Brame put in a guest appearance whilst passing us with his caravan (with bike attached) on his way to France and wished us well (at least I thought that was what he said!)

We were all on time but had to await the arrival of Teifryn BY TRAIN before setting off 10 minutes late. We headed north from Whitland past the secondary school and turned down a bridleway towards Whitland Abbey.

Continuing to head north towards Llandboidy we made a start on the first of many hills.

Everyone was in good spirits and hoping for a dry day despite the fleeting clouds and increasing wind.

Past Llanboidy and out towards Blaenwaun but heading off to Cwm Bach down a steep hill to climb out the other side. Along Llanwinio Common stopping off at Llanwinio church for al fresco coffee break. Continuing along the Common to Passby and turning left back towards Blaenwaun.

From Blaenwaun we made our way past the windmills and on to the lunch stop at the Chocolate Factory only to find it was 'closed'. Unfortunately my recce hadn't established this minor detail so time for a quick rethink and we turned around and headed by the shortest distance to The Bont at Llanglydwen. Thank goodness!

Suitably refreshed we set out up another hill to start our return journey. Passing to the north of Llanboidy and on to the crossroads known as Crosshands and turned left towards Cwmfelin Boeth and Whitland. Only one more hill! All in all despite a shortish shower of rain near the windmills we had good weather although we had a good headwind most of the way.

A mere 29.5 miles later, which seemed to pass in the blink of an eye, we arrived back in Whitland. The route was a little longer than intended but the views were amazing (in my opinion) which made up for the distance.

Route map available [here](#)

Ride Report for 3rd July 2011 Newport.

Waiting report but route map is available [here](#).

Ride Report for 19th June Dawn Ride.

Waiting report

Ride Report for the 5th June 2011 Ride .

Start point Crymych Ride Leader David Gray, distance 29 miles

A good size group of 19 assembled in Crymych , (it was almost 20 ,Teifryn had told Steve he may join us along the route), all were surprised by the beautiful weather which confounded the forecast.

The ride leader had a small moment of panic when en route to the start he saw two Freewheelers at Café Beca, and wondered if he was going to the right place on the wrong day. The anxiety eased when others arrived at Crymych. The ride followed the route used on the previous occasions by this leader (no imagination)! Leaving Crymych along the national cycle route towards Bwlch-y- Groes. A climb up between Frenni Fach and Frenni Fawr to get the lungs working, with a fine view from the top. Chance for some photos taken by Steve and Ross.

Then along the undulating country road that descends gently to Bwlch-y-Groes , a quick gather up and then down to Cymych, which ends in a deceptively steep hill at the crossroads. Standing in the road to ensure riders took the correct route and could stop! "Stop by the big house!" cried the ride leader as they sped by, but no-one saw the house through the trees and carried on. The house is Lancych House, allegedly the largest private collection of medical reference books in Wales. With three ghosts as well (according to the author of "Discovering Pembrokeshire by bicycle").

Along the road along side the Afon Cych and all appeared to be going swimmingly, swimmingly being the operative word, as the road had been closed and was the tar-mac section completely blocked, we thought we would have to swim for it, but we Freewheelers are a resourceful bunch and Steve found a way past. "Portaging" is the term canoeists use. Having to pick your bike up and carry it, is what cyclists call it, so much for the ride leaders reconnaissance !! Onwards to Abercych then over the bor-

der into Sir Gar and to Cenarth for the coffee stop. An opportunity to look at the falls, the river being very low, for those who had not seen them before. The Tea Rooms must do a roaring trade from cycling, just as we were leaving the Teifi Velos arrived.

Across the River by bridge into Ceredigion, down the main road to the saw mills, into Newbridge car park, over the footbridge and back into Sir Penfro. (the group had stopped on the bridge setting a new record for weight on it, Syd tried to see if it would take the strain by bouncing on it!) Then right, along the south side of the river with a culture stop at the Little Church of Manordeifi. A beautiful church with box pews, and a coracle for the congregation if the river floods. No electricity even today, so all services by candlelight. If you have not seen it is well worth the visit. (Follow the road opposite the Castell Malgwyn Hotel entrance for about half a mile).

