

TRIP ITINERARY · CYCLING & TREKKING · SNOWDONIA TO THE BRECON BEACONS, WALES

WELSH THREE PEAKS BY BIKE

Climb Snowdon, Cadair Idris and Pen y Fan, and cycle about 140 miles between them through two of Wales's National Parks.

6 days	4	138 miles	Hotels	★★★★☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

A truly Welsh adventure: climb Snowdon (1,085m), Cadair Idris (893m) and Pen y Fan (886m), and cycle between them on some of the finest roads in the UK.

Climb 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 two National Parks, through mountainous landscapes among jagged peaks and endless natural beauty.

★★★★★

"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

- ✓ Summiting Snowdon (1,085m), the highest mountain in Wales
- ✓ Descending the Llanberis Pass to Beddgelert
- ✓ Cadair Idris (893m), one of Snowdonia's most dramatic peaks
- ✓ Big views on the quiet roads of mid-Wales
- ✓ Pen y Fan (886m), the highest peak in the Brecon Beacons
- ✓ Cycling through two National Parks

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/welsh-three-peaks-cycle/

DAY BY DAY

DETAILED ITINERARY

1

EVENING BRIEFING | OVERNIGHT: PEN-Y-PASS

DAY 1: PEN-Y-PASS EVENING BRIEFING

We'll meet near Pen-y-Pass 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-Pass.



2

SNOWDON + 36 MILES | OVERNIGHT: DOLGELLAU | SNOWDON (1,085M)

DAY 2: PEN-Y-PASS TO DOLGELLAU

After breakfast we'll congregate at Pen-y-Pass 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-Pass 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.



3

16 MILES + CADAIR IDRIS | OVERNIGHT: MACHYNLLETH | CADAIR IDRIS (893M)

DAY 3: DOLGELLAU TO MACHYNLLETH

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.



4

70 MILES | OVERNIGHT: BRECON

DAY 4: MACHYNLLETH TO BRECON

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.



5

16 MILES + PEN Y FAN | OVERNIGHT: BRECON | PEN Y FAN (886M)

DAY 5: BRECON TO PEN Y FAN TO BRECON

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.



6

TRIP ENDS | TRANSFER TO ABERGAVENNY

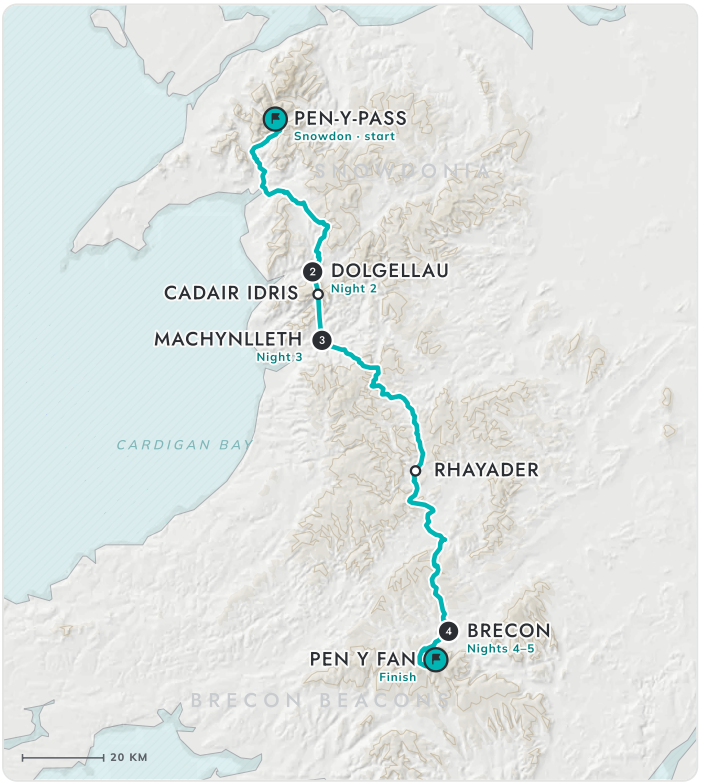
DAY 6: BRECON

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



THE ROUTE

SNOWDON TO PEN Y FAN



Day 2 · Pen-y-Pass → Dolgellau	36 miles
Day 3 · Dolgellau → Machynlleth	16 miles
Day 4 · Machynlleth → Brecon	70 miles
Day 5 · Brecon → Brecon	16 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/s and Support Driver
- ✓ Qualified Mountain Leaders/Cycle Leaders
- ✓ 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 full route (emailed when the trip is confirmed)

NOT INCLUDED

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

Single room: +£220, added when you book.

Getting there: Make your own way to Pen-y-Pass; the trip ends with a transfer to Abergavenny station.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

You need good hill fitness and cycling stamina. The rides are hilly, the pace is set by your cycle leader, and the mountain days are on steep, uneven paths at a steady pace set by your mountain leader. Practise long hill walks in the boots and rucksack you'll use, and some back-to-back rides.

ACCOMMODATION

Five nights in hotels on a twin-share basis, with breakfasts and lunches included. A single room is £220 extra.

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

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.