

Trail Riding in Wales: Friday 21st to Sunday 23rd May 2010

Trail riding takes place on unclassified county roads and byways with natural surfaces, often known as "green lanes" where we'll encounter stream crossings, boulders, rock steps, hills up and down, tight corners, sweeping bends, ruts and muddy surfaces.



This trip is for off road beginners. The day will start with an easy forest road for a few miles which will allow us to settle in and get used to the bikes. The green lane route is progressive and will be altered to suit our skills. As we come to each new challenge we will be taught the techniques needed to cope with the more demanding going. If you prefer a more gentle introduction there is an easier route. Green Lane riding teaches more precise throttle, clutch and braking control.

Motorcycles and a guide will be provided by [Trail Rides Wales](#). They have a range of bikes to suit different leg lengths, weights and heights from 5' to over 6'. Riders must wear helmets, goggles, gloves, motocross or enduro trousers, knee pads, jacket or shirt with long sleeves, body armour and enduro type boots. They provide these or you are welcome to bring your own.



Trail riding is not suitable for pillion riders but they are still welcome to join Sue and me on this outdoors style trip. We are staying near the Bwlch Nant-yr-Arian forest and its [Visitor Centre](#) is famous for the daily feeding of Red Kites which can be seen from many places around the lake. There is a video system which gives a close-up view of the birds. There are also many interesting walks around the lake and in the forest.

We will be staying two nights at a quaint 17th Century Hotel in the heart of the stunning Cambrian Mountains; www.thegeorgeborrowhotel.co.uk. Twin rooms are £70 per night and singles £40 including a full Welsh Breakfast and there is secure parking. A day trail riding from 9.30am to 4.00pm costs £210 with a £25 refund if you don't damage the bike!