Then a climb up from LLechrhyd and then to Cilgerran for lunch. This time at the Wildlife Centre out on the marshes, time to explore the paths after lunch and the viewing point along the river. Some had packed lunch al fresco, whilst others made use of the Treetops Café. (Steve can recommend the faggots and peas, Vic was not sure about being back marker after that !).

Then the long climb back to Crymych via Rhoshil and then across to meet the Eglswywrw road and then four miles back to Crymych,(as the dark grey clouds gathered over the Preselis, threatening the forecast heavy showers) the last being a mile uphill, by this time the illustrious leader was back marker. Thanks to all those who turned out, it was great to look back to see so many people following me on the odd occasion I was in front. Thanks to Vic for being back marker(again, I always ask him). We did not see Teifryn on the ride, but saw him on the BBC Wales News talking about the tragic accident at Chevron, when we got back. As some of you know we are looking to move to Somerset, due to work committments, so it will be my last ride as a ride leader. So someone else will have to take up the Crymych ride. (Apologies to those who had done the ride before, as it was the third time I had used that route). Look forward to seeing you all during the summer at some point.

Regards, David Gray.

P.S. Well done Fiona, it was the first time she had done the full a ride distance.

P.P.S. I notice on the ride report for Bob Grimshaw's ride in April he asked if there was ever a railway line in Cigerran, there was, it was the Cardi-Bach line which ran from Cardigan to Whitland. It ran across the Preselis ,like so many old railways it

would have made a great cycle route. Whitland was originally a big railway town being a big hub for all the West Wales lines, that is why the creamery was there, as most of the milk came by rail. Happy Days!

[Route Map](#)

Ride report Sunday 22nd May

waiting report

[Route map](#)

Ride report Sunday 8th May

Despite predictions 18 club members and 2 visitors set off from Narberth in glorious sunshine. Round the town and then up to the A40 at Redstone Cross. Straight across A40 and down to Pont Shan by which time we had a puncture, which was sorted whilst riders made their way to the bridge below Llawhaden and then back down to A40.

The group then ventured through the new tunnels and all bar the tandem coped well with the Costain obstacle course. From there the route wound its way past Blackpool Mill (now shut!!) and on to picnic table for coffee in sunshine. The ride then followed roads up and down through springtime woodland to Minwear, Landshipping, Burnets Hill, Coedcanlas, across Garron Pill and down to Lawrenny Quay. Many glimpses of the estuary and wiffs of garlic were experienced.

Lunch stop was at Lawrenny sitting beside the water, still in sunshine. During lunch a certain dark greyness was observed on the south easterly horizon so coffee was gulped and the group set off back up the hill towards Cresswell, by a variety of routes. Having regrouped we plunged on up to Yerbaston and then on to Molleston Cross where West lane was taken by most of the group enabling then to return to Narberth via Templeton and Princes Gate avoiding a potential massacre on Narberth Castle hill.

Some riders made it home before the rain but some did not quite get back in time!

The ride leader is now undergoing a course of therapy for paranoia caused by several mutinies and overheard remarks such as " I can't wait for this ride to finish." I believe she is responding well to treatment.

In other words a lot was achieved in the course of the 30ish miles.

[Route Map](#)

Ride Report for 24th April 2011 Llanboidy

A magnificent seven , including a tardy two, departed from Llanboidy heading for the rolling hills of Carmarthenshire. It was a lovely day giving ideal conditions for a ride. Several hills were overcome before a coffee break was taken in a rather smelly playground in Blaen waun. Our rides sec. confidently informed us that rotting turnips were the cause- then proceeded to sit apart from the group to drink his coffee !?

The hills behind us we made good progress to Llanglydwen where we had a group photo by the arch marking the entrance to Dolwilym Mansion.

Lunch was taken at a farmhouse on the Pembs / Carmarthenshire border - eaten al fresco as the group relaxed in pleasant sunshine. Something of an effort was required to get back on bikes and complete the remaining 7 miles to Llanboidy; so much effort in fact that the tardy two only managed to get as far as the Plash Inn in Llanfallteg where an infusion of Guinness was required to revive flagging legs.

