

# CYCLE TOURING IN WALES

A two-week circuit and shorter tours

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Guidebook to cycle touring in Wales. This value-packed guide describes a circuit of Wales - perfect for a two-week trip - plus 6 cross routes, which range from 45 to 73 miles and can be completed as day/weekend rides, or used to create shorter versions of the main circuit.

Discover mile after mile of stunning coastal scenery, quaint seaside towns, rolling marcher country, as well as an impressive collection of castles, industrial archaeology, churches, chapels and prehistoric sites.

This guide includes all the information needed to plan and execute a successful tour. In addition to clear route description, mapping and gradient profiles, there is advice on selecting a schedule, preparing your bike and organising logistics. Also includes handy cycle shop and accommodation listings, a Welsh glossary and checklist of things to take.

## Key marketing points

- The routes can be completed as day/weekend rides, or used to create shorter versions of the main circuit.

## 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.

His 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.

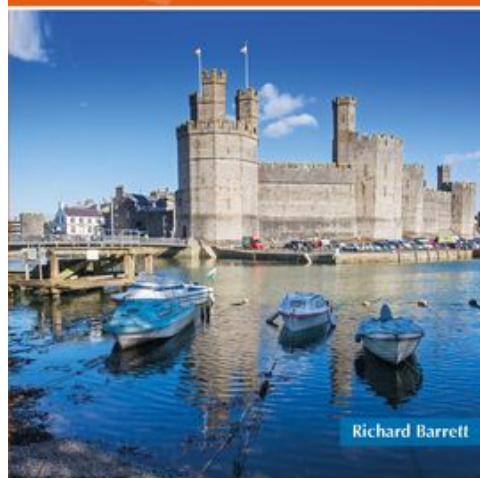
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