

CYCLING LON LAS CYMRU

250 miles through the heart of Wales on traffic-free paths and quiet roads

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Guidebook to Lôn Las Cymru, the preeminent cycle route in Wales, which runs from Cardiff (or Chepstow) to Holyhead. Covering some 250 miles (400km), the route passes through some of the most stunning and diverse landscapes in the British Isles, including the Brecon Beacons National Park, Snowdonia National Park, the Black Mountains, and the Cambrian Mountains. The five-stage tour lends itself to four, five, six and seven day itineraries.

With over 70 miles of traffic-free, shared-use paths and the rest following quiet lanes, Lôn Las Cymru is the ideal tour for anyone averse to busy roads. In addition to the fabulous natural vistas, the route also takes in an impressive collection of castles, industrial archaeology, churches, chapels and prehistoric sites, as well as pretty villages.

The guide describes the route from both Cardiff and Chepstow, and includes information on accommodation, transport to and from the route, baggage transfer options and preparing your bike. Also included is a Welsh-English glossary, a simple guide to Welsh pronunciation, a handy cycle kit list, and a compilation of cycle shops on or near the route.

Key marketing points

- Welsh National Cycle Route

About the author

After years of road running and mountaineering had wreaked havoc with his knees, Richard Barrett returned to long-distance cycling in his fifties when he bought himself a classic British made touring bike. Now in his sixties, he rides a hand-made bike from one of the great British frame makers that have appeared in recent years. Combined with walking, cycling allows him to continue his love affair with the more mountainous parts of the UK which he first visited as a teenager. He spent his career in marketing in a number of multinational organizations in the UK and abroad, but he now lives in West Cheshire and rides two or three times a week with groups on both sides of the border.

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