

**FREE**



# GET CYCLING CEREDIGION

**2ND EDITION**

Publication produced by Ceredigion County Council, Assets and Transportation Services.

**CYCLING FESTIVALS**

**COMMUTING BY BIKE**

**CYCLING CLUBS**

**MTB EVENTS AND COURSES**

**LOCAL ROUTES AND CENTRES**

**SAFE CYCLING TIPS**



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[www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)



[www.discoverceredigion.co.uk](http://www.discoverceredigion.co.uk)

# WELCOME TO EDITION 2



Welcome to the 2nd edition of Get Cycling Ceredigion. The 1st edition featured advice on cycling and the Highway Code, buying second hand, giving your bike a health check, Ceredigion Safe Cycling Scheme and tips for cycling on shared use routes. You can still view the 1st edition by visiting the link below:

<http://www.ceredigion.gov.uk/SiteCollectionDocuments/Resident/Travel,%20Roads%20and%20Parking/Road%20Safety/Get%20Cycling%20Ceredigion.pdf>

British Cycling is currently at an all-time high following the successes of the British Sky Road Racing Team and the British Olympic and Paralympic cyclists at London 2012.

Welsh cyclists have been leading the way thanks to Nicole Cooke (Olympic gold medallist), Geraint Thomas (double Olympic gold medallist), Luke Rowe (won Stage 1 of the 2012 Tour of Britain) and Becky James (winner of a record breaking 4 medals at the 2013 World Track Championships).

Elinor Barker and Amy Roberts are two Welsh cyclists who have joined the recently formed Wiggle Honda women's pro-cycle team, which is seen by many as a crucial step in raising the profile of womens cycling in the UK.

This 2nd edition looks at upcoming cycling interests covering topics like cycling clubs in Ceredigion and the various cycling events within the county. It includes further information and guidance on safe cycling for all along with details of several off-road routes for enjoyable traffic-free cycling.

This Authority is responsible for 4 trails in Ceredigion which have several off-road sections; these are the Ystwyth Trail (Aberystwyth to Tregaron), the Rheidol Trail (Aberystwyth to Devil's Bridge), the Llanerchaeron Trail (Aberaeron) and the Cardi Bach (Cardigan to Cilgerran). For further details and maps of these trails, please visit the Ceredigion tourism website:

<http://www.discoverceredigion.co.uk/English/Pages/default.aspx>

Cycling has so many health benefits, including helping people to keep fit and lose weight, and regular cyclists are also less likely to develop depression.

It's a cheap form of transport which can help reduce road congestion and carbon emissions. This authority is keen to promote the benefits of sustainable travel, with the emphasis very much on safe cycling.

Cycling is an enjoyable way to travel and there are few better ways to experience the surrounding nature and fantastic scenery that Ceredigion has to offer. Hopefully this publication will inspire you to get outdoors and have fun on your bike.

Happy pedalling!



# LEISURE CENTRES & COMMUTING TO WORK BY BIKE



**Would you like to commute to work by bike but you have no changing or shower facilities at your place of employment? Then why not use one of Ceredigion County Council's Leisure Centres at Aberaeron, Aberystwyth, Cardigan, Lampeter, Llandysul or Tregaron?**

**For details of opening times, pricing and location maps, please visit:**

<http://www.ceredigion.gov.uk/index.cfm?articleid=14983>

**The Leisure Centres also run bike spinning sessions throughout the year which are excellent for getting fit and weight control.**

**Swimming pools may be an alternative option to provide changing or shower facilities as they may offer earlier opening times. Swimming pool details are also available by visiting the above link.**

LEISURE PASS

LEISURE PASS

## Other tips for cycling to work:

- **Bike buddies** – Find a friend or colleague who already commutes by bike to share advice and experiences – you'll find that cyclists are more than keen to share their cycling passion and secrets with others. Ask them to join you en route to help provide that reassurance on your first commute or two, to then give you the confidence to ride solo. If that's not practical then try and arrange a lunchtime / after-work group ride to gain hints and confidence.

- **Do you live too far away?** – Why not drive part way, park up (taking care to park legally and not to cause any obstructions) and cycle the rest of the journey. Depending on your route to work, you could join one of Ceredigion County Council's (mostly) traffic-free routes - the Ystwyth Trail, Rheidol Cycle Trail, Llanerchaeron Trail or the Cardi Bach Cycle Trail. Cycling alongside rivers on routes like these which are abound with nature could become the highlight of your day!

