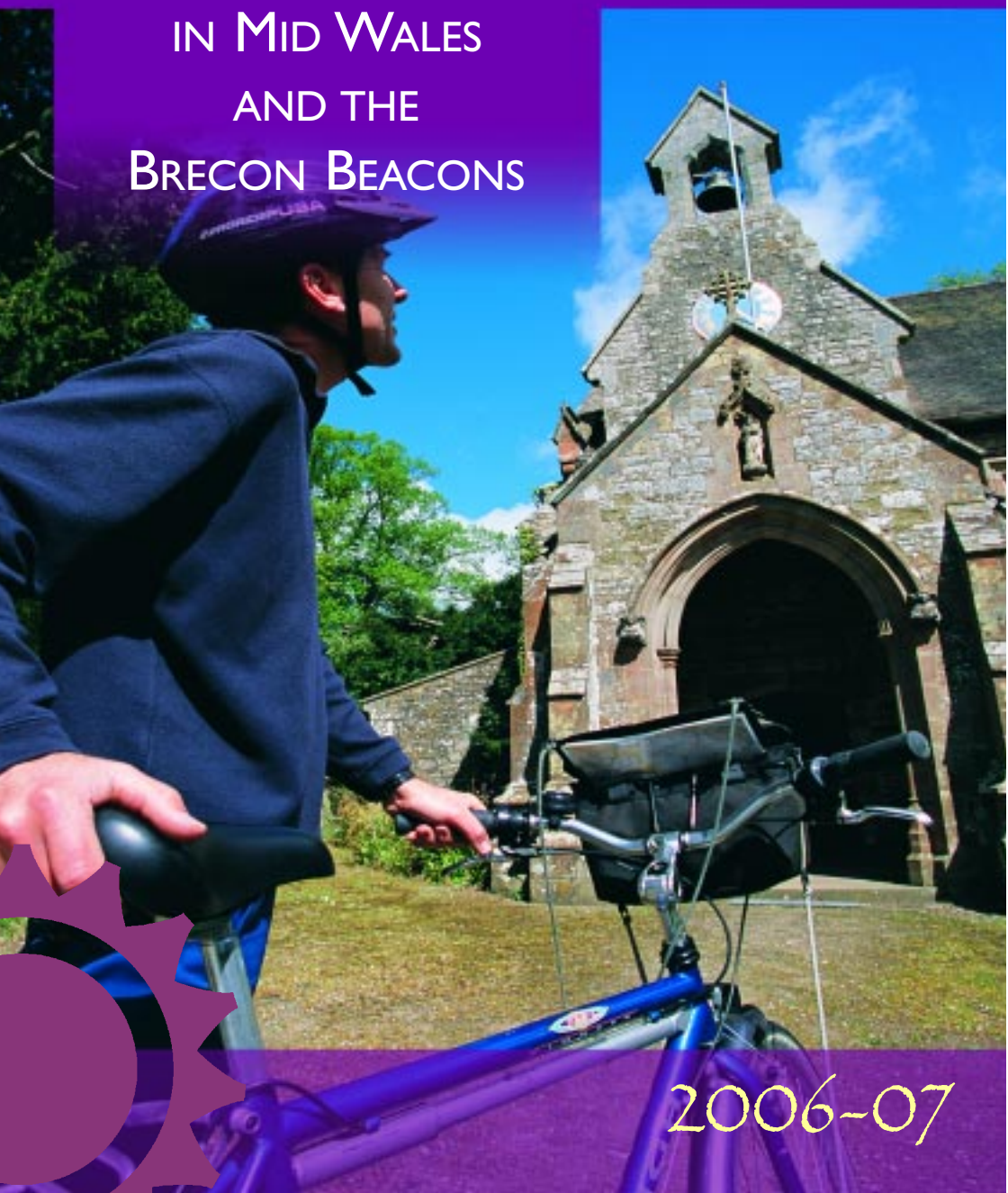
