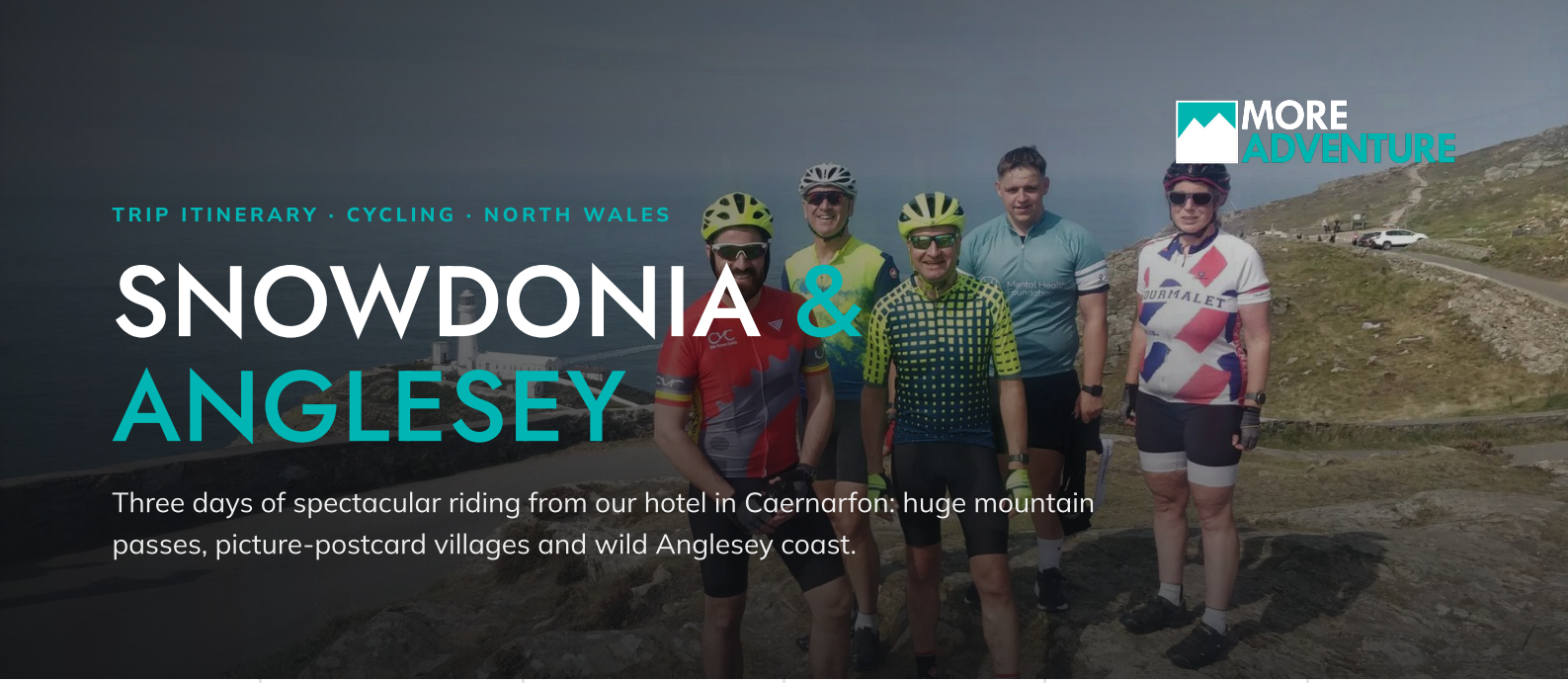


TRIP ITINERARY · CYCLING · NORTH WALES

SNOWDONIA & ANGLESEY

Three days of spectacular riding from our hotel in Caernarfon: huge mountain passes, picture-postcard villages and wild Anglesey coast.

4 days	3	199 miles	Hotels	★★★☆☆	April – October
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

The landscape of North Wales is a unique combination of rugged mountains and stunning coastal scenery, and there's no better way to experience it than on two wheels.

This centre-based long weekend showcases the very best cycling of this unique region. Based in our excellent hotel in Caernarfon we'll be riding out each day, soaking up the mountain vistas, exploring quaint Welsh villages, sampling local food, and admiring incredible coastal scenery. We have three main rides, two in Snowdonia National Park and one on Anglesey. There are two route options on two of the days in the itinerary, we can of course tailor the routes to suit the needs of the group.