- **Do you often drive to site visits or appointments during your working day?** – Try and plan ahead, perhaps take your bike in the car when you drive to work, leave the car there and cycle commute that evening and next morning. Leaving the car at work is a big decision that must be carefully considered, however it's a good way of committing yourself to cycle into work instead of taking the easy option and jumping in the car.

- **Be prepared** – Check the weather forecast to select appropriate clothing. Lay your cycling clothes out the night before and pack your work clothes into a rucksack or, better still, into panniers on your bike (it's

recommended that your bike takes the load and not your back). Carrying shoes can be heavy – try leaving a set of work clothes at the office along with washing items if you can have a shower, as it will help lighten the load and make a big difference on any uphill sections. All this preparation will save a lot of time in the morning and the earlier you set off then the less traffic you're likely to encounter.

- **Be prepared** – Plan your route. If you are unable to join one of the trails detailed above, then consider using back roads as an alternative to main roads, as these tend to be quieter, however try to avoid roads that are very narrow with restricted visibility. Back roads also have a tendency to be hillier, so bear this in mind when planning your route. Try to avoid steep climbs and hilly routes, at least until you build up a reasonable level of fitness.

- **Live near to a rail station?** - Then a cycle / rail / cycle commute to work could be the answer. Folding bikes are increasingly popular for such journeys due to their space saving practicality, and it's for this reason that they're also a great option for taking / storing on buses. Please bear in mind that there is limited storage space for cycles on trains and reservations are required. For further information please visit Arriva Trains Wales website:

<http://www.arrivatrainswales.co.uk/Bicycles/>

- **Keep motivated** – Buy a cycle computer to fit to your bike. This will help keep your ride interesting as it will record how fast you are cycling, distance travelled and your overall average speed. Why not keep a log of your commute times as you should

see the time reducing as your fitness levels improve?

- **Cycling to work will help combat climate change / reduce your carbon footprint / reduce traffic congestion and parking problems** (for example, cycling from Llanfarian along the Ystwyth Trail will be quicker and more enjoyable than being stuck in the queue of traffic waiting to get into Aberystwyth during the morning rush hour).

- **Cycling to work builds recommended physical activity levels into our daily lives, helping us avoid heart disease, certain types of cancer, type 2 diabetes and obesity.** It's also good for our mental wellbeing.



# CYCLING CLUBS

## Ystwyth Cycling Club



Based in Aberystwyth, this club was formed in 1952 and has approximately 100 members. The club organises weekend rides throughout the year and during the summer they have weekly club time-trials held on various courses, where riders test their fitness in the 'race of truth'. Non-members are welcome to 'come and try it' on the Llety Gwyn 10 mile course only; otherwise, you need to become a member due to insurance. The club is open to men and women of all ages and abilities and members receive discounts from club sponsors Summit Cycles and Continental Tyres. Their members are active in a number of cycling disciplines, including Road Racing, Time Trials, Mountain Biking, Triathlon, Duathlon, Touring and Track. One name to watch out for is local lad Stevie Williams who has already gained his 2nd Cat Racing Licence after only a handful of races this season and has been selected for the Welsh Junior Development Squad.

Ystwyth CC also organises a few open road races in Ceredigion including the 'Tour of the Mining Valleys' race, which is renowned for its tough climbs. The club are key partners in the Aber Cycle Fest, a 3 day cycling event which features a closed-circuit town race including races involving local schoolchildren up to Elite level professional racers; a downhill mountain biking race on Constitution Hill and the Welsh Wild West Sportive offering 3 different length routes through the remote and stunning scenery that Ceredigion has to offer. See page no 6 for further details.

For further information, please visit the Ystwyth CC website: [www.ystwythcc.org](http://www.ystwythcc.org)

## Velo Teifi Cycling Club

Established in 1994, based in the Cardigan/Newcastle Emlyn area with over 80 members, this club modestly describe themselves as "probably the best cycling club in West Wales"!

An active club with an emphasis on enjoyment rather than 'head down/bum up' speed sessions (although they do that too!), the club has road rides most weekends throughout the year. They're not solely focused on skinny tyres however, with regular mountain bike trips organised to satisfy the fat-tyre and mud cravings of club members; Velo Teifi gold and blue can regularly be seen leaping around Brechfa and sliding around Nant yr Arian.

With dedicated cycle racing fans lurking within the membership, the club organises trips to see the Tour de France and the Tour of Britain, as well as the chillier Spring Classics in Belgium. And if these trips provide inspiration, Velo Teifi also supports members wishing to compete themselves in South Wales-based events such as Pembrey Circuit racing and other road-based venues throughout the year.

