



Best of Mid Wales

7-day Self-guided Cycling Holiday

Discover the rural beauty of Mid Wales on this superb circular tour from the Welsh border town of Hay on Wye through the Radnorshire Hills and the Brecon Beacons.



Day 1

Hay on Wye to Presteigne (22 miles)

The tour begins with a day's cycling through the English-Welsh borders. Discover black-and-white timbered houses and sturdy stone-built churches. There are great views of the meander through a thinly populated landscape of orchards and farmland



before crossing back over the border into Wales to spend the night in the small town of Presteigne.

Day 2

Presteigne to Felindre (19 miles)

Continue northwards to Knighton, a traditional market town known as the "town on the dyke" - a reference to its site on the ancient earthwork built by King Offa in the 8th century AD to keep out the English! Follow the River Teme upstream on its meandering course through the hills to the hamlet of Felindre, where a warm welcome awaits.

Day 3

Felindre to Rhayader (22 miles)

A beautiful ride through tranquil countryside. The ruins of "The Abbey of the Long Valley" at Abbey-cwm-Hir are not to be missed. The village is today a quiet and unassuming place, but the Cistercian monastery which stood here in the 13th century at the time rivalled the greatest religious



architecture in Britain. A couple of steep climbs are encountered today but there's plenty of time to stop and enjoy the view while you get your breath back.



Rhayader is a haven for the once-endangered Red Kite, a bird of prey which is now one of Wales' wildlife success stories. See dozens of these impressive birds at close quarters at Gigrin Farm, a feeding station a couple of miles outside the town.

Day 4

Rhayader to Builth Wells (22 miles, optional 16-mile loop)

Today the route heads out of Rhayader along the Elan Valley Trail, following the line of the old Birmingham Corporation Railway. 8 miles after Cwmdeuddwr, you reach the top of the valley at Craig Goch reservoir – and will appreciate why the region is known as the Lake District of Wales. Travel south along an old coach road, to Newbridge on Wye. Then it's on to Builth Wells, once a Victorian Spa Town and now home to the Royal Welsh Agricultural Show which draws tens of thousands of visitors annually.



Day 5

Builth Wells to Brecon (31 miles)

An easy ride this morning as you follow the Wye Valley on its meandering course. The River Wye is wider and gentler by the time you reach Glasbury - a popular spot for canoeing or simply relaxing at the water's edge. A hillier ride now lies in store as you leave the Wye and continue westwards to Brecon, a market town on the River Usk overlooked by the distinctive peaks of the Central Beacons including Pen y Fan – south Wales' highest mountain.



Day 6

Brecon to Crickhowell (18 miles)

Following first the tow-path along the Brecon and Monmouth Canal and then the River Usk, the day offers views of the wonderful Black Mountains without any strenuous climbing. Talybont Reservoir and the 14th century court and castle at Tretower are both worth a detour if you want a longer day, before heading on to your overnight stop in the charming town of Crickhowell. The compact town has a ruined castle and a very fine medieval bridge, not to mention some great pubs!



Day 7

Crickhowell to Hay on Wye (26 miles)

We recommend a good breakfast before leaving Crickhowell as there's a long climb into the Black Mountains ahead! It's worth the effort, however, to see the pretty Honddu Valley and the wonderful Llanthony Priory, an 11th century Augustinian outpost on the Welsh border.



From the atmospheric ruins you climb up into the hills to reach the high point of the tour, the spectacular Gospel Pass, where panoramic views of the Wye Valley, the Brecon Beacons and the Radnorshire Hills reward you for your efforts. Then it's on down the valley for a fantastic four-mile descent back to the book town of Hay on Wye.



Tour summary

Duration	7 days
Distance	160 miles (255 km)
Grading	Moderate
Price	£565 per person based on 2 people sharing a twin/double room. Contact us for sole traveller/single occupancy rates.
Meals	Cooked breakfast included. Packed lunches & evening meals can be arranged on your behalf if required.
Options	Add an extra night at any stage of the tour, prices from £40pp per night.
Bike Hire	Bike hire is included in the tour price. For tandem bikes, please add £10pp 10% discount if you bring your own bike.

Remember, this itinerary is just the starting point.

Please contact us if you have any special requirements and we will be happy to tailor the tour to suit you.