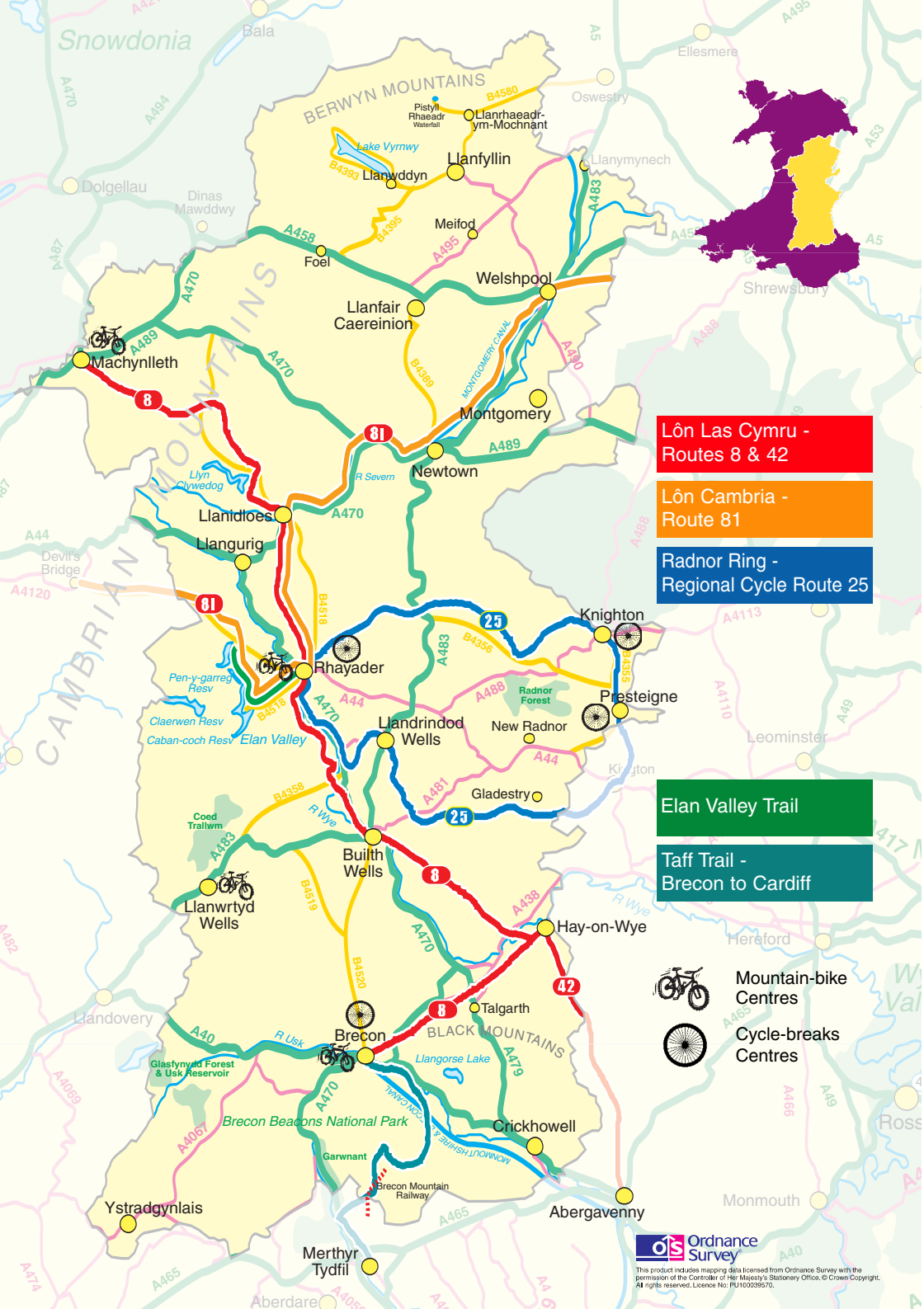