I will defer to Syd to determine if drinking on a club ride is acceptable!! "

[Route Map](#)

Ride Report for 10th April 2011 The Parrog Newport

10th April was a peerless April morning - recent high pressure continued and 14 riders assembled near Newport's Parrog; the boat club had filled the car park hours before with racing gigs - sorry about that! Accompanied by the late Mr Teifryn Williams, the cortège set off along the river path (which Lesley, Steve and John had just descended). Out past the golf club on to the coast road. An elderly agricultural Nissan waved us down and its occupant Tim Holland (who'd been unable to locate us in town) joined in.

We weaved inland variably on new tarmac and frost damaged road; with little or no traffic. (I avoided the initial plan to take you to Moylegrove/ Penyrallt Garden Centre for coffee on account of the hideous hill). Happily the Shire Horse & Llama Centre at Eglwyswrw is now open for business Thursdays and Sundays. Their coffee machine was broken; but we were able to lounge in the sun under cloudless skies whilst the llamas took a dust bath.

We posed for Facebook/publicity photos for Shire Horses Webpage. It'll be interesting to see whom they pick.

Back to Eglwyswrw, and a short stop to regroup by AJS recycling's monster tyre (Euclid quarry truck we thought). We weren't tired at all - it was just a photo opportunity and pun stop. Shortly after Bro Meigan Tea Rooms (a better cake venue but not open till Easter) a left turn to leave behind the Boncath traffic. Liz and Bob on tandem as well as Gary achieved this effortlessly; several glances behind saw the group chatting in a dip 200 yards behind but what we thought was adequate signalling saw them sail on . (or didn't see them!) Three of us paused in hot sunshine , shed a layer and Gary sped off the way we'd come expecting to find someone had punctured. He found no one, - we went back and our trio regrouped at the Boncath/Cardigan A478 cross roads. Fortunately, Cilgerran Castle had been nominated as next point of interest. En route Tim sustained gravel rash (we don't know the details).

Cilgerran was bathed in sunshine too and we ate lunch there, before heading west to climb up to Croft and Glanrhyd. At Pen y Bryn the houses look o be ex- railway houses with decorative brickwork - was there ever a railroad line here? The OS map doesn't appear to suggest there was. (Cligerran had a station but the route was out over the marshes to Cardigan)

Syd and Teifryn shunted off to rejoin their loved ones. Reaching Glan Rhyd we surveyed the countryside and the map from the Trig point/ view point ('Crug Cemmaes' it's marked on the map) and opted to head straight back on the A road from Nevern. A blissful 5 km descent into Nevern (we only made a max speed of 45kph all day on tandem). We regrouped outside the pink café ('Cakes in a Cowshed') - still closed and then a short blast back into Newport.

Stats total mileage

Total miles - 30 (add 5 if you visited Boncath!). [Route Map](#)

Welcome to two new riders ; Alun Smith & John Hubbard

Rides Report for Sunday 27 March 2011-03-28

Rides Leader: Karin Howells

Present: Ed Tanguay, Ross Grissbrook, Steven Hughes, Tim Holland, Bob and Liz Grimshaw, Nicky Shanklin, Christine Robinson, Peter Brake, Clive and Madeline James, Gary Brame, Johanna Thomas, Martin Bellwood, Mike Evans, Sid Yates.

We met at Pembroke Commons Car Park. As parking charges only start on 1 April, there was free parking everywhere, not just West Car Park. The weather was warm and hazy. Including the leader there were 18 cyclists on 16 bicycles and 1 tandem. Peter Brake kindly agreed to be back marker. He knows the area well, as he lives in this part of Pembrokeshire. We had heard and read conflicting weather forecasts, including one forecast of rain at 1pm.

We headed off at 10.05 and cycled along the cycle path towards the East End of Pembroke, up Gooses Lane, across the roundabout and into the Lower Lamphey Road. In Lamphey we cycled passed the school and garage and took the first lane to the right towards Freshwater East. Here we had to encounter the first of many hills. In Freshwater East we were rewarded with a downhill section towards the beach and Trewent Park. More hills as we headed for the Boathouse Tearooms at Stackpole Quay for our coffee stop.