On a single day here you can ride over a tidal estuary, encounter sand dunes and golden beaches, then up onto the wild roads of Snowdonia, over huge mountain passes lined with vertiginous cliffs, thundering rivers and countless resident sheep. The riding is varied, from narrow and slightly undulating country lanes to challenging climbs on roads that carve their way through open expanses of craggy peaks.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Breathtaking mountain scenery of Snowdonia National Park
- ✓ Conquering the mighty Pen y Pas (359m) at the foot of Yr Wyddfa (Snowdon)
- ✓ Visiting the picture-postcard village of Beddgelert
- ✓ Descending the exhilarating Llanberis pass
- ✓ Crossing impressive Menai Suspension Bridge onto Anglesey
- ✓ Relaxing in our comfortable, excellent quality hotel at the end of each day

FROM **£875** per person · secure your place with a 40% deposit (£350)

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/cycling-in-snowdonia-and-anglesey/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: CAERNARFON

DAY 1: MEET AT CAERNARFON HOTEL OR BANGOR TRAIN STATION

The Cycling in Snowdonia and Anglesey trip begins in our hotel in Caernarfon. If you're driving then we'll meet you at the hotel and give details on where to park. If you prefer to arrive by public transport we can meet you at Bangor train station (daily direct trains from London and other major rail hubs throughout the UK) to transfer you, your bikes and luggage to our hotel in Caernarfon. At the hotel you will be met by the More Adventure team for a trip briefing and evening meal in preparation for tomorrow's ride.



2

73 OR 45 MILES · UP TO 5,600 FT CLIMBING

OVERNIGHT: CAERNARFON

TWO ROUTE OPTIONS



DAY 2: BEDDGELERT AND BETWS-Y-COED LOOP

After breakfast in our hotel, we'll begin our first ride of the trip. We have two options today, a demanding 117km ride or a shorter but still challenging 72km ride into Snowdonia National Park. The two rides begin by heading southwest towards the mouth of the Menai Strait before cutting inland to Penygroes where the mountains loom ahead. Our first climb tackles the valley east of here, the road flanked either side by disused mining operations and wild farmland as we approach Llyn y Dywarchen at the summit. A fantastic descent leads to Rhyd Ddu (Black Ford) then onto Beddgelert, a popular tourist village whose name translates as Gelert's Grave in English. From Beddgelert the two routes split, with the shorter route tackling the spectacular Nant Gwynant climb up to the Pen y Gwryd hotel where you'll be torn between pedalling and stopping for photos as the views back down the valley are simply stupendous.

The longer route continues southeast to tackle one of the biggest climbs in the area – the Crimea Pass (385m). Named after the Crimea War which was being fought at the same time as the road was being built, this mighty climb is undeniably one of the finest in Wales. We begin our ascent at Tan-y-bwlch then skirt around the historic mining town of Blaenau Ffestiniog to the summit beneath Moel Dyrnogydd. A wonderful descent follows the river Lledr to Betws-y-Coed, a popular tourist village where we'll regather and stop for refreshments. Our route continues west back into the heart of Snowdonia, climbing gradually through a wooded valley to Capel Curig. Here we turn left and continue to the Pen y Gwryd hotel. This historic hotel was used as a base for aspiring mountaineers when training for climbs in the greater ranges, including Sir Edmund Hillary and Tenzing Norgay! It also marks the point at which our two routes of the day converge. From the hotel we'll tackle the final kilometre to Pen-y-Pass (359m) which is the starting point for most people climbing Snowdon. A definite highlight of the day is the road on the other side, the jaw-dropping descent of the Llanberis Pass, carving through a deep valley lined with vertigo-inducing cliffs. We pop out in the tourist town of Llanberis from which it's a few kilometres back to our hotel in Caernarfon.