# CYCLING

IN MID WALES  
AND THE  
BRECON BEACONS



2006-07



Lôn Las Cymru -  
Routes 8 & 42

Lôn Cambria -  
Route 81

Radnor Ring -  
Regional Cycle Route 25

Elan Valley Trail

Taff Trail -  
Brecon to Cardiff

 Mountain-bike  
Centres

 Cycle-breaks  
Centres

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# INTRODUCTION



Mae Powys yn frith gan rwydwaith o ffyrdd a llwybrau - yn berffaith i'w teithio ar feic. Mae Mynyddoedd Cambria yn boblogaidd gan feicwyr mynydd. Mae'r fforestydd, camlesi a'r argaeau yn rhoi cyfle i deuluoedd a'r rhai hynny sydd yn well ganddynt hamddena i feicio'n ddi-draffig.

De provincie Powys wordt doorkruist door een netwerk van wegen en paden: perfect om op de fiets te verkennen. Het Cambrian Gebergte is populair bij liefhebbers van mountain biken. In de bossen, op de kanaalpaden en paden rondom reservoirs is het verkeersvrij fietsen voor gezinnen en diegenen die het wat rustiger aan willen doen.

Le comté de Powys comporte tout un réseau de routes et de chemins propices à la découverte de la région à vélo. Les monts Cambriens sont très prisés des VTTistes, mais il y a aussi les forêts, les canaux et les plans d'eau qui offrent des itinéraires interdits à la circulation automobile pour les familles et ceux qui préfèrent s'abstenir des sensations fortes.

Die Powys County ist kreuz und quer von einem Wege- und Pfadnetz durchzogen, ideal um per Rad erkundet zu werden. Die Cambrian Berge sind bei den Mountain Biker populär. Die Wälder, Kanäle und Reservoirs bieten verkehrsfreies Radfahren für Familien und solche, die es sich ein bißchen leichter machen wollen.

Powys forms the geographical heart of Wales, running from the Brecon Beacons National Park in the south, to the foothills of Snowdonia in the north. Its eastern boundary traces the England-Wales border; and the county remains landlocked to the east: partitioned from the swells of Cardigan Bay by the rural shires of Carmarthenshire and Ceredigion.

The Cambrian Mountains form the spine of the county. And these are crossed by a spider's web of winding roads and narrow lanes, that could have been purpose built for cycling; as well as an equally impressive network of off-road trails that draw mountain bikers from all over the country.

The forests, canals and reservoirs provide a safe, traffic-free environment for family cyclists; and two National Cycle Routes cross the region – perfect for those who'd prefer to spend a few days in the saddle.



# MOUNTAIN BIKING

The mountains and forests of the region have long been recognised as a haven for mountain biking, with a number of areas, including Llanwrtyd Wells, Machynlleth, Rhayader and the Brecon Beacons National Park, offering a selection of dedicated waymarked trails.

Away from these, an extensive network of tracks and bridleways provide plenty of choice for those who enjoy creating their own routes.



Don't miss the new Cli-MachX trail which has Wales' longest continuous single-track sections, along with a stunning descent.

**Location:** Machynlleth is on the A487, a few miles south of Dolgellau at the foot of the Snowdonia National Park.

**Nearest Information Centre:** Canolfan Owain Glyndŵr, Machynlleth. Tel: 01654 702401

## LLANWRTYD WELLS

Britain's smallest town was there at the start of mountain biking in Wales and was one of the first places in the country to offer serious routes and facilities.

Currently, there's a selection of trails on offer: from short and relatively easy routes which explore the outskirts of the town, to more demanding loops that weave their way around the afforested Irfon Valley and even hurdle the rugged hillsides to the west of this, to link up with the beautiful Llyn Brianne. On the outskirts of the town is Coed Trallwm, where a network of three purpose-built single-track trails have been developed, alongside a log cabin forest centre and café with excellent facilities for mountain bikers.

The terrain is rough and the hillsides are incredibly remote – perfect for really getting away from it all.

**Location:** Llanwrtyd Wells is 15 miles west of Builth Wells on the A483.

**Nearest Information Centre:**  
The Square, Llanwrtyd Wells. Tel: 01591 610666.  
Coed Trallwm Forest Centre & Café.  
Tel: 01591 610546

## MACHYNLLETH

A choice of three waymarked trails head out of the ancient capital of Wales: Mach 1 offers an easy introduction to the area and a chance to get your bearings; Mach 2 will start to test your skills with some steep climbs and descents; and Mach 3 - at 19 miles (30km) – will push most mountainbikers somewhere close to their limits. The climbs are long and the downhills are steep, rocky and slippery; only fit, competent and confident riders need apply.



