



Lôn Cambria

4-day Self-Guided Cycling Holiday

Lôn Cambria takes you from the sea to the English border, a 113-mile meander through the heart of Mid Wales. Explore the quiet Cambrian Mountains, the impressive architecture of the Elan Valley dams and the half-timbered houses of historic Shrewsbury on this picturesque 4-day ride.



Day 1

Aberystwyth to Elan Valley (37 miles)

The seaside resort of Aberystwyth is the starting point for your tour. You could enjoy an ice-cream and watch a Punch & Judy show on the beach, but there's more to the town than the promenade, with the National Library of Wales and the ruined castle overlooking the Irish Sea providing some cultural interest too. On the first day, you follow the traffic-free Ystwyth Trail before heading through the Cambrian Mountains and into the county of Powys. The Elan Valley, with its beautiful reservoirs, is your destination.



Day 2

Elan Valley to Llanidloes (18 miles)

After breakfast, it's a short ride down to the small town of Rhayader. The surrounding countryside is home to the Red Kite, a once-endangered bird of prey. It's well worth stopping off to visit the UK's leading Red Kite centre at Gigrin Farm on the outskirts of Rhayader, where over 150 kites gather for feeding each day. The route then heads north to the friendly town of Llanidloes, built on the banks of the River Severn.



Day 3

Llanidloes to Welshpool (31 miles)

Leaving Llanidloes, the route follows the Severn on a meandering north-easterly course, passing the Pwll Penarth Nature Reserve and the ruins of Dolforwyn Castle, built in the late 13th century by Llywelyn the Last on the edge of English Montgomery.

Today's destination is Welshpool, home to 13th century Powis Castle, which incorporates a museum, beautiful Italianate terraced gardens, an orangery, and an aviary.



The route into Welshpool parallels the Welshpool & Llanfair light railway, a 16 mile narrow gauge line linking the town with Llanfair Caereinion, first opened in 1903.

Day 4

Welshpool to Shrewsbury (27 miles)

The day begins with a climb as the route temporarily leaves the Severn Valley, and crosses into England. Then it's back down to the river for a flatter ride into Shrewsbury. This historic town is a pleasant place to stroll and shop, with pretty black-and-white buildings crammed together in the narrow mediaeval streets. The birthplace of Charles Darwin, Shrewsbury has a Castle, which now houses the regimental museum, and a famous Abbey.

Tour summary

Duration	4 days
Distance	113 miles (180 km)
Grading	Moderate
Price	£475 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.