The weather was warm enough so that we could sit outside. Before heading off, some of us enjoyed the view at Stackpole Quay and the view towards the sea from the top of the road. We then cycled through Stackpole Village and turned right towards Pembroke, once we got to the B4329. We took the first turning left, which took us towards St Twynells. We turned right, cycled through the village, turned left and headed towards Castlemartin. Half way to Castlemartin we took a short detour to look at Warren Church.

From Castlemartin we headed for Freshwater West. We cycled on the lane through the dunes along the beach and stopped for lunch at the war memorial, which meant that we had climbed the hill by the beach before our lunch stop. The weather was still hazy and had cooled down by then with a little breeze. After half an hour for lunch those without waterproofs were eager to head back to Pembroke, as they thought that the breeze meant that rain was on the way.

We carried on cycling along the beach until the B4320 from Angle to Pembroke. We turned right there and stayed on this road until the turning to Maidenwells. As it was Sunday, the road was quiet and car traffic didn't hinder the enjoyment of cycling. In Maidenwells we turned left and took the first turning left, which took us to a quiet lane towards Pembroke. After re joining the B4320 again, we found the cycle path to our right, which took us back to West Car Park and Commons Car Park.

The rain had kept away for the whole of the cycle and for the rest of the day. We covered around 25 miles.

[Route Map](#)

Sunday 13th March 2011 St Brides

Seventeen cyclists attended our first Sunday tour from St Brides. It was a glorious spring morning with celandines in abundance greeting the new season. St Brides with its fine church dedicated to St Bridget with the castle the former home of Lord Kensington dominating the background. The village, now a collection of less than

half a dozen houses, is a shadow of the original village that disappeared many centuries ago, maybe due to the plague.

Starting from the church we kept to the same theme by cycling to Hasguard Cross and taking a right turn to the now disused parish church of Hasaguard dedicated to St Peter. We then wound our way to another church of Santiago de Castella de Walwyn, known locally as Walwyns Castle Church dedicated to St James. This stop took advantage of the picnic tables to rest our limbs but by now many were making enquiries about the location of our coffee break stop. We climbed our first hill of any note out of Walwyns Castle towards Tiers Cross and then on past Robeston church which the leader not to give a history of as by now some were sceptical that the leader had carried out diligent research for a coffee stop. Before the coffee stop we had to climb the steepest part of our tour past Sandy Haven Chapel where one of our members suffered a puncture (well the bike did).

We had our long awaited and well deserved coffee and lunch break combined at the St Ishmaels Nursery. After refreshments members of the group who had cycled to the starting point made their way home and the remainder went on to Marloes (another church) and back via Mullock Bridge to St Brides having completed 24.782 miles in glorious spring weather. Success is planned, happiness just happens!

Sunday 27th February 2011

On a sunny spring morning 15 riders set off from Carew Castle and headed East along Bird's Lane and on through Sageston and Redberth where we took a right heading South to St Florence, turning left along Trefloyne lane we came out onto Tenby's Marsh Road, crossing straight over on the cycle path which took us through Kiln Park Caravan Site and alongside the links golf course to Tenby's South Beach, along the Esplanade and through a few snickets and alleyways found us on Castle Hill just in time to see the impressive Haydn Miller being hauled back up the slip, we passed the (now restored) old lifeboat slip, past Tenby Harbour and a few hundred yards to the top of Crackwell Street and our planned refreshments stop at Café Vista (probably the best café window location anywhere in Britain)....

Heading down St John's Hill out of town we took a right up the very steep and aptly named 'Slippery back' (when Jo and I did a pre ride trial two weeks earlier it was a sheet of ice) arriving at the top on the New Hedges Rd everyone was rewarded with a good downhill spin round 'The Bell's Corner', right onto Serpentine Rd and Hayward Lane ending up once again on the Marsh Rd. We take two rights and up through the outskirts of Penally and a good climb onto the Ridgeway and heading West, 1ml and a left down Whitewell Lane past Whitewell Caravan Park to the entrance to Lydstep Haven and our 3rd caravan site inspection of the day.

On through the haven and up to West Lodge we headed out to Manorbier, another big climb up from the beach and a reward of a lunch stop at the Swanlake Inn at Jameston where it was just warm enough to sit out..... After lunch it was a 'shortest way back' request so quickly through Manorbier Newton, across the Ridgeway once more and a good spin down Stephen's Green Lane to Milton and a safe return to Carew Castle, a squidgin over the allotted 25miles, a great ride for me and thank you to all those that turned out. Happy cycling, regards Steve Hughes.