# MOUNTAIN BIKING



Mae mynyddoedd a fforestydd y rhanbarth yn berffaith ar gyfer beicio mynydd, gyda thair ardal: Llanwrtyd, Machynlleth, a Pharc Cenedlaethol Bannau Brycheiniog, sy'n cynnig llwybrau wedi eu neilltuo. Heblaw am y rhain, ceir rhwydwaith helaeth o draciau a llwybrau marchogaeth sy'n cynnig digon o ddewisiadau eraill.

De bergen en bossen in de regio zijn perfect om te mountain biken. Er zijn drie gebieden: Llanwrtyd Wells, Machynlleth en het Brecon Beacons Nationaal Park, elk met speciale mountain bikeroutes. Behalve de routes is er bovendien een uitgebreid netwerk van (ruiter)paden dat vele mogelijkheden biedt.

Ici, les montagnes et les forêts offrent un cadre idéal pour le VTT, avec trois régions : Llanwrtyd Wells, Machynlleth et le Brecon Beacons National Park, offrant leurs propres routes. Le vaste réseau local de sentiers et de chemins qui peuvent être utilisés par des chevaux offre par ailleurs d'innombrables alternatives.

Die Berge und Wälder dieser Region sind ideal zum Mountain Biking. In den folgenden drei Gegenden gibt es zweckbestimmte Pfade: Llanwrtyd Wells, Machynlleth und die im Brecon Beacons National Park. Zusätzlich. Als Alternative haben wir ein ausgedehntes Netz von Pfaden und Reitwegen.

## BRECON BEACONS

Recognising the wonderful riding on their doorstep, the Brecon Beacons National Park Authority has developed a good choice of waymarked mountain bike routes that range from easy beginners' loops right through to full-on, full-day epics that are as good as anywhere in the country.

Highlights include a crossing of the infamous gap road – an ancient trail that passes within a stone's throw of the highest mountains in southern Britain – and an epic tour of the Black Mountains, which provides some of the longest and most enjoyable descents in Wales (as well as some pretty tough climbs to match). Easier options – along disused railways and rolling forest tracks – offer something for the less experienced; or for those who are just looking a quiet 2-wheeled jaunt before lunch.

**Location:** The rides radiate from 5 hubs: Brecon, Talgarth, Talybont on Usk, Sennybridge, and Crickhowell.

### Nearest Information Centres:

Market Car Park, Brecon. Tel: 01874 622485.

Brecon Beacons National Park Visitor Centre at Libanus. Tel: 01874 623366.



## TRAFFIC-FREE FOR ALL THE FAMILY

The principality's disused railways and tram roads have provided a fine foundation for some excellent scenic cycle trails that are suitable for all the family.



### ELAN VALLEY TRAIL

Originally part of an old Birmingham Corporation Railway Line – built purely to facilitate the construction of the huge Elan Valley dams – the Elan Valley Trail runs for 8 miles (13km) through some dramatic Mid Wales' scenery. It starts close to the small town of Rhayader and climbs easily, on a good surface, to the magnificent Elan Valley Reservoirs – sometimes also referred to as the Lake District of Wales.

The trail is clearly signed with disks that depict the area's most famous resident: the red kite, and every kilometre is celebrated with a sculptural bench - created by the artist, Dominic Clare. The trail can be accessed at many different

places along its length, but the western end is the most spectacular so head for this if you don't think you can manage it all. There's an informative visitor centre by the Elan Village.

**Location:** The Elan Valley is 4 miles south west of Rhayader on the B4518. **Nearest Information Centres:** Elan Valley Visitor Centre. Tel: 01597 810898 / 810880. The Leisure Centre, Rhayader. Tel: 01597 810591.

### LAKE VYRNWY

Lake Vyrnwy is one of the most beautiful waterways in Wales; a tranquil jewel set among a rugged surround of towering conifers, high in the Berwyn Mountains. It was built in the late 19th-century to supply drinking water to Merseyside and it still provides nearly 60 million gallons a day to the area.

