

TRIP ITINERARY · CYCLING · NORTH TO SOUTH WALES

LON LAS CYMRU
WALES END TO END

The length of Wales in three big days: from Caernarfon Castle through Snowdonia, the Cambrian Mountains and the Brecon Beacons to Cardiff Bay.

5 days	3	195 miles	Hotels	★★★★☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Wales's own end to end deserves to be as famous as LEJOG. In three challenging days you'll ride from Caernarfon Castle in the north to Cardiff Bay in the south, through three of the country's finest landscapes.

Start beneath the walls of Caernarfon Castle and head south through the foothills of Snowdonia to the coast at Harlech and Barmouth, then over to Aberystwyth on Cardigan Bay. Day two crosses the wild Cambrian Mountains, past the reservoirs of the Elan Valley, to the market town of Brecon. On the final day you'll cross the Brecon Beacons and follow the Taff valley all the way down to Cardiff. It's fully supported, with a cycle leader, a support vehicle carrying your luggage, and comfortable hotels every night.

★★★★★

"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

- ✓ Starting beneath Caernarfon Castle
- ✓ Riding the coast past Harlech and over Barmouth Bridge
- ✓ The wild Cambrian Mountains and the Elan Valley
- ✓ Crossing the Brecon Beacons
- ✓ Following the Taff Trail to Cardiff Bay
- ✓ Cycling the length of Wales in three days

DATES & BOOKING

See the latest dates, availability and book online at
moreadventure.co.uk/event/lon-las-cymru/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY · OVERNIGHT: CAERNARFON

DAY 1: ARRIVE IN CAERNARFON

Make your way to Caernarfon (Bangor is the nearest station; we can collect you). Meet the team for a bike check and briefing, then enjoy a first evening in the shadow of the castle.



2

83 MILES (133 KM) · C. 6,500 FT · OVERNIGHT: ABERYSTWYTH · BARMOUTH BRIDGE

DAY 2: CAERNARFON TO ABERYSTWYTH

The longest and hilliest day. We set off from Caernarfon Castle and head south through the foothills of Snowdonia to Porthmadog, then follow the coast past Harlech Castle to Barmouth, crossing the famous bridge over the Mawddach estuary. From Dolgellau we ride the quiet lanes of the Dyfi valley through Machynlleth, with a final sting in the tail before the descent to the seafront at Aberystwyth.



3

65 MILES (105 KM) · C. 5,500 FT · OVERNIGHT: BRECON · ELAN VALLEY

DAY 3: ABERYSTWYTH TO BRECON

Leaving the coast behind, we climb into the Cambrian Mountains, some of the emptiest country in Wales, via Devil's Bridge. We pass the reservoirs and Victorian dams of the Elan Valley to Rhayader, then follow the Wye valley through Builth Wells before the final climb and descent into the market town of Brecon.



4

47 MILES (75 KM) · C. 4,000 FT · OVERNIGHT: CARDIFF · TAFF TRAIL

DAY 4: BRECON TO CARDIFF

The final day crosses the Brecon Beacons past Talybont reservoir and over the high moorland, then drops into the Taff valley. Much of the rest is on the traffic-free Taff Trail, through Merthyr Tydfil and Pontypridd, all the way to Cardiff Bay. Congratulations, you've cycled the length of Wales!



5

TRIP ENDS

DAY 5: TRIP ENDS

After breakfast in Cardiff the trip ends. Cardiff Central has direct trains across the UK, and we can help with transfers back to Caernarfon if you've left a car there.



THE ROUTE

CAERNARFON TO CARDIFF



Day 2 · Caernarfon → Aberystwyth	83 miles
Day 3 · Aberystwyth → Brecon	65 miles
Day 4 · Brecon → Cardiff	47 miles

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

GRADE: CHALLENGING ★★★★☆

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 vehicle and driver-mechanic
- ✓ Snacks and water while riding
- ✓ 4 nights' hotel accommodation (twin-share)
- ✓ 4 breakfasts
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)

NOT INCLUDED

- × Bicycle and helmet
- × Transport to Caernarfon and home from Cardiff
- × Lunches, evening meals, drinks and personal snacks
- × Travel and bicycle insurance

Join on the morning: Prefer to skip the first night? Join us in Caernarfon on the morning of the first ride.

Bike transfers: Ask us about getting you, your bike or your car back to Caernarfon.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

This is a challenging ride with three long, hilly days. You should be a regular rider with good fitness and experience of riding 50–85 miles on consecutive days. Your leader sets a steady pace for the group.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

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

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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.