



Lôn Las Cymru

8-day Self-guided Cycling Holiday

A challenging tour from the Isle of Anglesey in the North, to Cardiff in the South. The ride is a perfect introduction to the varied landscapes of Wales. See two National Parks and cover the entire length of the country in just one week. Some tough 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.



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Day 1

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 you traverse a gentle landscape of sheep pastures. You will 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 2

Caernarfon – Porthmadog (29 miles)

Take a last glimpse at the castle as you begin your second day on the road. Take a tour of the Inigo Jones slateworks a few miles south of Caernarfon and enjoy easy, traffic-free cycle paths as you head south towards Porthmadog.

Day 3

Porthmadog – Dolgellau (31 miles)

A beautiful ride, combining the wide beaches and busy villages of the coast with the wild, dramatic interior of Snowdonia National Park. Some challenging climbs which are rewarded with wonderful views, and a chance to visit Harlech Castle.



Day 4

Dolgellau – Machynlleth (36 miles)

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

Day 5

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. You will notice the change in landscape on this transitional day from North to Mid Wales. You reach the highest point of the ride – 509 metres above sea level – then there's a fabulous descent down to the Hafren Forest. Then it's only a few more miles of pine-scented riding to Llanidloes as you follow the young River Wye as it rushes through a green and peaceful landscape.



Day 6

Llanidloes - Builth Wells (31 miles)

Easier riding today, heading south along the beautiful 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 7

Builth Wells to Brecon (31 miles)

Approaching the Brecon Beacons National Park, you ride along the quiet Wye Valley, with the possibility of visiting the world-famous book town of Hay on Wye for a hearty pub meal and a rummage through the bookshelves, before heading on to the historic town of Brecon, astride the River Usk.



Day 8

Brecon to Cardiff (54 miles)

A day of contrasts, as you follow the Taff Trail through the heart of the Brecon Beacons, past sparkling reservoirs. You will then enter a landscape rich in industrial heritage as you drop down towards the coast. The journey ends at the Norwegian Church on the waterfront of Cardiff Bay, in the capital city of Wales.



Tour summary

Duration	8 days
Distance	273 miles (437 km)
Grading	Moderate
Price	£785 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.