The reservoir's 12-mile (19km) perimeter road is perfect for cycling – where else in Wales can you find a flat and circular road that sees so little traffic? A unique sculpture trail has recently added to the enjoyment and you can now share your outing with wooden otters and dolphins as well as a giant dragonfly. Bikes can be hired from the Craft Workshops and there's information and a café on site.

**Location:** Lake Vyrnwy is fairly centrally located – 17 miles west of Welshpool. **Nearest Information Centres:** Vyrnwy Craft Workshops. Tel: 01691 870346. Vicarage Gardens Car Park, Welshpool. Tel: 01938 552043.

### RADNOR FOREST FAMILY CYCLE TRAILS

An ideal way to discover the hidden beauty of the Radnor Forest, in the heart of Mid Wales. There are two waymarked trails to follow – the 5-mile "Rhiw Pool" trail and the more strenuous 10-mile 'Black Mixen' trail.

**Location:** Trails start from Fishpools Car Park, on the A488 outside Bleddfa. **Nearest Information Centres:** Offa's Dyke Centre, West Street, Knighton. Tel: 01547 528753. The Judge's Lodging, Broad Street, Presteigne. Tel: 01544 260650. Further information from [www.radnorforest.com](http://www.radnorforest.com)

### GARWNANT CYCLE TRAIL – COED TAF FAWR

What do you get if you mix an excellent cycle trail with a superb children's playground, an informative and entertaining visitor centre, and a great café? Answer: a wonderful day out for all the family.

# TRAFFIC-FREE FOR ALL THE FAMILY



Mae rheilffyrdd a thramffyrdd segur Cymru yn rhoi fframwaith ardderchog ar gyfer llwybrau beicio prydfferth sy'n addas i'r teulu cyfan. Nid oes gwell ffordd i gyflwyno plant i ryfeddod yr awyr agored.



De in onbruik geraakte spoor- en tramlijnen in Wales bieden een goede ondergrond voor een aantal prachtige fietstochten, geschikt voor het hele gezin. Er is geen betere manier om kinderen kennis te laten maken met de prachtige natuur.



Si vous recherchez des sentiers cyclables pittoresques convenant à toute la famille, essayez les anciennes voies ferrées et lignes de tramway désaffectées du pays de Galles. Quelle meilleure façon d'initier les enfants aux joies des grands espaces ?



Die unbenutzten Bahn- und Straßenbahngleisstrecken in Wales sind eine gute Basis für einige ausgezeichnete, landschaftlich reizvolle Radwege, die für die ganze Familie geeignet sind. Es gibt keine bessere Möglichkeit Kinder an die Wunder der freien Natur heranzuführen.

Garwnant really does have a little of everything: some great scenery; some interesting but fairly undulating trails; and plenty of other things to do once the riding's over. The original trail heads out into the mixed woodlands of Coed Taf Fawr, for a meandering 5-mile (8km) loop marked by easy-to-follow disks. The views are great, the forest is full of wildlife, and there's even a chance to extend the ride to nearer 12 miles if you're feeling really energetic.

Alternatively you could just head back to the centre, where the young ones can play on the rope course, or try out the new toddlers' play area, before an excellent lunch in front of a cosy log fire. Bike and trailer hire available.

**Location:** Garwnant Visitor Centre is just off the A470, 3 miles north of Merthyr Tydfil.

**Nearest Information Centres:** Garwnant Visitor Centre. Tel: 01685 723060. Brecon Beacons National Park Visitor Centre at Libanus. Tel: 01874 623366.

## GLASFYNYDD FOREST & THE USK RESERVOIR

The wooded and undulating shores of the Usk Reservoir bring a little adventure to traffic-free pedalling. This is where family cycling meets the lower echelons of mountain biking in a safe and friendly environment – with plenty of short climbs and descents to challenge riders.

