



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Wales – The Lon Las Cymru Mid Wales Cycle Tour 2020
Individual Self-Guided
7 days / 6 nights



We are delighted to be able to offer a cycling holiday along the best part of the Welsh National Cycle route (Lon Las Cymru) in Mid-Wales. This seven day tour takes you through the Black and White Villages from Presteigne to Hay on Wye where you stay for 2 nights. Then cycle up the Wye Valley through Builth Wells to the Elan Valley and Red Kite country. Two nights at Rhayader. Final night in Teme Valley.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350



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Itinerary Day to Day

Day 1: Petchfield Farm to Presteigne 24 km

Cycle on idyllic country lanes and cross the River Lugg to cycle into Wales. Presteigne is home to the unique Judges Lodging Museum to many arts events; Sheep Music - a world music festival in July, and a classical music festival in August.



Day 2: Presteigne to Hay on Wye 37 km

Cycle through the picturesque half-timbered villages of North Herefordshire, visit a cider farm, the New Inn (only 600 years old) and local gardens. Finish the day, by crossing the toll bridge to Hay on Wye. Dominated by its castle – Hay is internationally known as a book town with 30 book shops selling over a million books.

Day 3: Circular tour from Hay to Llangorse Lake 45 km

Lots to do at Hay, Cycle to Llangorse Lake or Brecon, go canoeing down the Wye or take the time to explore Hay and all those bookshops.

Day 4: Hay on Wye to Rhayader 61 km

Following the spectacular River Wye upstream, on an old railway line. Don't forget to stop at the old station for coffee, lunch at the spa town of Builth Wells (Home to the Royal Welsh Show every July). Then keep the River Wye as your guide, through meadows & moorland. A short off road section and crossing a tiny suspension bridge over the River Elan, makes this section an adventure.

Day 5: Rhayader & the Elan Valley Lakes 16 - 32 km

Your rest day! Rhayader is home to the Elan Valley dams & lakes. Cycle to the lakes on the fantastic new cycle path & sculpture trail for a picnic with great views. Visit the Red Kite feeding station at Gigrin Farm to watch these spectacular birds.



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Day 6: Rhayader to Knighton 56 km

A challenging day with two hills. The ride today takes you through the magical valley of Abbeycwmhir – with its ruined Cistercian abbey & grand Victorian house to visit. Over the Black Hill & Offa's Dyke on old sheep drovers routes, to look back and (down) on your cycle ride. Finish the day with a 24 kilometer downhill ride to the border town of Knighton. Visit the Offa's Dyke center.



Day 7: Knighton to Petchfield Farm 22 km

A gentle ride down the River Teme. Two castles to visit; Brampton Bryan and Hopton Castle (make a short detour to visit England's best tearoom - 1930s style). Lunch at a riverside pub in a roman village. Finishing any time in the afternoon, back at Petchfield Farm





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Route



Technical Characteristics:

Tour Profile: Relatively Easy. Cycling with one difficult day of 56 km and two hills.

Distance: 261-277 km

Travel Season: Departures daily from April 1 to October 31, 2020



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Price per person:	<u>Guest House</u>	<u>Hotel/ Inn</u>
Double Occupancy	£810.00	£905.00
Single Supplement per night	£35.00	£40.00
Solo Traveler	£1315.00	£1425.00
Child under 16 years	---	£605.00
E-Bike Rental	£125.00	
Extra Night Double Occupancy	£65.00	£75.00

Accommodation:

All rooms have either ensuite or private bathroom facilities.

Included:

- Seven day cycle tour with six nights' B&B accommodation
- Quality bikes and equipment
- Luggage transportation
- Special route guides and maps
- Comprehensive holiday information pack
- Full emergency backup service
- Safe parking at Petchfield Farm

Not Included:

- Everything else not mentioned as "included"





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Bikes

Ladies Framed Touring Bike



Hybrid Touring Bike



Mountain Bike



Tandem



Assisting people in realizing their touring dreams worldwide is our passion.

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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
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