Velo Teifi are also the organisers of the 'Preseli Angel' cyclo-sportive each early May Bank Holiday weekend in Newport, Pembrokeshire; this event is a firm favourite in the Sportive calendar offering great routes, a friendly atmosphere and great value for money. Velo Teifi are also responsible for the twice-held Cardigan Street Races – a series of exciting 'criterium' races around the main streets of the town; billed as the "festival of bravery, speed and lycra", they hope to deliver the next one in 2014.

Membership will earn discounts at New Image Bicycles in Cardigan, for further information please visit the Velo Teifi website:

[www.velo-teifi.org.uk](http://www.velo-teifi.org.uk) (worth a read for the humorous exploits of this self-confessed bunch of "loons in lycra"!).



## Caron Cycling Club

Based in Tregaron this new club formed in 2013 and already has over 50 members.

For further details please see their Facebook page or contact club e-mail: [clwbseicloaron@gmail.com](mailto:clwbseicloaron@gmail.com) or phone Arwel Jones on 07787943291.



## Could your organisation use £1,500?

To enable more people to lead active lifestyles, Ceredigion County Council, in partnership with Sports Wales, is offering grants of up to £1,500 to clubs or organisations that will create new or improved sport and physical activity opportunities. You could train coaches, or buy much needed sports equipment.

We are now accepting applications from interested groups and communities. To have an informal chat about what we can do for you, please contact Steven Jones on 01970 633587 or email [stevenj@ceredigion.gov.uk](mailto:stevenj@ceredigion.gov.uk)



## West Wales Cycle Racing Team (WWCRT)

This club was formed in May 2012 by Mike Tarling and is based near Aberaeron. It has the dual aims of introducing as many young people as possible to cycle sport and developing new youth and senior talent in the area. WWCRT plan to build a pyramid structure taking in novice riders and introduce them to all aspects of cycling in a safe, friendly and fun environment, developing them until they are ready to compete regularly in competitions. The club has had a very successful start with over 70 members, at least 50 of whom are under 16 year olds. The club can already boast a couple of Welsh Youth champions and even a British Champion in young Josh Tarling! Working in partnership with Ystwyth CC, the club received funding from Ceredigion County Council's Community Chest Fund which enabled 5 trainers in the club to become accredited as Level 2 Club Coaches. The same fund also enabled the club to purchase 10 turbo trainers to keep the youngsters' fitness levels high over the winter months at very popular sessions in Aberaeron Leisure Centre.

During the summer, the Club Coaches put youngsters through skill sessions in safe off-road locations such as Aberaeron Secondary School and Canolfan Rheidol council office car park in Aberystwyth. Non-members are welcome to attend sessions, including visitors on holiday in the area.

For further information, please visit the WWCRT website: [www.wwcrt.co.uk](http://www.wwcrt.co.uk)



Left: Mike Tarling of West Wales Cycle Racing Team thanks Nick Jones, Sports Wales local representative, for the Community Chest funding which enabled the club to purchase 10 turbo trainers.

## Sarn Helen Cycling Club



This Lampeter-based club recently re-formed and has already attracted nearly 20 members. All abilities are welcome, and members are entitled to a 10% discount from Cyclmart in Cilcennin on parts and accessories.

Members take part regularly in MTB events and sportive road rides across Wales.

Road cyclists meet up every Tuesday night at 6.30pm at the Rookery car park near the leisure centre in Lampeter, while mountain bikers get together in various locations on the second Sunday of each month. Other rides are also regularly posted on [www.facebook.com/SarnHelenCyclingClub](http://www.facebook.com/SarnHelenCyclingClub). New members are more than welcome to come along.

For further information, please visit [www.sarnhelen.org.uk](http://www.sarnhelen.org.uk)



Children of all ages enjoying bike handling sessions at safe off-road locations in Ceredigion.



**H**eld for the fourth consecutive year in 2013, the Aberystwyth Cycle Festival has grown and developed to provide three days of cycling activity bringing over 10,000 spectators and competitors to Aberystwyth, with an estimated annual benefit of over £300,000 to the local economy. Ceredigion County Council provided a £9,000 Community Grant to support the event.

### FRIDAY 24TH MAY

The established Tour Series pro criterium race returned for high-energy and fast-paced action on the closed streets of Aberystwyth. The pro race was televised and later shown on ITV4. Aberystwyth is the only place in Wales to host the Tour Series and Cycling Weekly magazine awarded Aberystwyth 'best circuit of the series' in 2012. Double Olympic gold medal winner Ed Clancy showed his class and power with an emphatic win in the sprint finish on Pier Street in front of huge crowds.

