

PRESS RELEASE

Discover Wales on two wheels

CYCLING LON LAS CYMRU

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

by Richard Barrett

There's something pretty special about traversing a country by bicycle – it's a feat as satisfying for the ego as it is for the legs. Lôn Las Cymru, Wales's preeminent cycle route, does just that, covering some 250 miles from Cardiff (or Chepstow) in the south east to Holyhead in the north west.

A journey that can be completed in four days or savoured over as many as seven, the route takes in some of the most stunning and diverse landscapes in the British Isles. Riders can soak up the scenery of the Brecon Beacons National Park, Snowdonia National Park, the Black Mountains and the Cambrian Mountains, as well as flatter landscapes such as the ever-enchanting Wye Valley. The route also passes by an impressive array of interesting sites and relics from ages past including castles, churches, priories and industrial archaeology.

Described across five stages, the route utilises quiet roads and traffic-free paths. Accompanying route description for each stage is 1:100,000 mapping and elevation profiles, giving a clear indication of the nature of each section. Suggested summary schedules from both possible start destinations are included, as are handy route planners highlighting facilities on route. The guide also includes useful practical information such as transport to and from the route, preparing your bike and baggage transfer options.

What's inside?

- Full route description, map extracts and elevation profiles for Wales's preeminent cycle route
- Accommodation and cycle shop listings
- Handy Welsh glossary

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 organisations 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.

Front cover

Key information

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