

## MTB Weekend in Wales, 12-13 March 2016



The trip to Afan is now little over a week away so here are the final instructions for the weekend.

### The Plan

Arrive at Bryn Bettws Lodge on the Friday evening for some and eat at the lodge if required, food is served until 8.00pm. Full directions are below. Note that sleeping is in bunk bed dormitory type rooms, bedding is provided but towels are not. An allocation of rooms is shown below, done by age group.

Room 1	Room 2	Room 3	Room 4	Room 7	Room 8	Room 9
Chris Boulton	Sam Coulson	Euan Macleod	Greta Carey	Arlo Carey	Angus Hawkins	Gianpiero Filisetti
Chris Macleod	Jamie Gostick	Duncan Pritchard	Elise Hawkins	Finn Hawkins	Matthew Coulson	Daniel Spooner
Matt Pritchard	George Spooner	Arthur Boulton	Fiona Hawkins	James Brown	Callum Macleod	Paul Brown
Simon Hawkins	Matteo Filisetti	Dylan Taylor	Clare Carey		Sam Dawson	Philip Taylor
			Connie Stevens			Michael Coulson
			Alexa Hawkins			Richard Gostick
			Kim Baptista			Matt Carey
						Tony Dawson
						Mark Stevens

On the Saturday morning those that have stayed can have a gentle warm on the adjacent bike park and then meet up with the others coming on the day at 9.30, ready to start riding at 10.00.

Everyone will be divided into groups, see below. This is primarily to sort everyone into more manageable groups as there are too many to all go as one. The route all will take first is down the final descent of the Y Wal trail, as the lodge is near the end of this trail. This is not too tricky but will seem more rocky than some might be used to, so the plan is for everyone to take this fairly steadily and for parents to help shepherd or marshal the children down.

The descent takes everyone down to the Afan Forest Visitor centre. All groups will then follow the Penhydd trail. There will be an option for anyone to branch off on to the shorter but still fun Blue Scar trail, both these trails have the same initial climb and then split. Both these trails also return to the visitor centre, from there all groups can complete Y Wal to return to the lodge.

Some groups will return earlier than others so can either have fun in the bike park or recover in the lodge. Everyone can then eat together in the evening.

On the Sunday after all have paid for their stay we will drive over to the other Afan centre at Glyncorrwg ( 9 miles ) and most will ride the Whites Level trail with some maybe riding The Blade. We can then meet up for lunch and make the journey home.

Full details of each trail can be found on the mountain biking Wales website – [www.mbwales.com](http://www.mbwales.com). Under the Afan Forest Park link

## Reminder of the costs

bed & breakfast	£30 per person per night
full board (breakfast, 2 course evening meal & packed lunch)	£44.50 per person per night
half board (breakfast & 2 course evening meal)	£41.50 per person per night
(£10 per person per night deposit can be deducted from these)	

## Groups

Group 1	Group 2	Group 3	Group 4	Group 5
Greta Carey	James Brown	Philip Taylor	Connie Stevens	Angus Hawkins
Elise Hawkins	Matteo Filisetti	Dylan Taylor	Alexa Hawkins	Tim sinclair
Fiona Hawkins	Gianpiero Filisetti	Sam Coulson	Euan Macleod	Matthew Coulson
Clare Carey	George Spooner	Michael Coulson	Duncan Pritchard	Callum Macleod
	Daniel Spooner	Richard Gostick	Arthur Boulton	Sam Dawson
	Paul Brown	Jamie Gostick	Chris Boulton	Alex Darby
	Paul sinclair	Matt Carey	Chris Macleod	Kim Baptista
	James sinclair	Arlo Carey	Matt Pritchard	
	Sam sinclair	Finn Hawkins	Tony Dawson	

These groups may change during the day depending on some maybe taking the Blue Scar trail or the Penyhdd trail on Saturday. Alex Darby who is a qualified level 2 MTB coach is taking the older/more advanced group. If you're not happy with being in group 5 please let me know.

It would be a good idea for groups 2,3 and 4 to have one adult who rides near the front to remind people to wait for the rest of the group and also keeping an eye on who's there, and then another adult who rides at the back to stop people getting left behind. This could be decided on by the group before setting off on Saturday.

## Kit List

The ride on Saturday will potentially take 4 hours and as we are going to Wales in March it may not be dry and hot. It is therefore suggested all families take the following items.

- First aid kit
- Two inner tubes of the correct size and valve for each rider in your party
- A suitable pump and tyre levers
- Multi tool preferably including a chain link extractor
- Enough food to sustain you during the ride, we will stop at the visitors centre on the Saturday but this will probably be after lunch.
- Suitable clothing for a March day in Wales i.e. several top layers, leggings, gloves and a waterproof top
- At least one water bottle per rider.
- Any medicines required eg inhalers
- A charged mobile phone.
- Also please make sure your bike is in a suitable condition for a long ride and has brake pads with plenty of wear left

There is a bike shop at Afan and Glynccorrwg visitor centres for emergency spares.

## Important Note

***This is strictly a parent/guardian accompanied trip and Palmer Park Velo are unable to take any responsibility for members during the weekend. If you wish your child to ride in a group that you are not in it is up to you to find another adult in their group who is happy to look after them.***

When riding everyone should remember it is not a race and all groups should re-group regularly. This can be best done by stopping and waiting at each anti motocross barrier (narrow gaps in fences before the beginning of each section of trail).

## Contact Details

Bryn Bettws Lodge  
Gyfylchi Farm,  
Pontrhydyfen,  
Port Talbot.  
South Wales.  
SA12 9SP

**Phone:** 01639 644037, 01639 642040  
or Mobile 07572525999

**Email:** [enquiries@brynbettws.com](mailto:enquiries@brynbettws.com)

### Nearest Hospitals:

Neath Port Talbot Minor Injury Unit (8.5 miles)  
Baglan Way  
Port Talbot  
SA12 7BX

Morrison Hospital A and E (14 miles)  
Heol Maes Eglwys  
Morrison  
Swansea  
SA6 6NL

## How to find Bryn Bettws



## Directions

- At M4 junction 40, take the **A4107** exit to **Port Talbot**
- At the roundabout, take the 3rd exit onto **Tan-y-groes St/A4107** heading to **Cymmer/Cymer**.
- Turn left onto **A4107**
- Turn left onto **Queen St/B4287**
- Turn left to stay on Queen St/**B4287** – Continue to follow **B4287**
- Turn right onto **Ton-mawr Rd**
- Slight right to stay on **Ton-mawr Rd**
- Take the 1st right (sign posted Afan Dirt Park). Follow gravel road through forest and find us on the left at the top of the road.

If you are using a sat nav, our post code is: **SA12 9SP**