Local schools were heavily involved in the event with over 350 children participating, from under 8s up to 16 years of age, as part of Ceredigion's '5 x 60' youth sports and physical activity programme.



"Welsh Lady" Anna Evans - winner of the fancy dress competition in the "Town vs Gown" race.

**Ceredigion Actif**



abercyclefest

24-26 MAY 2013

# ABER CYCLE FEST 2013



Ceredigion school children eagerly anticipate the starting flag.



### SATURDAY 25TH MAY

A new festival event, the downhill mountain biking race was held on Constitution Hill, which provided a perfect natural location for this exhilarating sport. The 'Conquer the Cliff' race attracted over 100 amateur and professional downhill specialists from across the UK who treated over 1000 spectators to thrilling action in glorious spring sunshine. The Constitution Hill Cliff Railway provided an ideal 'uplift' for the riders and their bikes.

### SUNDAY 26TH MAY

Sunday 26th May: The new 'Welsh Wild West' sportive ride brought hundreds of cyclists to the famous promenade for the 'grand depart' early on Sunday morning, before embarking on rides through stunning Ceredigion scenery. The 3 new sportive ride routes of 26, 62 or 105 miles provided a choice to suit everyone's fitness levels. Riders could enjoy the local bara brith and Welsh cakes provided at feed and drink stations on route and also had the support of a mechanical back-up service provided by the organisers. All riders returned to the finish on the promenade where they were provided with a well-deserved post-ride meal and drink.



For further information, please visit the event website:  
[www.abercyclefest.com](http://www.abercyclefest.com)

A downhill competitor enjoys the view in between racing. Riders were taking on average just a minute and a half to complete the descent from here to the finish line on the promenade.

Constitution Hill Cliff Railway



Ceredigion school children set off on a lap around the closed streets of Aberystwyth.



Professional cyclists riding in the peloton behind the camera bike in Friday's race finale. Large crowds gathered here near the castle as riders negotiated a difficult switchback on a camber, which resulted in a few crashes during this elite race.



Former British Road Race Champion Kristian House (Rapha Condor JLT) wins the sprint for fourth place from prolific Tour Series sprinter Dean Downing on Pier Street. (pic © Larry Hickmott)



# CODE OF CONDUCT FOR EQUESTRIANS AND CYCLISTS ↘

**T**he British Horse Society have produced a Code of Conduct which provides guidelines to ensure equestrians and cyclists co-exist harmoniously and safely when in close proximity. There is room for everyone to enjoy riding out. Equestrians and cyclists are vulnerable road users. We share similar risks when riding on the road. We both need access to more safe off-road riding.

Cyclists and horse riders have a statutory right to ride on byways, bridleways and roads. On bridleways, it is important that cyclists give way to horse riders (the Countryside Act 1968 gave cyclists the right to use bridleways, but stated that they must give way to horse riders and walkers).

Luckily, conflict is rare. No-one wants to return home any worse than they left when care, consideration and courtesy cost so little.



**If the horse you meet has been frightened by your presence, give the rider a chance to calm the horse and move out of your way before you move off again.**

© The British Horse Society



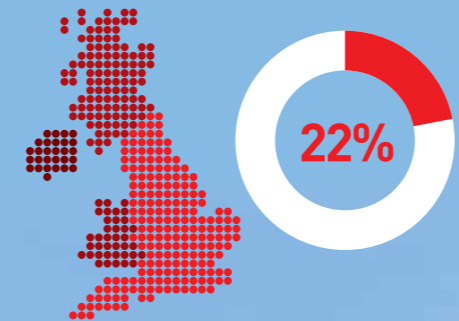
**Wearing fluorescent and reflective clothing helps other users see you earlier and gives them more time to plan where best to position themselves.**



# USEFUL INFORMATION FOR CYCLISTS:

It is important to know that horses can be easily frightened and this should always be taken into consideration when passing them on the road. The speed at which cyclists can pass, the number of cyclists that are passing, sudden reflection from highly polished equipment or a plastic bag flapping in the hedge can all cause problems for some horses, especially those who are young or inexperienced.

**Horse riders have access to only 22 percent of the public rights of way network and often have no choice but to ride out on the road in order to reach their nearest bridleway.**



**Let other travellers know you're there**

A horse is unlikely to see or hear you, especially if you are approaching quietly from behind. Calling out 'hello' for walkers or equestrians is welcome and important in alerting horses and riders that you are there. Try not to get too close before you call out or you will startle both horse and rider. If possible, ask the horse rider if it is safe to pass before attempting to go

by and call again if they haven't heard you. If you decide to stand to the side of the path to allow equestrians to pass you, it is a good idea to make sure that the horse can still see you as it approaches, that way it will not be frightened when it suddenly spots you at the side of the track or road. If the horse you meet has been frightened by your presence, give the rider a chance to calm the horse and move out of your way before you move off again. Please don't appear to acknowledge your kindness and consideration. They do appreciate your help but may be concentrating on controlling and calming their horse to avoid falling off.

