

Welsh National Cycle Route - Lon Las Cymru



Week: 7 days, 6 nights
Grade: Easy/Moderate
Start: Any day
Mileage: Total 125 miles
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Many of you know that one of the largest Millennium fund grants made by the Lottery was given to the fund the National Cycle Network - a project to provide a 10,000 mile network of cycle paths and traffic calmed roads throughout the UK. One of the first routes to be set up was the Welsh National Cycle Route - the Lon Las Cymru. We are delighted to be able to offer a cycling holiday along the best part of this route - through Mid Wales. This section fulfils Wheely Wonderful Cycling's criteria for a route which is suitable for all abilities... and even more importantly it passes through some magical scenery.

This seven day tour takes you through the Black and White Villages from Presteigne to Hay on Wye, then up the Wye Valley through Builth Wells to the Elan Valley and Red Kite country. Two nights at Rhayader and a final overnight stop in Knighton. Easy to moderate cycling with one difficult day-of 35 miles and two hills. Total 125 miles.

Day 1. Petchfield Farm to Presteigne 15 miles: Cycle on idyllic country lanes and cross the River Lugg to cycle into Wales. Presteigne is home to the unique Judges Lodging Museum & to many arts events – Sheep Music - a world music festival in July, and a classical music festival in August.

Day 2. Presteigne to Hay on Wye 23 miles: Cycle back into England and through the picturesque half-timbered villages of North Herefordshire, visit a cider farm, the New Inn (only 600 years old) and local gardens. Finish the day, by crossing the toll bridge to Hay on Wye. Dominated by its castle – Hay is internationally known as a “book town” with 30 book shops selling over a million books.

Day 3. Hay on Wye to Builth Wells 22 miles: Back in Wales - follow the spectacular River Wye upstream, on an old railway line – visit the old station for tea & railway restoration projects surrounded by moorland. Wild flowers abound here. Finish the day in Builth Wells, a lively agricultural town on the banks of the river Wye. Home to the Royal Welsh Show every July.

Day 4. Builth Wells to Rhayader 16 miles: An off road section and crossing a tiny suspension bridge over the River Elan, makes this section an adventure. You keep the River Wye as your guide – through meadows & moorland to the heart of the Mid Wales Lakeland and Red Kite Country.

Day 5. Rhayader & the Elan Valley Lakes 16 miles: Your rest day! Rhayader is home to the Elan Valley dams & lakes. Cycle to the lakes on the fantastic new cycle path & sculpture trail for a picnic & great views. Visit the Red Kite feeding station at Gigrin Farm to watch these spectacular birds.

Day 6. Rhayader to Knighton 33 miles: A challenging day with two hills. The ride today takes you through the magical valley of Abbeycwmhir – with its ruined Cistercian abbey & grand Victorian house to visit. Over the Black Hill & Offa's Dyke on old sheep drovers routes– to look back and (down) on your cycle ride. Finish the day with a 15-mile downhill ride to the border town of Knighton. Visit the Offa's Dyke centre.

Day 7. Knighton to Petchfield Farm 14 miles: A gentle ride down the River Teme – two castles to visit – Brampton Bryan and Hopton Castle (short detour with a 1930's traditional tearoom) . Lunch at a riverside pub in a “roman” village.

This holiday includes:

- Seven day cycle tour with six nights b&b accommodation.
- Quality bikes and equipment,
- Luggage transportation,
- Special route guides and maps,
- Comprehensive holiday information pack,
- Full emergency back up service.
- Safe parking at Petchfield Farm

Price per person, based on 2 people sharing a room

Price	Guest House	Hotel Inn
Adult	£585	£620
Child	£405	£430
Single room per night	£12	£15
BOOK NOW		