The 6-mile (9km) cycle route loops around the deep cool waters of the area's most recently constructed reservoir; following clear waymarks along broad forest tracks that are bumpy in some places and muddy in others. There are picnic tables scattered all the way around the circuit, so there's no need to rush. And the views south – over the impressive scarp of the Black Mountain – are among the finest in the whole of the Brecon Beacons National Park. Keep a keen eye out for waterfowl, on and around the water, and for red kites in the skies above it.

**Location:** The picnic site is located on the edge of the Glasfynydd Forest, on a minor road that runs west from Trecastle. It's signposted from Sennybridge on the A40.

**Nearest Information Centre:**

The Heritage Centre, Llandovery. Tel: 01550 720693.



# CIRCULAR DAY RIDES

Most of the region's cycling visitors choose simple, circular rides; that will take anything from a few hours to a full day to complete. This is perhaps the most informal way to enjoy the area; a morning's riding, amongst wonderful scenery, followed by a lingering lunch; or even a full day in the hills before retiring to a hospitable inn for a pleasant evening. The possibilities are endless, but here are a few suggestions to set you on your way.



churches; and most offer fine views over the local countryside too. The harder routes feature a few longish climbs, but even these have been designed to keep the gradients as kind as possible.

## CYCLE BREAKS – BRECON

As the administrative centre of the National Park, Brecon makes an obvious hub for a cycling break in the region. To keep things as simple as possible, the National Park has produced a Cycle Break route pack, which features five separate rides that vary from an easy 6-mile (10km) canal side cruise, to a fairly challenging 2-day tour of the region; that climbs through one of the National Parks highest and most spectacular road passes.

Clear maps and instructions are provided. As are plenty of ideas to keep you amused along the way – such as nature reserves, hilltop forts and ancient trackways, as well as pubs and strategically placed teashops. If you really want to get to know this colourful corner of the Brecon Beacons National Park, this has got to be the best way to do it.

**Location:** Brecon is on the A40, 20 miles north-west of Abergavenny.

### Nearest Information Centres:

Market Car Park, Brecon. Tel: 01874 622485.

Brecon Beacons National Park Visitor Centre at Libanus. Tel: 01874 623366.

## CYCLE BREAKS – RHAYADER

Following the successful Cycle Breaks formula outlined above, the Rhayader Cycle Breaks route pack provides everything that you need know to explore the breathtaking scenery that surrounds the small town of Rhayader. The easiest ride makes an easy, traffic-free break for the magnificent Elan Valley Reservoirs – the Lakeland of Wales. Whilst the longest heads northwards,

## EAST RADNOR CYCLE GUIDE

Exploring some of the same wonderful Mid-Wales countryside that's visited by the 84-mile Radnor Ring, the East Radnor Cycle Guide features a selection of seven circular cycle rides based in and around the small border towns of Knighton and Presteigne.

The shortest circuit hugs the floor of the Teme Valley, providing 9 miles (15km) of easy riding. The longest links the two towns in a 34-mile (55km) loop that follows the River Teme and the River Lugg. They all pass close to points of local interest: such as castles, battle sites or



# CIRCULAR DAY RIDES



P'un ai a ydych yn chwilio am deithiau diwrnod cyfan neu deithiau hawdd gyda'r nos, mae dewis eang o deithiau beic cylchol yn y rhanbarth. Dewiswch o'r dewisiadau a gyhoeddir yma - maent wedi'u mapio yn dda ac yn hawdd eu dilyn - neu hyd yn oed greu rhai eich hunan.



Of u nu op zoek bent naar een hele dagtocht of een leuke rit na het eten, de regio biedt een bijna eindeloze keuze aan rondtochten. Kies uit de selectie hieronder (alle tochten staan goed aangegeven op de kaart en zijn makkelijk te volgen) of stippel uw eigen route uit.



La région offre un choix quasi illimité d'itinéraires en boucle pour les sorties épiques à vélo en journée mais aussi les balades de soirée plus tranquilles. Choisissez parmi les itinéraires proposés ci-après, tous très bien cartographiés et faciles à suivre, ou faites votre propre circuit.