[Route map](#)

Undulations Sunday 13th February 2011

"There's no such thing as bad weather; only bad kit" was the statement made by Tim as he unloaded his bike at Roch Village Hall, dressed in cycle cape and wellies. On a wet and misty morning, the other 13 participants looked at the heavens in wonder.

Brian led down to Roch Bridge, crossing Brandy Brook before the long climb up to Eweston. After a short flat section it was another downhill, crossing Brandy Brook again further upstream, before another long uphill climb.

Reaching Hayscastle Tump, the riders were now extremely warm and as the rain had stopped there was a mass disrobing session as the waterproofs were removed. Just as they were packed away, the heavens opened again, so the wet gear came back out. Incredibly, once they were donned, the rain eased again and the wet gear was packed away once more.

Once the wheels got turning again, it was a level section for a spell before another down and up. After passing through the tiny hamlet of Tancredston the rain came

down in torrents and a hasty halt was called by a field gate to "cape up" again. By this time Martin was thoroughly fed up and pondered whether it was worth putting his waterproof trousers on again as he claimed they weren't all that effective. Deciding that they might make him feel psychologically drier, he put his "placebo 'proofs" back on. None of the riders got a psychological boost however, as the rain soon turned to hail.

Fortunately sanctuary was just around the corner in the form of the disused St.Teilo's Church in Llandeloy. While we sheltered inside, Linda gave a talk about its history and the origin of the squinch and its occupation by hermits and pilgrims. Ross, doubting the use by hermits was assured that one was even called Herman. (Stay with me here on this one).

After prayers that the rain may ease, we emerged to find that one of Herman's hit song titles was appropriate as it was "Just a little bit better". As we were about to set off though, there was an extremely rare occurrence, in that one of the Yates' impeccably maintained machines suffered a puncture. It was Jean's rear tyre that was deflating and she quickly offered supplication to Syd to affect a repair for her.

"There's a kind of Hush" as we wait shivering for Syd to change both tyre and tube and we're joined by Nikki who'd driven over to meet us.

It's decided that the leader should guide his disciples on towards the lunchtime café as quickly as possible. Unfortunately the route was then into a cool southerly breeze which chilled the sodden cyclists even more. Although there was an escape route back to the cars, all agreed to head to the café at Newgale. The wettest riders dashed inside to dry off and thaw out, while the hardier folk sat on the rocks watching the waves, or more accurately, Brandy Brook again as it wended it's final few metres to the sea.

After lunch, Paul, Angela and Christine, conceded that their cycling kit wasn't a match for the weather and opted to return to their cars; Steve and Joanne following likewise. Before the remaining riders could continue, a tougher task was at hand, trying to get sodden gloves back on!

Happily, the skies were clearing and we admired the undulating waves as we rode along the coastal Welsh Road to Nolton and Druidstone.

After passing Haroldston Hall, Ted, Ross and Martin departed towards Haverfordwest while the dwindling numbers turned back northwards.

David was feeling the effects of a prolonged lay-off and was glad when it was agreed that enough undulations had been undertaken for the day and the flatter return to Roch was chosen.

While Linda escorted Nikki back towards Llandeloy, the stragglers arrived back at the car park. Although not bedraggled after drying out in the desiccating breeze, Tim's earlier quote about appropriate apparel proved to be perfectly true. In the words of another Herman's Hermit hit, perhaps poor kit is "A Must To Avoid."

[Route Map](#)

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Sunday 30th January 2011 Spittal Loops

A total of twenty two rides left the Spittal car park on a clear and chilly morning slightly after 10.00 to allow for the few late comers. Heading south from the car park and returning right for a gently downhill along Golden Hill before the first climb of the ride. Passing Rinaston then turning right after Parc y Llyn for a fairly flat run towards Woodstock. After about six miles we arrived at Woodstock with a short stop to allow everyone to regroup. Turning right onto the Cardigan Road and heading towards Scolton Manor some decided to race ahead whilst others just wandered all over the road.

