

# Lon Las Cymru Cycle Tour



## Highlights

This Lon Las Cycle tour will have you fit by the end of it! Over the course of your 8 day holiday cycling the length of Wales from Anglesey to Cardiff, you'll have covered 273 miles and seen plenty of the rolling, green Welsh countryside. Accommodation and meals are included, and you needn't worry about lugging any bags – they'll be transferred to your next night's base by the team.

The Lon Las Cymru Cycle trail covers 250 miles from tip to toe of Wales. Starting in Holyhead, Anglesey, the trail traces a rewarding path through Anglesey, Snowdonia, the magnificent Welsh coast line, the beautiful Wye Valley, Brecon Beacons all the way to the cosmopolitan waterfront of Cardiff Bay. The beauty of the Lon Las Cymru trail is that it covers most of the highlights of Wales whilst keeping you on quieter country lanes - perfect for cycling.

You'll journey from the north of the country down to the south and take in a staggering mix of scenery and sights in between. Ride across the 19th-century Menai bridge, stop off at Portmeirion – the Italianate village where the cult film 'The Prisoner' was shot, and conquer the hilly landscape of Snowdonia National Park. In fact, on this eight-day tour, you'll journey the entire length of Wales, and you'll get to see quite a few spectacular vistas on your way – not least arriving at Cardiff Bay on the last day.

## Is it for me?

The team who run this tour has graded this trip as strenuous. That means, basically, you'll need to be pretty fit to last the distance – and enjoy the days rather than sweating profusely and tailing behind. The team has also suggested this one would suit families with teenagers – so all that excess energy can be put to good use. That's of course if your teenagers aren't the kind who prefer to lie about on the sofa playing computer games. If you choose the guided option, you'll be travelling in small groups of four to eight people, so you should be comfy spending time with others. If you go for self-guided, you'll be provided with the itinerary, accommodation and baggage transfer but the rest will be up to you.

## Accommodation

You'll be staying in B&B accommodation and good guesthouses that the team has used previously – so they know they're of a high standard. In terms of food, you'll get breakfast each morning at your accommodation and packed lunches during the day. Expect tasty treats made using quality local ingredients. Evening meals aren't included so make sure you budget extra for this.

## Itinerary

### Day 1-Holyhead – Caernarfon (38 miles)

The journey begins on the ancient Isle of Anglesey, surrounded by the Irish Sea. Cromlechs - ancient burial chambers - lie en-route as we cross a gentle landscape of sheep pastures. You'll ride across the imposing Menai Bridge – a feat of 19th-century engineering - to reach mainland Wales, and spend the second night in Caernarfon, a walled town with a fine stone castle.

### Day 2-Caernarfon – Porthmadog (29 miles)

After a hearty breakfast and a last glimpse of the castle, you'll begin the second day on the road. A chance to

Prices from

**785** GBP (8 days) per person

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enjoy easy, traffic-free cycle paths as you head south towards Porthmadog. You'll also have the opportunity to visit the wonderful seaside village of Portmeirion in the afternoon.

#### Day 3-Porthmadog – Dolgellau (31 miles)

A beautiful ride, combining the wide beaches and busy villages of the coast with the wild, dramatic interior of Snowdonia National Park. Some challenging climbs which are rewarded with wonderful views, and a chance to visit Harlech Castle.

#### Day 4-Dolgellau – Machynlleth (36 miles)

A second day in Snowdonia, with more mountain vistas and breathtaking climbs ahead! You won't meet many cars on the quiet back roads, but close encounters with sheep and some rarer wildlife are virtually guaranteed.

#### Day 5-Machynlleth – Llanidloes (24 miles)

The morning provides a chance to explore Machynlleth, the ancient capital of Wales and now home to the Centre for Alternative Technology. Then it's time to tackle the climb from sea-level to 508m at Rhiw Fawr. You'll notice the change in landscape on this transitional day from North to Mid Wales. The Hafren Forest provides pine-scented riding towards the end of the day, and you'll follow the young River Wye as it rushes through a green and peaceful landscape.

#### Day 6-Llanidloes - Builth Wells (31 miles)

Easier riding today, heading south along the beautiful Wye Valley to the spa town of Builth Wells. The area is a haven for the once-endangered Red Kite, a bird of prey which is now one of Wales' wildlife success stories. Plenty of opportunities to stop for a well-earned cup of tea and a welshcake - a sweet, regional treat.

#### Day 7-Builth Wells to Brecon (31 miles)

Approaching the Brecon Beacons National Park, you'll ride along the quiet Wye Valley to the village of Glasbury. Here there's a possible detour to Hay on Wye, the world-famous "town of books", for a rummage through the bookshelves, before heading on to the historic town of Brecon, astride the River Usk.

#### Day 8-Brecon to Cardiff (54 miles)

A day of contrasts, as you follow the Taff Trail through the heart of the Brecon Beacons, past sparkling reservoirs. You'll then enter a landscape rich in industrial heritage as you drop down towards the coast. The journey ends on the waterfront of Cardiff Bay, in the capital city of Wales.

## Details

### Getting there

Holyhead is easily accessible by car – the A5 takes you right into the town. Or if you're travelling from Ireland, there's the ferry from Dublin.

### Price includes

Price quoted is for the self-guided 8 day cycle ride. The price for the guided 8 day cycle ride is £995.

Guided cycle ride date:13 August - 21 August 2011.

If you choose the guided option, you'll be accompanied by a cycling guide on the trail each day. The package also includes pick-up and drop-off at nearest railway or bus station at the start and end of the tour, 8 nights accommodation in B&Bs and guesthouses, luggage transfer, packed lunches and vehicle back-up. 8 days hire of a quality hybrid bike is included and a handlebar bag, puncture repair kit, lock and water bottle are also supplied.

### Typical Duration

8 days

### Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

### Experience required

A reasonable level of fitness and interest is all that is needed