**Pass wide and on the right**

Most horses are used to traffic passing them on the right so pass them as you would anyone else; don't cut inside, and allow plenty of room in case the horse is surprised or startled. Riders may need to ride two abreast for safety, particularly when escorting a young or inexperienced horse or rider – please give them a chance to sort themselves out before you go by.

**Pass in small groups**

Large groups of cyclists are very scary for horses. Passing in small groups of no more than four or five will really help. If you are in a large group, make your presence known so that equestrians can try and find somewhere safe to stop, allowing you all to pass at the same time. Do give

them time to get to a safe spot.

**Be visible when riding on tracks**

Wearing fluorescent and reflective clothing helps other users see you earlier and gives them more time to plan where best to position themselves. Use effective lights when riding at night or in poor daylight conditions.

**Keep your eyes and ears open**

Hoof marks or fresh dung are good signs that there could be horses about. Please don't forget to say 'thank you' when courtesy and consideration are shown to you – a smile, nod or brief wave is sufficient and means a great deal. Next time it may save a difficult situation when it could be you who needs consideration.

Remember the Highway Code Rule 214: advice given to motorists is equally applicable to all legal road users. To read the Code of Conduct in full please visit the British Horse Society website:

<http://www.bhs.org.uk/~media/BHS/Files/PDF%20Documents/Safety%20leaflets/Cycling%20Guidance%20leaflet.ashx>



© The British Horse Society

# MOUNTAIN BIKE TRAINING IN CEREDIGION



**E**ver fancied having a go at mountain biking around the local trail centres or mountains, but perhaps lacked the confidence or skills to attempt it?

The Sports Centre at Aberystwyth University could help, as they are able to provide you with the appropriate course or guide to meet your individual or group requirements. They have members of staff with accreditations in SMBLA for Mountain Biking and First Aid.

They offer a wide range of courses to choose from, no matter how confident a cyclist you are. These include: introduction to mountain biking, beginner trail riders, skill improvement days, women and girls only sessions and tailored sessions for schools and youth groups.

For further information, please contact the Sports Centre on 01970 622 280 or visit [http://www.aber.ac.uk/en/sportscentre/smoothriders\\_mtb/](http://www.aber.ac.uk/en/sportscentre/smoothriders_mtb/)



## British Cycling – Insurance/ membership

It's recommended that all cyclists consider membership of British Cycling. For leisure riders, commuters and sportive riders this only costs £32 a year and benefits include up to £10m third party liability insurance and free legal support and advice. (Membership fee correct at time of going to press).

British Cycling works hard to represent cyclists' interests at all levels, including campaigning on important issues including road safety and improving cycling infrastructure. They are currently aiming to encourage 1 million more women and girls to get on their bikes by 2020, be it for fun, health benefits, the best form of sustainable transport or winning bike races.

Members will also earn discounts at Wiggle, Halfords, cycling magazines and preferential rates on British Cycling Bike Insurance and Cycle Rescue – an emergency roadside recovery service for cyclists.

For further information please visit: [www.britishcycling.org.uk/membership](http://www.britishcycling.org.uk/membership)



*Below: A mountain biker enjoying riding a 'berm' on one of the many great sections of singletrack at Nant yr Arian.*





# NEW QUAY

# DOWNHILL MOUNTAIN BIKE EVENT

The steep streets of New Quay will host its fourth annual weekend of downhill mountain biking on 1st & 2nd November 2014, where novice and professional riders race against the clock.

Making use of the town's gradient, the riders descend at speed down steep steps, through narrow alleyways and over man-made jumps to provide a thrilling spectacle for visitors against the stunning backdrop of New Quay beach and harbour, which has beautiful views stretching north along the Ceredigion coastline

towards Snowdonia. Road closures, marshalling and first aid support allow riders to race on the streets of New Quay safely, which is of course of paramount importance.

Almost 100 brave, thrill-seeking competitors sign up for this event each year. The weekend, which also includes the New Quay firework display, provides a large increase of visitors to the town and a welcome boost to local trade.

For further information on the event, please visit: <http://mij.eydev.co.uk/>



Guy Martin is a regular competitor at this event.



