Swansea CTC Cycling Routes – user information

The purpose of this document is to provide an introduction to users and contributors to the Rides and Routes Library we have created.
http://routes.swanseacycling.co.uk
Visitors may experience a slight delay after typing in the address.

These instructions are in two parts:
Part 1 is for viewers – they can read, search and download information from the site.
Part 2 is for contributors – they can do the above plus create and upload new rides and routes.

Part 1 for Viewers.

Enter the address http://routes.swanseacycling.co.uk

This will take you to the cover page shown below:
Then click on the Search tab.

Cycling Routes   Login   Register   All Routes   Search

Welcome to the Swansea CTC Routes library.

Here you will find an archive of the routes that members of Swansea CTC have cycled over the years. Our intention is that it serves as a valuable resource for all our members, particularly those who are considering becoming ride leaders.

Active ride leaders have uploaded the majority of our familiar routes, along with new routes we have introduced over the last couple of years. These form the core of our monthly rides programme.

Most of the uploaded routes will contain:

- A map of the route along with a gpx file of the route that riders can download.
- The ride grade, start point and destination.
- The distance covered by the route in miles and kilometres.

Some routes contain more detailed information, including:

- A route description
- The total amount of climbing, along with notes on the steepness of particular climbs.
- Location of coffee/lunch stops.
- Things to look out for along the route – scenery, places of interest.
- Surface types: whether main roads or quiet country lanes, paved or gravel cycle path, etc.
- Any potential hazards.

Members can take a look at the list by clicking on the **All Routes** link above and scrolling through the routes until you find one that interests you. Click on the name of the ride for more details.

If you can't find a particular ride, you can use the **Search** link which will allow you to search by Grade, or you can click on the **advanced search form**, which offers more specific search criteria, including a distance range, destination and start location, or through text contained in the ride description – for example, a mention of the total amount of ascent.

We hope the routes and information contained in the library will give more of you the tools and the confidence to start leading rides.

Although you can view and search for rides already in the library, to upload new rides you first have to create an account. You can do this by clicking on the **Register** link at the top of this page. You will then be asked some basic contact information, and to create a username and password. Once you've done this you will be able to upload and edit your own rides.

Cycling Routes

Password Reset   Account   Logout   All Routes   Search   My Routes   Upload GPX File

Search

Use the fields below to quickly search for routes of a specified grade OR routes that contain the specified text in any part of them OR the route with a specific event ID OR click here to access the advanced search form

Grade *

All

Grade of route OR ...

Text Search

Search for any routes where the title or description contain this text OR ...

Event ID

Display the route with the specified Event ID

Search

Then Click on the here to access the advanced search form

The advances form shown below:
Let's assume you want to know about Grade 2 rides from Gowerton between 35 and 60 miles, complete the required fields accordingly and click on search.

Cycling Routes   Login   Register   All Routes   Search

Advanced Search

List routes that match all of the following

Grade

Grade 2

Minimum Distance

30

Maximum Distance

60

Minimum Ascent (feet)

Maximum Ascent (feet)

Description Contains

Highlights Contains

Destination Contains

Start Contains

Gowerton

Search

You will now see the table below:

Cycling Routes   Password Reset   Account   Logout   All Routes   Search   My Routes   Upload GPX File

Search Results

Revise Search

Event ID	Start	End	Title	Grade	Distance
240	Gowerton	Castell Carreg Cennen	Castell Carreg Cennen from Gowerton	Grade 2	39
163	Gowerton	County Cycles, Cross Hands	County Cycles, Cross Hands from Gowerton	Grade 2	37
225	Station carpark, Gowerton	Kidwelly Parc y Bocs	Kidwelly Parc y Bocs from Station carpark, Gowerton	Grade 2	39
185	Station carpark, Gowerton	Maesybont (Llyn Llech Owain)	Maesybont (Llyn Llech Owain) from Station carpark, Gowerton	Grade 2	40

If you select Event #240 Castell Carreg Cennen from Gowerton by clicking on the blue underlined text a new window will show you the route information and gpx map overview as shown below:

Castell Carreg Cennen from Gowerton

Edit

Event Details

- **Date:** April 23, 2022 6:42 pm
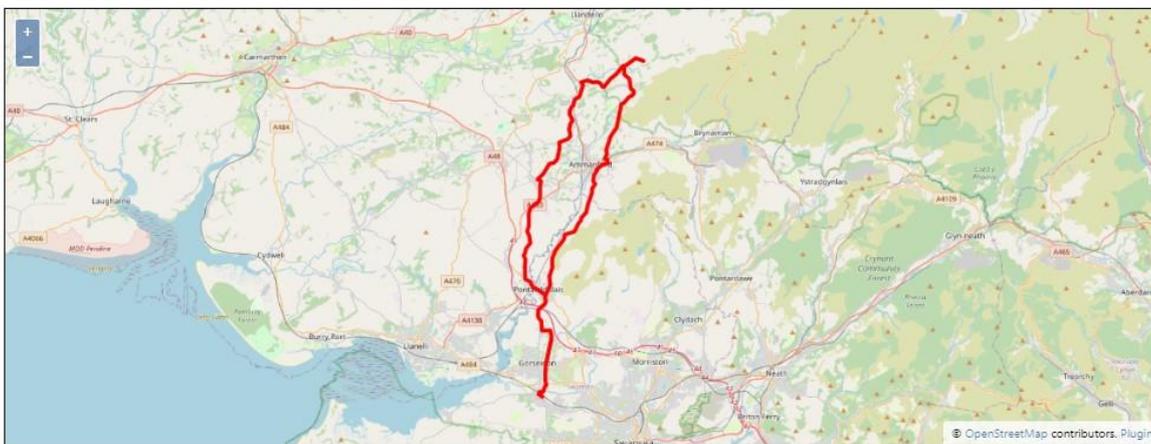- **Categories:** Grade 2

Castell Carreg Cennen

Grade 2 Gowerton to CCC via Pontarddulais, Llanedi, Capel Hendre, Saron, Blainau, Llandybie, Derwydd, Trapp. Ret via Llandyfan, Ammanford, Garnswllt, Pontarddulais. 39 miles, 2,400 ft accents

Distance: 39 miles

GPX File: COURSE_76760525.gpx

Download GPX file

If you would like to download this route gpx, click on the red tab Download GPX file.

What happens after you download this file depends on what type of Gizmo you are using to read the route. Strava, Garmin, Mapmyride, phone etc., however the map display on our page does not illustrate the profile of the ascents and descents and you may wish to view this information before attempting the ride?

Ian Davies   CTC Swansea

Part 2 – Contributor.

To become a contributor, you will need to select the Login tab on the first page and then register to create a user name and password. This may need to be approved by the administrator.

When you have registered and are approved, you can create a user profile for yourself:

Ian Davies   CTC Swansea

As a Contributor, you have the ability to create routes and upload the gpx file for the ride.

To do this – click on the Upload GPX file (top right of your profile page), a form will then appear asking you to complete the relevant fields and when complete, click on the create route tab at the bottom. You will be able to see a list of all your routes by clicking on the My Routes tab (top right of your profile).

Cycling Routes

Password Reset Account Logout All Routes Search My Routes Upload GPX File

My Routes

Event ID	Title	Grade	Distance	Edit
226	Audax Around the Gwendraeth from Station carpark, Gowerton	Grade 3	63	Edit
249	Audax, Carmarthenshire Stopper from Bynea	Grade 4	63	Edit
243	Bot Gardens to Llansteffan	Grade 2	33	Edit
229	Botanical Gardens from Gowerton	Grade 3	44	Edit
240	Castell Carreg Cennen from Gowerton	Grade 2	39	Edit
239	Castell Carreg Cennen from Station carpark, Gowerton	Grade 3	43	Edit
221	Craig-y-nos from Burger King, Neath	Grade 3	41	Edit
250	Des Radford 100 mile route from Sainsbury's SA1, Swansea	Grade 5	105	Edit
234	Devil's Elbow Ystradfellte from Burger King, Neath	Grade 3	50	Edit
220	Devil's Elbow Ystradfellte from Sainsbury's SA1, Swansea	Grade 3	58	Edit
222	Devil's Staircase loop from Llandovery	Grade 3	42	Edit
233	Felindre Reservoir from Station carpark, Gowerton	Grade 2	30	Edit
183	Ferryside, from Station carpark, Gowerton	Grade 3	44	Edit

There you have it, go do it!

Sig.

Ian Davies (Secretary)

Date: 02-Aug-2022