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Lôn Las Cymru

8-day Guided Cycling Holiday, 14th-22nd August 2009

A superbly scenic and challenging tour from the Isle of Anglesey to Cardiff on the south coast. This ride is a perfect introduction to the varied landscapes of Wales. We ride through the Snowdonia and Brecon Beacons National Parks and cover the entire length of the country in just one week! Some strenuous climbs and a couple of non-tarmac sections make this a good route for the fitter cyclist, though mileages are low enough to make the route accessible to most people.



Anglesey to Cardiff on the south coast. This ride is a perfect introduction to the varied landscapes of Wales. We ride through the Snowdonia and Brecon Beacons National Parks and cover the entire length of the country in just one week! Some strenuous climbs and a couple of non-tarmac sections make this a good route for the fitter cyclist,

Day 1: Friday 14th August

Arrival in Holyhead. Transfer to B&B and meet the group!

Day 2: Saturday 15th August

Holyhead – Caernarfon (38 miles)

The journey begins on the ancient Isle of Anglesey, surrounded by the Irish Sea. Cromlechs, ancient burial chambers, lie en-route as we traverse a gentle landscape of sheep pastures. We ride across the imposing Menai Bridge – a feat of 19th century engineering – to reach mainland Wales, and spend the second night in Caernarfon, a walled town with a fine stone castle.



Day 3: Sunday 16th August

Caernarfon – Porthmadog (29 miles)

A last glimpse of the castle as we begin our second day on the road. A chance to enjoy easy, traffic-free cycle paths as we head south towards Porthmadog. There's the opportunity to visit the wonderful seaside village of Portmeirion in the afternoon.

Day 4: Monday 17th August

Porthmadog – Dolgellau (31 miles)

A beautiful ride, combining the wide beaches and busy villages of the coast with the wild, dramatic interior of Snowdonia. Some challenging climbs which are rewarded with wonderful views, and a chance to visit Harlech Castle. We end the day on the tranquil Mawddach Estuary.



Day 5: Tuesday 18th August

Dolgellau – Machynlleth (36 miles)

A second day in Snowdonia, with more mountain vistas and breathtaking climbs ahead! We won't meet many cars on the quiet back roads, but close encounters with sheep and some rarer wildlife are virtually guaranteed.

Day 6: Wednesday 19th August

Machynlleth – Llanidloes (24 miles)

The morning provides a chance to explore Machynlleth, the ancient capital of Wales and now home to the Centre for Alternative Technology. Then it's time to tackle the climb from sea-level to 508m at Rhiw Fawr. You'll notice the change in landscape on this transitional day from North to Mid Wales. The Hafren Forest provides pine-scented riding towards the end of the day, and we follow the young River Wye as it rushes through a green and peaceful landscape.



Day 7: Thursday 20th August

Llanidloes - Builth Wells (31 miles)

Easier riding today, heading south along the Wye Valley to the spa town of Builth Wells. The area is a haven for the once-endangered Red Kite, a bird of prey which is now one of Wales' wildlife success stories. Plenty of opportunities today to stop for a well-earned cup of tea and a welshcake - a sweet, regional treat.

Day 8: Friday 21st August Builth Wells to Brecon (31 miles)

Approaching the Brecon Beacons National Park, we ride along the quiet Wye Valley to the village of Glasbury. Here there is a possible detour to Hay on Wye, the world-famous "town of books", for a rummage through the bookshelves, before heading on to the historic town of Brecon, astride the River Usk.



Day 9: Saturday 22nd August Brecon to Cardiff (54 miles)



A day of contrasts, as we follow the Taff Trail through the heart of the Brecon Beacons, past sparkling reservoirs. We will then enter a landscape rich in industrial

heritage as we drop down towards the coast. There is time to explore Castell Coch before we drop down to the coast to end the journey on the waterfront of Cardiff Bay, in the capital city of Wales.



Tour summary

Duration: 8 days, 8 nights
Distance: 273 miles (437 km)
Grading: Strenuous
Price: £795 per person

Terms and Conditions

Our booking conditions are available [online](#) or we can send you a copy by email/post if you prefer.



Tour Information & FAQ

Our guided cycling holidays are fully supported and escorted. You join a small group tour and are accompanied on the trail by a qualified guide at all times.

Guided tours are a great option if this is your first time in Wales - you will get much more out of the trip with the help of a local guide! These tours are also a great opportunity to meet like-minded travellers and make new friends

What is included on the Lôn Las Cymru guided tour?

- Pick-up from Holyhead and drop off at Cardiff railway station at the start and end of the tour;
- Accommodation in carefully selected B&Bs and guesthouses, including breakfast each morning;
- Daily picnic/packed lunch, using local ingredients;
- Luggage transfer each day, so you don't have to weigh the bike down with your bags;
- Vehicle back-up;
- Services of an experienced guide;
- Comfortable 27-speed TREK hybrid bike;
- Handlebar bag, cycle computer & water bottle.

What is not included?

- Travel to and from the start/end of the tour.
- Evening meals
- Entrance fees

Frequently asked questions

Is there a single supplement?

Our prices are based on two people sharing a room. A supplement of £80 applies if you prefer a single room.

How hard is the route?

The Lôn Las Cymru is graded as **Strenuous**. This doesn't mean it's the Tour de France, nor do you need to be a cycling fanatic, but a reasonable level of fitness will help you enjoy your holiday more. Most days involve 3-4 hours of cycling, with a couple of longer days in the saddle and some hilly terrain. But there is still plenty of time to enjoy the surroundings and explore along the way.

If you are unsure about grading or would like advice on choosing a suitable tour, please get in touch!

Can I bring my own bicycle?

Our bikes offer an ideal combination of comfort and performance. However, you are very welcome to bring your own bike. We offer a 10% discount if you do.

Can you help with my travel arrangements?

We can advise on and book public transport options and private transfers for the start and end of your tour. Please let us know your requirements when you book.

Can I leave my car at the start point?

Lôn Las Cymru has good public transport links at both ends, and a transfer from the nearest rail/bus station is included in the tour price. If you prefer to arrive by car, we can normally arrange for you to park your vehicle at the first B&B for the duration of your tour at no extra cost – but remember you will need to return to collect it at the end!