# GET CYCLING SAFETY TIPS

✔ Wear a cycle helmet which conforms to current regulations, is the correct size and is securely fastened.



✔ Wear an ID / health bracelet – these provide emergency contact details and will inform emergency services of any pre-existing health issues.

✔ Be Bright & Be Seen – wear bright clothing with reflective strips to increase your visibility to other road users.

✔ Food and drink – make sure you take appropriate refreshments to maintain energy and concentration levels, or plan your journey so that you can make a café stop en route.

✔ Lights – fit front and rear lights on your bike and always use them after dark or when visibility is poor. Lights with a ‘flashing’ mode help you to be noticed as light conditions start to fade or when it’s raining. Consider fitting two rear lights, so that one light can be used in ‘constant’ mode and the other in ‘flashing’ mode – this will help other road users notice you and assist with their judgement of distance between their vehicle and your bike.

✔ Be self-sufficient – always carry a multi-tool, tyre levers, spare inner tubes, puncture repair kit, a bike pump, spare cash, spare batteries for lights and a lock to secure your bike. Learn how to repair a puncture or change a tube – this could save you a lot of time.

✔ Don't wear headphones or listen to music whilst riding a bike as this will drastically reduce your awareness of your surroundings, particularly other road users.

✔ Wear gloves/padded mitts – these provide better grip and increased comfort and can help prevent nasty cuts and road rashes for youngsters who may fall off as they learn to ride.



## ALWAYS CHECK YOUR BIKE BEFORE YOU RIDE:

✔ Ensure your tyres are in good condition and well inflated as this will help prevent punctures.

✔ Check your brakes – make sure there is plenty of rubber on your brake blocks and that they are lined up with the rim.

✔ Make sure your bike is well fitted and that you can reach your brake levers easily – especially important for youngsters.

✔ Keep your bike clean and ensure moving parts are well lubricated so that your bike runs smoothly.

✔ Make sure your bike has a bell fitted to politely warn other road users that you are approaching – don't ring your bell excessively!!

✔ Carry a mobile phone – essential to call for help or emergency services in the event of an accident.

✔ Wear clothing that is appropriate for the weather conditions (and always check the forecast). Tight-fitting clothes are best as loose clothing can get caught up in moving parts of the bike and potentially cause an accident.

## SAFETY TIPS FOR MOTORISTS

▪ Give cyclists room – bear in mind that cyclists may need to suddenly avoid bumps or ruts in the road and can get blown into the middle of the carriageway during windy conditions. For these reasons it is imperative to allow them the same amount of space as a car.

▪ Always look out for cyclists using the road – especially at junctions and roundabouts, as these are the locations where most collisions with cyclists occur. Make eye contact if possible so cyclists know you've seen them. <https://www.gov.uk/road-users-requiring-extra-care-204-to-225/motorcyclists-and-cyclists-211-to-213>

▪ Take care when overtaking cyclists – ensure that you allow plenty of room and do not cut in front of them. Make sure you overtake only when it is safe and legal to do so and always signal to alert other drivers – the Highway Code states that drivers should ‘give motorcyclists, cyclists and horse riders at least as much room as you would when overtaking a car’. <https://www.gov.uk/using-the-road-159-to-203/overtaking-162-to-169>

▪ When there is a double centreline, it is only legal to overtake a cyclist if the road is clear and they are travelling at 10mph or less.

<https://www.gov.uk/general-rules-all-drivers-riders-103-to-158/lines-and-lane-markings-on-the-road-127-to-132>

**The above lists are not comprehensive - for further safety information for both drivers and cyclists, please visit the link to the Government's cycle safety campaign below.**

<http://think.direct.gov.uk/cycling.html>

[www.sustrans.org.uk/wales](http://www.sustrans.org.uk/wales)  
Sustrans Cymru is a registered charity working with communities, schools, workplaces and policy makers to promote walking, cycling and public transport as realistic alternatives to the car for everyday journeys.

[www.cyclestreets.net](http://www.cyclestreets.net)  
CycleStreets is a UK-wide cycle journey planner system, which lets you plan routes from A to B by bike. It is designed by cyclists, for cyclists, and caters for the needs of both confident and less confident cyclists.

[www.tracc.gov.uk/](http://www.tracc.gov.uk/)  
TraCC brings together the highways and public transport functions of the three local authorities (Ceredigion, Powys and the Meirionnydd district of Gwynedd) to provide specific regional solutions to local integrated transport issues.