3

55 MILES · 4,300 FT CLIMBING | OVERNIGHT: CAERNARFON

DAY 3: OGWEN VALLEY AND NANT GWYNANT



After a good night's rest we begin our second day cycling, starting with a gentle pedal along the Menai Strait northeast of Caernarfon. We'll cut inland through open farmland to Llanrug before tackling our first climb on a lesser-known road above the town of Llanberis. On a clear day we'll enjoy views of the summit of Snowdon, down to magical Llyn (lake) Padarn below, the peaks of the Glyders beyond and the glistening sea in the distance behind us. After many photos and a breather we'll descend into Llanberis and ride around the lake to the start of our second climb through ancient woodland, opening out onto the moors beyond Dinorwig. A short descent leads to the foot of the Ogwen Valley just south of Bethesda. It's impossible to ignore the presence of the once-thriving slate industry in this part of Wales. Welsh slate once "roofed the world", with huge global exports providing employment for many people of the region, many of which were employed in nearby Penrhyn quarry which we'll ride directly beneath. We turn off the main road and ascend the valley along Lon Las Ogwen (The Ogwen Trail), which mainly follows the route of the old railway line that brought slate down the valley from Bethesda slate quarry to the coast, where it was shipped around the world.

It's a relatively gentle climb with two short and sharp sections near the top, but the views of the wide open valley behind are completely worth the effort. We'll stop briefly at Ogwen Cottage on the banks of the lake, where you'll see the shark fin peak of Tryfan towering above. On a clear day you can see Adam & Eve, two distinctive summit rocks that many people jump across when reaching the top of this mighty mountain. From here we descend to Capel Curig then turn right back up to the Pen y Gwryd hotel, this time continuing straight to descend the road above Nant Gwynant. It's exhilarating, with immaculate tarmac, sweeping turns, and views that are difficult not to stop for. At Beddgelert we continue northwest towards Rhyd Ddu then ride along the beautiful banks of Llyn Cwellyn and back to our hotel.

4

71 OR 61 MILES · UP TO 4,600 FT CLIMBING | TWO ROUTE OPTIONS | TRIP ENDS



DAY 4: ANGLESEY LOOP

In order to maximise our time on Anglesey, we'll quickly transfer any vehicles over to Bangor train station after breakfast (you can of course ride there from our hotel if you desire, it's about 10km). There are two route options today, with one slightly longer than the other, so we can decide the night before which is best. A different riding experience altogether is to be had on Anglesey. It feels extremely remote in places, with only narrow country lanes, fields, the sea and sheep, as far as you can see. Don't be fooled though, although the island doesn't boast mountain passes, it certainly has its fair share of short and sharp climbs. We begin by crossing the Menai Strait over the Menai Suspension Bridge. Built by Thomas Telford and opened in 1826, it was the first suspension bridge in the world, and is a truly magnificent structure. Our route begins through open farmland heading northwest to Llangefni, Anglesey's county town, which once held the largest cattle market on the island. We descend through Bodedern to sea level and to the small village of Valley. Just beyond here is where our two routes split with the longer route crossing over Four Mile Bridge. Four Mile Bridge is actually the name of the village that spans both sides of the Cymyran Strait connecting Anglesey with Holy Island. The bridge itself is named for being roughly four miles from Holyhead, not for being four miles long! From here we continue onto Holy Island to the beach at Trearddur Bay before following the coastal road to Yns Lawd (South Stack).

This protected nature reserve is extremely popular with bird watchers and home to one of Wales' most spectacular lighthouses, perched on an impressive spit of land jutting out into the Irish Sea. Until 1828 when a suspension bridge was built, the only way of crossing the narrow channel between the mainland and the island was in a basket suspended above the crashing seas on hemp rope! After some photos and a breather, we head back along South Stack road to Four Mile Bridge where both routes once again converge. Back on Anglesey's main island, we skirt the RAF Valley base and pass between Llyn Penrhyn and Llyn Traffwll. Our next stop is the pretty village of Rhosneigr which is situated on a series of long sandy beaches that are popular with wind and kite surfers. Continuing east, we'll briefly drop down to the sensational sandy dunes of Newborough Beach. From the shore sticks out Llanddwyn Island, home to a ruined church that once belonged to Saint Dwynwen, the Welsh patron saint of lovers. We hope you'll agree, it is certainly very difficult not to fall in love with this part of the world! From Newborough we head northeast back to the Menai Bridge then end our ride at Bangor train station. Here the trip ends and we say our farewells.

