

# Welsh Three Peaks Cycle

Trip Code: WP



“ More Adventure laid on the perfect trip. We were well looked after from start to finish. Fun tour guides, great food and quality accommodation. I would definitely recommend a tour/trip with More Adventure” **Adam Ramsey, London to Paris Rider 2013**

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 Total 6 days

 Hotels

 Difficulty: 

 Cycling & Trekking 5 days

 UK

 May - September

## Overview

Climbing three iconic mountains in Wales whilst cycling in between them along some of the finest roads in the UK. This is a tough and unique challenge that passes through the dramatic scenery of Wales.

## Highlights

- Summitting the highest mountain in Wales, Snowdon
- Descending the vast valleys of North, Mid and South Wales by bicycle
- Travelling through some of the finest landscapes in the UK
- Exploring two National Parks - Snowdonia and the Brecon Beacons
- Completing a unique UK challenge

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# Detailed Itinerary

## Day 1: Pen-y-Pas evening briefing

We'll meet near Pen-y-Pas for an evening briefing. This will also be an opportunity to ask any last minute questions and meet the rest of the team. After a comprehensive briefing from the More Adventure leaders, we'll get an early night and prepare for the following day. Overnight near Pen-y-Pas.

## Day 2: Pen-y-Pas to Dolgellau

### Climb Snowdon; Cycle 36 miles to Dolgellau

After breakfast we'll congregate at Pen-y-Pas car park ready to begin our ascent of our first mountain, Snowdon. At 1085 metres, Snowdon is the highest of our Welsh peaks but with fresh legs it should be no problem at all. Once we're back at Pen-y-Pas we'll change into our cycling gear and begin our first ride of the trip to Dolgellau. The route takes us on a long descent to the pretty village of Beddgelert before crossing the river Dwyryd then continuing south to Dolgellau. Overnight in Dolgellau.



## Day 3: Dolgellau to Machynlleth

### Cycle 7 miles; Climb Cadair Idris (893m); Cycle 9 miles

We'll leave Dolgellau in the morning and cycle to Cadair Gates for our second mountain ascent. Cadair Idris is arguably one of Wales' understated peaks, is usually far less busy than other peaks in Snowdonia and is a fantastic climb. Once back off the mountain, we'll jump back onto our bikes for a short ride to Machynlleth. Overnight in Machynlleth.

## Day 4: Machynlleth to Brecon

### Cycle 70 miles

From Machynlleth we begin cycling through some of the finest roads in mid-Wales. There are a few stiff climbs today but hopefully (weather depending!) the views will make up for it. Our route heads south-east into the hills towards Llyn Clywedog then onto the small village of Rhayader. From here we cycle directly south through Builth Wells and onto the pretty town of Brecon. Overnight in Brecon.

## Day 5: Brecon to Pen-y-Fan to Brecon

### Cycle 8 miles; Climb Pen-y-Fan (886m); Cycle 8 miles

Our final day begins with a cycle up to the Storey Arms which is the start of our final mountain climb. Pen-y-Fan is the highest peak in the Brecon Beacons National Park and is also the training ground for the military. We should reach the summit before lunch before descending back down to the Storey Arms then cycle down to Brecon. Congratulations – you made it! It's a short ride back down to Brecon where we'll have a meal and perhaps a few drinks to celebrate. Overnight Brecon.



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## Day 6: Brecon

After breakfast you, your bicycles and luggage will be transferred to Abergavenny train station where the trip ends and we say our goodbyes.

### Included

- Cycle Leader(s) and Support Driver
- Qualified Mountain Leaders/Cycle Guides
- 5 x breakfasts
- 4 x lunches
- 5 x night's hotel accommodation
- Mechanical support
- All luggage transported during your trip
- First Aid Cover
- GPX files of the route (if requested)

### Not Included

- Bicycle and Helmet
- Travel to Pen-y-Pas in Snowdonia and from Abergavenny
- Evening meals, drinks and snacks
- Insurance

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*



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# Trip Notes

## Trip suitability

**Cycling** - There are some significant climbs throughout this trip so it is essential you are prepared for this. In addition to having some climbing experience, you should also be confident on long descents. You will be cycling for between six and eight hours on some days but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

**Trekking** – It is essential that you have experience trekking. The longest walking day is Cadair Idris which should take around 6 hours so we strongly recommend you have experience walking for several hours in mountainous terrain. Please be aware that cycling and walking are two very different disciplines so will need to be trained for individually.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling and walking with a small rucksack in the boots you'll be wearing on the trip. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

A link to our trip grades that explains in depth our star rating is here:  
[www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

## Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing and equipment to bring for both cycling and trekking will be issued upon booking.

## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.



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**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Meals each evening tend to cost between £10 and £15.

## Accommodation

Accommodation is in basic hostels/B&B's, all of which are of a good standard with comfortable beds, ensuite and hot showers. The single room supplement is £220 which can be added upon booking.

## Food

Lunches are provided throughout this trip, either as an outdoor buffet, in local cafés or as packed lunches on mountain days. Continental-style breakfasts on Day 2, 3, 4, 5 & 6 are provided and will be served in the hotel/B&B. If you have any dietary requirements, please let us know when making the booking. Please be aware that snacks (including energy bars, powders etc.) or drinks are not included.

Evening meals will be eaten in local restaurants and are not included in the trip cost. Please allow between £10 and £15 per meal.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager Race Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather and the trip will continue in all but the absolute worst of weathers. A comprehensive clothing and equipment list will be issued upon booking.

## Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).



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## Leaders

This trip is led by experienced and qualified cycle/mountain leaders who will guide the group at all times. In addition to this, another leader drives the support vehicle on cycling days offering assistance where necessary and transfers all luggage from one hotel to the other.

*This trip will run on a minimum number of 12 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