[www.forestry.gov.uk/bwlchnantyrarian](http://www.forestry.gov.uk/bwlchnantyrarian)  
Provides details and maps of the fantastic mountain biking trails available at Nant yr Arian. Information also provided on the visitor centre café, walking trails, bridleways, bird watching and red kite feeding sessions at this popular attraction for families.

[www.britishcycling.org.uk](http://www.britishcycling.org.uk)  
British Cycling is the national governing body for cycling as recognised by the UCI – the international federation for the sport. As a membership organisation, British Cycling provides a suite of benefits and support to its members, with all membership revenue invested back into cycling.

[www.welshcycling.co.uk](http://www.welshcycling.co.uk)  
Welsh Cycling is the governing body of cycle sport in Wales. Welsh Cycling is responsible for the administration and running of all six cycling disciplines in Wales, from grass roots through to Commonwealth Games. The organisation provides benefits and support to its members, whilst inspiring Wales to cycle.

<http://wales.gov.uk/topics/transport/integrated/walkingcycling/?lang=en>  
Link to Welsh Government information on walking and cycling.

[www.aukweb.net](http://www.aukweb.net)  
The Audax UK website has details of organised, long distance rides for experienced cyclists, and, using a system of timed checkpoints, validates and records every successful ride. Several routes pass through Ceredigion such as ‘Elan and Ystwyth’, ‘Tregaron Dragon’ and the challenging ‘Brevet Cymru’ which starts in Chepstow and heads up to Tregaron and then descends to the coast in New Quay for a checkpoint café stop, before returning all the way back to Chepstow!

<http://www.cyclosport.org/>  
CycloSport reports on cyclosportive events and has a comprehensive calendar of cyclosportives in the UK and beyond. There is also a forum where cyclists can share advice and experiences on a range of cycling-related matters.

[www.ctc.org.uk](http://www.ctc.org.uk)  
Cyclists' Touring Club, the national cycling charity, has been protecting and promoting the rights of cyclists since 1878 and is funded through its membership fees and donations. CTC provides insurance, courses and training and the website also details a wealth of information for the touring cyclist.

[www.bhs.org.uk/helping-horses-and-riders/free-leaflets](http://www.bhs.org.uk/helping-horses-and-riders/free-leaflets)  
This is a link to the safety information guide for cyclists and horse riders produced by the British Horse Society.

[www.ceredigion.gov.uk/index.cfm?articleid=16109](http://www.ceredigion.gov.uk/index.cfm?articleid=16109)  
Link to Ceredigion County Council website to report a problem, gather information or provide feedback.



[www.dyfmountainbiking.org.uk](http://www.dyfmountainbiking.org.uk)

[www.mbwales.com](http://www.mbwales.com)

[www.cyclepembrokeshire.com](http://www.cyclepembrokeshire.com)

<http://imba.org.uk/where-to-ride/trans-cambrian-way/>

Other useful travel-friendly websites:

[www.traveline-cymru.info/](http://www.traveline-cymru.info/)

[www.stagecoach.com/sustainability/calculator.aspx](http://www.stagecoach.com/sustainability/calculator.aspx)

