



TOUR OF
BRITAIN



Timetable for
Cycling and
**Multisport
Festival**



Gyda chefnogaeth | Supported by



Saturday 1st September

National Closed Road Circuit

Time	Activity	Time	Price
9am - 10am	Ladies coaching session	1 hour	FREE
10am	Various Lead Rides meet at NCRC • Short distance to North Dock or Pwll • 30-40 mile ride		
10am - 10.15am	U8's / U10's	15 mins	£5 for 2 ride or £3 for 1 ride
10.20am - 10.40am	U12's	20 mins	£5 for 2 ride or £3 for 1 ride
10.55am - 11.25am	U16's	30 mins	£12 for 2 rides or £8 for 1
11.30am - 11.45am	U8 / U10's	15 mins	£1
11.50am - 12.10pm	U12's	20 mins	£1
12.15am - 12.45pm	U16's	30 mins	
1.00pm - 1.30pm	Para-cycling	30 mins	£8
1.45pm - 2.05pm	GORace MEN	20 mins	£6
2.20pm - 2.40pm	GoRace Ladies	20 mins	£6
2.55pm - 3.40pm	3/4	45 mins	£11
3.55pm - 4.40pm	Ladies	45 mins	£11
4.55pm - 5.55pm	E/1/2/3	1 hour	£11
6.15pm - 7pm	Q & A with Welsh Rider on big screen		FREE

Activity Centre / Ski Slope

Time	Activity	Time	Price
11am / 1pm / 3pm	Ski Session	1 hour	Adult £12.80 Child £8.70
12pm / 2pm / 4pm	Tubing	45 mins	Adult £10.25 Child £7.20
10am - 6pm	Toboggan	1 Ride 3 Rides 10 Rides	£2.50 £5.00 £10.00
10am - 6pm	Bike Hire	2 hours	Child £5.15 Adult £8.20

Actif Sports Area

Time	Explore & Learn	Actif Club	Time	Community Sport
11am	Toddlebikes / soft play	Balance Bikes	45 mins	Ashburnham Golf Club
12pm	Balance bikes	Skills for sport	45 mins	Llanelli Wanderers RFC (Mini & Juniors)
1pm	Active Story Time	Athletic and Tennis	45 mins	HOCKEY
2pm	Toddlebikes / soft play	Balance Bikes	45 mins	Llanelli Wanderers RFC (Mini & Juniors)
3pm	Balance bikes	Netball and Tri Golf	45 mins	GO RIDE

Cycling activities in Tour of Britain Multisport Village

Time	Activity	Time	Price
Ongoing throughout the day	Go Ride Races	45 mins	FREE
Ongoing throughout the day	Skills area	45 mins	FREE

Walking group through Pembrey Country Park

Time	Activity	Time	Price
2pm & 4pm	Walk with a ranger and discover hidden gems around the park. Meet at Visitor Centre	45 mins	FREE

Monks Field

Time	Activity	Price
3pm	Land Art activity for all the family	FREE

Evening Entertainment Staged Area

Time	Activity	Price
7pm onwards	Live Music	FREE

Sunday 2nd September

(after TOB Depart)

National Closed Road Circuit

Time	Activity	Time	Price
12.45pm - 1pm	U8 / U10	15 mins	£3
1.05pm - 1.25pm	U12's	20 mins	£3
1.40pm - 2.10pm	U14 / U16	30 mins	£8
2.25pm - 2.55pm	Para-cycling	30 mins	£8
3.10pm - 3.30pm	GoRace Men	20 mins	£6
3.45pm - 4.05pm	GoRace Ladies	20 mins	£6
4.20pm - 5.05pm	3/4	45 mins	£11
5.20pm - 6.05pm	Ladies	45 mins	£11
6.20pm - 7.20pm	E/1/2/3	1 Hour	£11

Activity Centre / Ski Slope

Time	Activity	Time	Price
11am / 1pm / 3pm	Ski Session	1 hour	Adult £12.80 Child £8.70
12pm / 2pm / 4pm	Tubing	45 mins	Adult £10.25 Child £7.20
10am - 6pm	Toboggan	1 Ride 3 Rides 10 Rides	£2.50 £5.00 £10.00
10am - 6pm	Bike Hire	2 hours	Adult £8.20 Child £5.15

Actif Sports Area

Time	Explore & Learn	Actif Club	Community Sport	Time
12pm	Toddlebikes / soft play	Balance Bikes	Bynea Cycling Club	45 mins
1pm	Active story time	Skills for sport	Sospan Netball Club	45 mins
2pm	Balance bikes	Balance Bikes and skills for sport	Llanelli Athletic Club	45 mins



Cycling activities in Tour of Britain Multisport Village

Time	Activity	Time	Price
Ongoing throughout the day	Go Ride Races	45 mins	FREE
Ongoing throughout the day	Skills area	45 mins	FREE

Big Screen

Time	Activity
10.30am onwards	Watch Tour of Britain on the Big Screen



**Mynedfa'r Parc
Park Entrance**

**Cylchfordd
Gaeedig Genedlaethol
Sir Gâr
National Closed
Road Circuit
Carmarthenshire**

**DECHRAU
START
TOUR OF
BRITAIN AREA**

**Sgrin Fawr
Big Screen**

Traeth a Pharc Gwledig
**Pen-bre
Pembrey**
Country Park & Beach

www.parcgwledigpenbre.cymru
www.pembreycountrypark.wales

OVO energy
**TOUR OF
BRITAIN**

Gyda chefnogaeth | Supported by
Cyngor **Sir Gâr**
Carmarthenshire
County Council