The coffee / tea stop was at the Bluesky@Scolton cafe run by Frame however some of the group were more interested in manor house and despite getting to Scolton first were last to the cafe. The cafe had an appropriate name as the fine clear sky allowed everyone to sit outside. Despite the earlier email saying no cakes at the cafe, three people brought some along allowing a fuel top up before continuing the ride. Brian and Linda joined the group here and on leaving Bob and Liz headed home to Fishguard.

Leaving Scolton Manor we headed a short distance north along the Cardigan road

then turned right to head for Clarbeston village. A few unplanned stops were required to put a bit more air into tyres or just check pressures. Passing Clarbeston village we headed downhill and across the railway line for a short steep climb towards Wiston. At this stage the group become somewhat disjointed as a few hung back to provide mechanical support to one rider who's bike was in distress. The main group headed to Wiston to have lunch at Wizzo's place and enjoyed the fine views south from the castle.

With lunch finished and the group all together it was time to head home, a few who had parked at Llawhaden and ridden to the start made their way back to their cars. Leaving Wiston Castle we heading back to the Cardigan road and a couple more left to head towards Crundale and home. Once on the Cardigan road we headed north past Scolton to return to Spittal after just over twenty four miles cycling on a glorious sunny day. Twenty riders in total so may possibly be a record turn out.

[Route map](#)

Sunday 16 January 2011. Vic's Riverbed Run

12 intrepid miserable souls, 5 already soaked from the journey from Narberth, joined Vic at Kilgetty information centre for what they believed to be a normal Sunday ride along quiet country lanes. Little did they know that it would turn into a ride mostly along Pembrokeshire Highways Department riverbeds.

Around Begelly Island, they headed towards Narberth before turning west through the sprawling hamlet of Thomas Chapel. A steep descent which provided an early test of braking power before they crossed the bed of the old Colliery Railway, turned south then east to cross the A477 at Whitegrass Cross. The pinch up to the T-junction lead them passed the old mushroom farm. East along Templebar Road before turning opposite the Fountain Head, currently serving as the 'all you can eat' Dragon Palace of oriental dining.

Passing St.Issells church, at speed, unhindered by available braking, the distant airs of "For those in peril on the sea.." were fleetingly heard but all thoughts were on impending hot tea and coffee. This was admirably provided by the Marina Milk Bar, situated at the entrance to Saundersfoot Harbour, used to providing for weather-beaten seafarers.

Avoiding getting too comfortable, or dry, they took off down the Strand and followed the shoreline, through the tunnels, before heading inland along the tramway to Stepside. The long slow gradient up to Cambrian Cross and to Cilanow Cross kept out the cold whilst some plotted an early bath. They turned left, avoiding the old toll gate and crossed over the trunk road before gathering at Longstone. The Grays nipped up their drive in Ludchurch having completed their quota of pedalling and Stephen and Jo left for Narberth as the others headed along the ridge of Tanners Lane, with promises of flat and downhill to the lunch stop. Right at Newhouse Cross brought the bemused group back to Longstone before heading into the wind and for the much awaited visit to the ride leader's lean-to greenhouse where the delectable host plied them with pizza, cake, tea and coffee. This all proved too much for some and Lesley and Martin headed for home, replete and content.

The intrepid remainder, Gary, David, Ross, Clive, Madeline and the sartorially elegant and only dry cyclist, Tim, were shepherded out past the Packhorse Bridge to Cleggars Bridge. Just as they were growing conditioned to being lashed continually by gales, the rain stopped.

Finally a short blast down the main road before nipping along Ryelands Lane lead them back to the village of Kilgetty and the comfort and shelter of their motorised transport. They all headed home safely with tales of endurance and endeavour, to impress others who would listen with tolerance and admiration, and plan for another foray in 2 weeks.

A map of this route can be found [here](#)

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2nd January - Leader Peter Brake

I had intended on a club run taking in several off road tracks visiting Rooseferry ferry, Port Lion ferry , Black Tar Llangym and Little Milford. However because of the wet weather the previous week I consulted the "local lad" Ed and we decided it would be too wet, so that beautiful ride will be done later in the year.