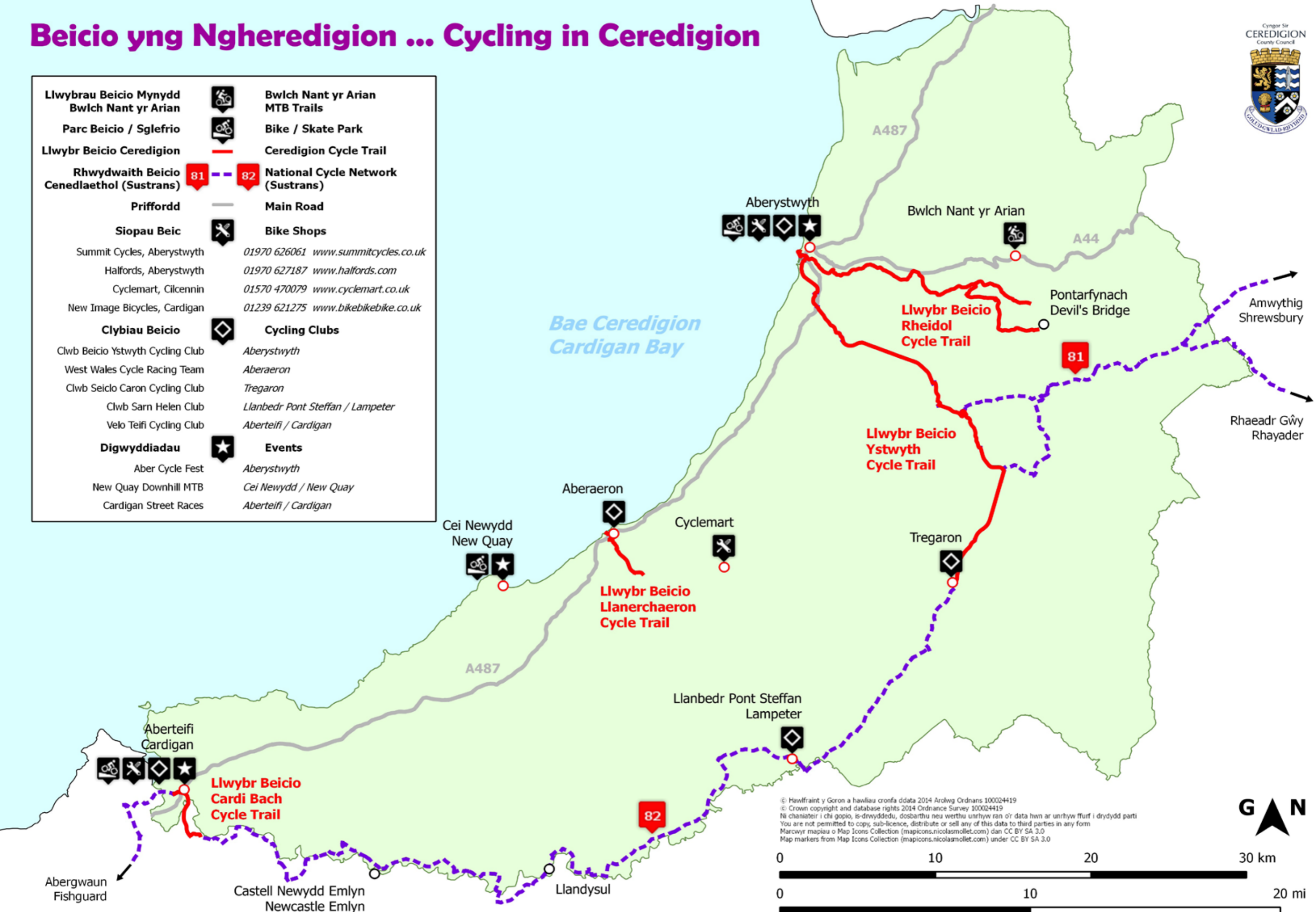
[www.liftshare.com/wales/](http://www.liftshare.com/wales/)



# Beicio yng Ngheredigion ... Cycling in Ceredigion



|   |  |  |
|---|--|--|
| <b>Llwybrau Beicio Mynydd</b><br>Bwlch Nant yr Arian  |  | <b>Bwlch Nant yr Arian</b><br>MTB Trails   |
| <b>Parc Beicio / Sglefrio</b>   |  | <b>Bike / Skate Park</b>   |
| <b>Llwybr Beicio Ceredigion</b>   |  | <b>Ceredigion Cycle Trail</b>  |
| <b>Rhwydwaith Beicio Cenedlaethol (Sustrans)</b>  |  | <b>National Cycle Network (Sustrans)</b>   |
| <b>Priffordd</b>  |  | <b>Main Road</b>   |
| <b>Siopau Beic</b>  |  | <b>Bike Shops</b>  |
| Summit Cycles, Aberystwyth<br>Halfords, Aberystwyth<br>Cyclmart, Cilecennin<br>New Image Bicycles, Cardigan   |  | 01970 626061 <a href="http://www.summitcycles.co.uk">www.summitcycles.co.uk</a><br>01970 627187 <a href="http://www.halfords.com">www.halfords.com</a><br>01570 470079 <a href="http://www.cyclmart.co.uk">www.cyclmart.co.uk</a><br>01239 621275 <a href="http://www.bikebikebike.co.uk">www.bikebikebike.co.uk</a> |
| <b>Clybiau Beicio</b>   |  | <b>Cycling Clubs</b>   |
| Clwb Beicio Ystwyth Cycling Club<br>West Wales Cycle Racing Team<br>Clwb Seiclo Caron Cycling Club<br>Clwb Sarn Helen Club<br>Velo Teifi Cycling Club |  | Aberystwyth<br>Aberaeron<br>Tregaron<br>Llanbedr Pont Steffan / Lampeter<br>Aberteifi / Cardigan   |
| <b>Digwyddiadau</b>   |  | <b>Events</b>  |
| Aber Cycle Fest<br>New Quay Downhill MTB<br>Cardigan Street Races   |  | Aberystwyth<br>Cei Newydd / New Quay<br>Aberteifi / Cardigan   |



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