

Working Wales Rides, Work Days and Events May - August 2010

If you would like to join us on any of these events or need more information please contact Roanna on 02920 650 602 or email Roanna.Larsen@sustrans.org.uk.

Please **make sure you register** with us as events may be subject to change.
 Rides and Workdays will usually start around 10.30am and finish by 4.00pm.
 These events are **open to everyone**. Under 18s must be supervised by an adult.

Events fall into the following categories:

- **WD: Workday** -These vary from building and improving routes to vegetation clearance and litter picking.
- **WWR: Wales Working Ride** - Selecting different parts of the National Cycle Network (NCN) to audit and do minor maintenance and signing. You don't have to be an Olympic cyclist to come along and you can join us (or leave us) on route.
- **AT: 'Active Travel'** programme, e.g. Mentro Allan and "Bike It Walk It" projects (full details on last page)
- **BI: 'Bike It'** programme run in schools across Cardiff, Conwy and Neath Port Talbot
- **SL: Social events e.g. ride, walk, visits**
- **GM: Volunteer Group Meeting**
- **E: Event** - Route opening, stall at fayres etc
- **T: Training**

| DAY | DATE | EVENT DETAILS | ORGANISER/ CONTACT |
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| Thursday | 27 th May | SL - Inigo Jones at Groeslon (on NCN 8) to Rhyd-ddu | John Cantrell,Ranger (R) |
| Saturday | 29 th May | WD/SL - NE Wales Group – activity to be confirmed | Graham Harper, Liaison Ranger (LR) |
| Tuesday - Sunday | 1 st June - 4 th July | E – Change your World campaign <i>How will you get involved?</i> | Angela Spiteri Sustrans staff(S) |
| Thursday | 3 rd June | E – Volunteer Week event (am) Withybush, Pembrokeshire | Roanna Larsen (S) |
| Wednesday | 3rd June | SL – Pembrokeshire group ride (pm), Haverfordwest - Neyland | Peter Griffiths (LR) Roanna Larsen (S) |
| Saturday | 5 th June | E – EcoFair Family Funday, Museum of Wales, Cardiff | Roanna Larsen (s) |
| Tuesday | 8 th June | E – NHS event at Withybush Hospital | Claire Plowright (S) |
| Wednesday | 9 th June | T – Wildlife Champions training, Forest Farm, Cardiff | Roanna Larsen (S) Georgina Harper (S) Laura Palmer, Cardiff CC |
| Wednesday | 9 th June | E – NHS event at Wrexham Maelor hospital | Claire Plowright (S) |
| Wednesday | 9 th June | E – NHS event at Singleton Hospital, Swansea | Claire Plowright (S) |
| Wednesday | 9 th June | WD - Zig Zags at Treharris, Caerphilly CBC | Doug Scobie (LR) |
| Thursday | 10 th June | E - NHS event at Carmarthen Hospital | Claire Plowright (S) |
| Thursday | 10 th June | AT – Mentro Allan leisure cycle, from Barry Sidings Country Park, Trehafod to Llanelli Bury Port | Eleanor Rothwell (S) |
| Thursday | 10 th June | WD/SL - NE Wales Group - to be confirmed | Graham Harper (LR) |
| Thursday | 10 th June | SL - Coed y Brenin Forest Centre to Dollgellau | John Cantrell (R) |