The trip begins in the evening of Day 1 but if you'd prefer to join us in the morning of Day 2 in time for the first ride, then no problem, just let us know. We have three main rides, two in Snowdonia National Park and one on Anglesey. There are two route options on two of the days

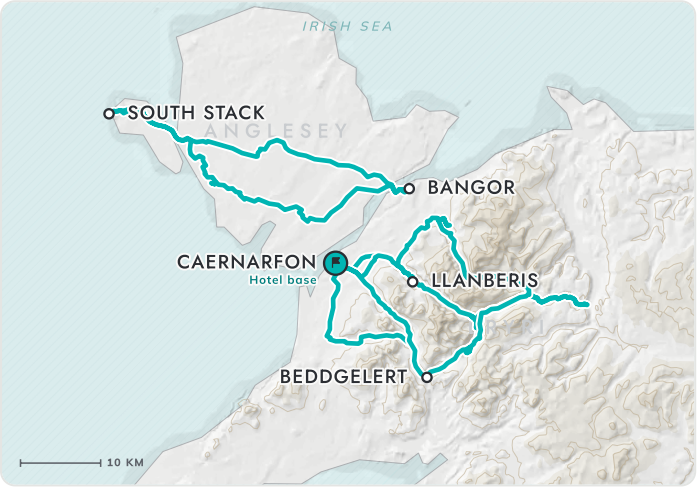
in the itinerary, we can of course tailor the routes and trip length to suit the needs of the group.

If you are booking alone please ensure you select the single room supplement.

We can run this trip with smaller numbers of riders which means we can confirm trips earlier. Where this is the case, it will be guided by a cycle leader but without a support vehicle.

THE ROUTE

THREE DAYS FROM CAERNARFON



GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader
- ✓ Support driver/vehicle (for larger groups)
- ✓ Snacks and water whilst riding
- ✓ 3 x night's hotel accommodation (twin sharing)
- ✓ 3 x breakfasts
- ✓ Transfer from/to Bangor (if required)
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and helmet
- × Parking fees at Bangor train station (£4.50)
- × Transport to and from start and finish points
- × Evening meals, lunches, drinks and personal snacks
- × Travel/bicycle Insurance

Parking: Bangor train station parking is about £4.50 (not included).

By train: Direct trains to Bangor from London and other UK hubs; we transfer you, your bike and luggage to the hotel.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

You will be cycling for between six and eight hours each day 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 will 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. You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. You will need to get some hill practice in! A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

WEATHER

The weather in North Wales is variable throughout the year and in a single day you can experience all four seasons. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. Whilst North Wales has its fair share of good weather, it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring 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

We recommend that you obtain personal travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and 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). We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off. 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

Lunches tend to cost between £5 and £10, evening meals between £10 and £20 each. You will need British pound sterling to spend in Wales.

ACCOMMODATION

Accommodation for this trip is in an excellent quality hotel in Caernarfon which has hot water showers, excellent amenities and secure bicycle storage. It is based upon twin sharing.

FOOD

Breakfast will vary each morning but will generally consist of continental-style with some hot food items, hot drinks and juices. Lunches will be eaten in local cafes along the way featuring some fabulous local food and drinks. We will also be stopping at shops and cafes along the way for you to buy snacks and drinks. Lunches, evening meals and drinks are not included in the price and we will eat out as a group at a local cafe/restaurant.

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 two 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, Continental Grand Prix 4 Season Schwalbe Durano Plus). We do not provide helmets but it is essential you bring your own to wear. If you wish to hire a bicycle instead of bringing your own then please get in touch. If you choose to hire we will visit the hire shop on Day 1 to pick your bike up and the More Adventure team will drop it back off on the final day.

CLOTHING

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weather. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”!

LUGGAGE

All luggage will remain in the hotel as you cycle but you will need to carry inner tubes, snacks and water. The support vehicle will however also be on hand to carry further spares and layers whilst cycling if required. Bike boxes and bags will be transported to the hotel upon arrival.

LEADERS

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, for larger groups another leader drives a support vehicle offering assistance where necessary. This trip will run on a minimum number of 4 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. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.