Eleven members left the north side of the bridge at 10am and cycled past the Jolly

Sailor, thro Burton village taking the first fork left on to a quiet road with next to no traffic. Passing Milton farm was a steep drop down, two arrows on the map, and a steep climb up also arrowed. This road eventually brought us to Sardis spaghetti junction with choice of five roads! At this point I was told that Ed and Steve had returned to the bridge to meet Mandy who was late. Steve and Mandy then cycled to the coffee stop on the B road whilst Ed returned to the main group. It must be said he is only a bit out of condition and that his gasping for air only happens on Sundays!.

At Sardis we turned left for Rosemarket, again this road was devoid of traffic making cycling very pleasant. Turning right at a turning sign posted Freystop, which I must now admit was the wrong turning, we eventually came to Troopers Inn when it should have been Freystop!. Anyway we turned left on to the B road to Lower Freystop and thence to the Caddie Cafe^ at the golf driving range. This proved to be a good choice the local lad must be congratulated on his choice. Here I must add that Ed and I researched the original ride and the coffee stop was the only part we actually used!

As it was the first ride of the year, and most, not all, were hoping it would be a shorter ride than usual, it was decided to ride to Merlins Bridge on the B road which was still almost traffic free then use the Brunel cycle path to Neyland. This was a first for several of our members, one said it was "first class", and she should know!.

Surprise surprise the marina cafe was open for business, permission was given to eat our lunch inside as long as we bought a drink which we all did. It was a no hurry lunch stop and we left when everyone was rested and ready to get going. We made our way out of the marina, past the turning to Llanstadwell up Military road to Mascle Bridge round about. Right here, another climb, to the main A road. Here our president left us, muttering, never again, never again! the remaining group cycled the path to the starting point, here those who were dying for a pint or three cycled to the Jolly Sailor and were never seen again, whilst the sober remainder crossed the bridge in to Gods own country and home.

eleven members and one visitor(Mandy) approx 22 miles reasonable weather no punctures or mechanical problems, thanks Steve? no incidents or accidents to report to Syd!

Map of route.

31st December 2011 New Years Eve - Leader Ed Tanguay

Ed had kindly offered to both lead this year's ride and host the event in Llangwm, where Linda & Brian

At 9 p.m. there was little traffic on the roads as we rode through Troopers Inn and Freystrop. Ed's twin spots soon came in handy lighting up the way along Clay Lanes, rather than tackling Merlin's Hill. After proceeding up Union Hill we came to St. Thomas' Green and met Steven & Christine, the only other ride participants. Leaving the Green we were deafened by a couple of blasts from a car horn, but it was just a taxi full of drunken, wild female revellers.

As it was a balmy night, it was decided to use the cycle track from town and after a convoluted start we joined the track below the college. We soon encountered more wild life, but these were more timid, being rabbits and foxes, which Linda's dynamo light picked out way ahead. Actually it could have been the noise from the dynamo as the rubber roller had perished and her bicycle sounded more like a moped in the otherwise quiet night.

After crossing the Old Hakin road, Christine thought it was rather spooky cycling through the beech woodland with all the cast shadows. Steven hadn't managed to cycle since mid-November and was glad of the reasonably level route out as far as the turn off for Rosemarket. Ed took a route that was unfamiliar to all, trying to avoid the steepest of hills and we soon arrived at Troopers Inn for the mostly downhill ride back to Llangwm. Brian and Christine were bringing up the rear chatting away merrily when Christine muttered something and slowed right down. As it was on a steep, dark section Brian thought she'd slowed deliberately as the "bright lights" had gone on ahead. Approaching the village he was concerned that she had not yet caught up and decided to turn around to see if she was all right. He was embarrassed to discover that she was walking along because she had a puncture and felt it must have looked like he rode off rather than help to repair it! Happily they effected a temporary inflation for the last few hundred metres back to Ed's.

There we were greeted by Ed's wife Sue, and Teifryn who had driven to Llangwm as he was still recovering from a 'flu bout. We spent the next few hours enjoying the delicious food and drink Sue had prepared for us and after a rousing chorus of Auld

Lang Syne, repaired to the sitting room to discuss the events of the outgoing year and set things right for the forthcoming one.

A Happy and Healthy, Cycling New Year to one and all.

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2010 Reports

Reports for 2010 have been saved to a file which can be downloaded [here](#)

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