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| Saturday | 12 th June | WD – Bedwas – Machen, Caerphilly CBC | Gwyn Smith (S) |
| Saturday | 12 th June | WWR – NCN 47 Newport, Malpass - Crosskeys | Peter Jackson (LR) |
| Sunday | 13 th June | SL - Tour of Pembrokeshire Sportive, Saundersfoot | Peter Griffiths (LR) |
| Wednesday | 16 th June | WWR – Cynon Trail, Rhondda Cynon Taff | Roanna Larsen (S) |
| Friday | 18 th June | E – ‘On yer bike in Hailey Park’, Cardiff | Alastair Rayment (LR) Friends of Hailey Park |
| Saturday - Sunday | 19 th – 27 th June | E – Bike Week – <i>Would you like to run a ride or event? Please contact us for advice and support.</i> | Roanna Larsen (S) |
| Tuesday | 22 nd June | WD – Clydach Gorge, Abergavenny | Gwyn Smith (S) |
| Tuesday | 22 nd June | WWR – Signing on Afan valley route, (Connect2) Neath Port Talbot | Fraser Arnot (S) Conall Boyle (LR) |
| Thursday | 24 th June | SL - Bryn Celli Du C.P to Aberffraw, Ynys Mon/Anglesey | John Cantrell (LR) |
| Friday | 25 th June | E - Pembroke Dock School Ride | Peter Griffiths (LR) |
| Saturday | 26 th June | WD/SL - NE Wales Group - to be confirmed | Graham Harper (LR) |
| Saturday | 26 th June | WWR - Hengoed to Bedwas circular ride | Douglas Scobie (LR) |
| Saturday | 26 th June | E – Margam Park Bike Festival, Neath Port Talbot. Stalls, walks and rides. | Conall Boyle (LR) |
| Sunday | 27 th June | E - Johnston School Brunel ride, Johnston – Neyland, Pembrokeshire | Peter Griffiths (LR) |
| Sunday | 27 th June | E – ‘Love Handles’ Bike Week event, Cardiff | Angela Spiteri (S) Milgi’s and Cardiff Arts Institute |
| Wednesday | 30 th June | E – Pont-Y-Werin bridge opening, Cardiff Bay/Penarth | Vinny Mott (S) |
| TBC | July | E- Cardiff Bay celebration ride for new Pont-y-werin bridge, Cardiff | Alastair Rayment (LR) Vinny Mott (S) |
| TBC | July | WWR – Signing on Garw Valley NCN 884 | Conall Boyle (LR) Gwyn Smith (S) |
| Tuesday | 6 th July | WD – ‘The Walnut Tree Line’, NCN 8, Taffs Well, Caerphilly CBC | Gwyn Smith (S) |
| Thursday | 8 th July | WD/SL - NE Wales Group - to be confirmed | Graham Harper (LR) |
| Saturday | 10 th July | Mid Wales Volunteer Day, Newtown | Roanna Larsen (S) Brett Kibble (LR) |
| Sat & Sun | 17 th and 18 th July | SL – ‘Sustrans Festival’ National Volunteer Festival, near Bath | Sustrans Volunteer Team |
| Sunday | 18 th July | E - ‘Paint-a-post’ Milepost painting in Hengoed – Caerphilly group | Douglas Scobie (LR) |
| Saturday and Sunday | 24 th – 25 th July | E – The Big Cheese festival, Caerphilly | Doug Scobie (LR) and Mike Benjamin (LR) |
| Saturday | 31 st July | WD/SL - NE Wales Group - to be confirmed | Graham Harper (LR) |
| Saturday - Saturday | 1 st – 7 th August | E – National Eisteddfod, Ebbw Vale | Angela Spiteri (S) Roanna Larsen (S) |
| Wednesday | 4 th August | SL - Hengoed to Caerphilly via the Aber Valley | Douglas Scobie (LR) |
| Thursday | 12 th August | WD/SL - NE Wales Group -to be confirmed | Graham Harper (LR) |
| Saturday | 14 th August | SL – Newport train station to Newport Wetlands | David McAllister (R) |
| Tuesday | 17 th August | WWR – NCN 4 Signing along Aberavon seafront | Conall Boyle (LR) Fraser Arnot (S) |
| Wednesday | 18 th August | WWR – Pontypool - Blaenavon | Roanna Larsen (S) |
| TBC | TBC | WWR – signing ride on the Millenium Coastal path, Burry Port, Carmarthenshire | Fraser Arnot (S) |

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| Saturday | 28 th August | WWR - Hengoed - Abercynon | Doug Scobie (S) |
| TBC | August | E – Connect2 Church Village Community Route opening , Rhondda Cynon Taff | Rachel Lister (S) |
| TBC | August | E – Mural painting , Pentrebach Railway Station, Merthyr CBC | Sara Rees (S) |
| TBC | August | SL - Haverfordwest charity bike ride | Peter Griffiths (LR) |

Sustrans Cymru Active Travel Projects

“Bike It, Walk It” programme

Please call **Rob** for information on **07917730843** or robyn.hughes@sustrans.org.uk
Easy going walking and cycling for all abilities

Cycling in Bryn Bach Park

Every Wednesday and Friday, 2.30 - 3pm. 2 wheel bikes, trike, tandem and handbike

Pontllytyn Walk

Every Monday evening, 6pm at Community Centre. Every Tuesday 10.15 at the Community Centre

Coffe morning with indoor activities

At Pontllytyn Boys and Girls Club every Thursday. 10am -12 pm

Guided bike rides

Various locations within Caerphilly and Blaenau Gwent. Bikes provided.1pm start.

Lean to cycle for free

Every Friday, 10.15 – 11.15 am. At car park opposite the Winding House, New Tredegar

“Mentro Allan”, Rhondda Cynon Taff

Please call **Eleanor** for information on **07887 551 303 / 01443 490206**

Every Thursday, Aberdare walking group

Meet in Aberdare bus station 12.30 for gentle walks in local area accessible by public transport and monthly longer walks. Back at bus station by 3pm.

Every Friday 11am – 2pm - in partnership with Cwm Cycling at the Ynys, Aberdare.

Lessons for beginners and easy cycling Also **1st Wednesday in the month** - a longer ride on various cycle routes in the Cynon. Ring for details

Every Friday, Nordic Walking group

Meet in visitor centre, at Barry Sidings Country Park, Hopkinstown at1pm. Instruction in Nordic walk technique plus walks in local area. Poles provided free.

Barry Sidings Country Park, Hopkinstown

Every Tuesday and Thursday 10am – 3pm - free cycling lessons, bike hire, guided rides on local cycle routes and refreshments. Wide selection of bikes available.

Dare Valley country park

Cycle Ride every Tuesday morning 10.30 - 12.30, lessons for beginners, short rides and longer rides, bikes provided

Rhondda Heritage Park, Trehafod

In partnership with Heritage Cycles and Cymmer community First

Cycle Ride every Wednesday morning 10.30 - 12.30, suitable for beginners, bikes provided

Meet in the lane at the side of the museum EVERY SUNDAY 10.30. Mountain bike hire £1.50. Led rides in local area

Green Gyms, walking, gardening and conservation

There are also several gardening and conservation projects taking place in the Rhondda Fach with free training.

If you would like to get involved with creating a community garden, learn about growing vegetables or explore footpaths in your local area then this is for you.

Sustrans Cymru Bike It Projects

Volunteers needed. Training provided.

Neath Port Talbot County Schools Bike It project

Please contact **Louise Powell** for information Louise.Powell@sustrans.org.uk

Regular events taking place in Neath Port Talbot Schools every month.