Ob Sie ganztägige Heldenfahrten suchen oder einfache Bummelfahrten am Abend, es gibt in dieser Gegend eine fast unbegrenzte Auswahl an Rundfahrten. Wählen Sie eine aus der hier herausgegebenen Liste (alle sind gut markiert und einfach zu folgen); natürlich können Sie sich auch selbst eine Route zusammenstellen.

linking Rhayader with Llanidloes, before following the banks of the meandering River Wye back downstream from Llangurig.

There's an off-road loop for those used to steeper climbs and descents, as well as rough surfaces, and, in line with the rest of the series; all of the routes visit sights of historic or local interest. There are also plenty of opportunities to stop for lunch or refreshments as you go.

**Location:** Rhayader is on the A470, north of Brecon.

**Nearest Information Centres:**

The Leisure Centre, Rhayader. Tel: 01597 81059.

The Elan Valley Visitor Centre. Tel: 01597 810898 / 810880.

## CYCLE BREAKS – KNIGHTON AND PRESTEIGNE

Exploring much of the same countryside as the East Radnor Cycle Guide, the Knighton and Presteigne Cycle Breaks route pack provides that little bit of extra detail required to make a cycling break in the Borders as much fun as it possibly could be. The easy-to-follow mapping will lead you along the floors of beautiful valleys and up into the hills – amongst mouth-watering scenery.

There are standing stones and Iron Age forts to marvel at, historic churches to admire, and, as you'd expect this close to the border, a few ancient battle sites along the way. The energetic might fancy a two-day tour of the whole region, whilst those that prefer to take things a little easier, might fancy an easy 9-mile, out and back route, along the banks of the River Teme.

**Location:** Knighton and Presteigne are close to the England-Wales border, east of Llandrindod Wells.

**Nearest Information Centres:** Offa's Dyke Centre, West Street, Knighton. Tel: 01547 528753.

The Judge's Lodging, Broad Street, Presteigne. Tel: 01544 260650.

# CYCLE TOURING

With stunning scenery and generally quiet roads, the region is perfect for cycle touring. Options include the mainly traffic-free Taff Trail, the delightful Radnor Ring, the brand new, 110-mile Lôn Cambria; and of course, Lôn Las Cymru – a 240-mile (384km) traverse of the whole principality. Or you could just explore the countryside, and small villages and towns, by your own route.



The towns and villages offer plenty of accommodation options and the whole route is dotted with tucked-away country inns that provide perfect places to stop for lunch. As an introduction to cycle touring in Wales, this would be a hard one to beat.

To order a route map, use the order form on page 23 of this booklet.



## LÔN LAS CYMRU

The jewel in Wales's cycle-touring crown: Lôn Las Cymru (National Cycle Route 8), weaves a scenic and hilly route all the way from Anglesey to the Bristol Channel – passing through some magnificent Mid Wales landscapes along the way.

It enters the region at the southern extremes of the Snowdonia National Park; dropping to the historic streets of Machynlleth, before taking a remote mountain road up over the lonely flanks of Pumlumon. It continues past the source of the River Severn – concealed by the sprawling conifers of the Hafren Forest – and then follows the mighty river as far as the small town of Llanidloes. Here it links with another great river – the Wye – which it then accompanies southwards through a string of hospitable hubs including Llangurig, Rhayader and Builth Wells.

There's a choice of routes at the southern end, with one option finishing in Chepstow, and the other in the capital, Cardiff – following the excellent and mainly traffic-free Taff Trail for the final leg from Brecon.

Maps and guidebooks are available from Sustrans:  
[www.sustrans.org.uk](http://www.sustrans.org.uk) Tel: 0845 113 0065.



## RADNOR RING

The east of the region boasts some delightful scenery that is often overlooked by visitors. The Radnor Ring is an 86-mile (135km) tour that links the small towns of Rhayader, Kington, Knighton, and Llandrindod Wells – utilising a short section of Lôn Las Cymru to complete the circuit. Also known as Regional Route 25, it passes through some stunning landscapes, climbs over some strenuous passes and even has an optional off-road section for those that would prefer to ride it on knobby tyres.



# CYCLE TOURING



## LÔN CAMBRIA

The recently completed Lôn Cambria (National Cycle Route 81) crosses the heart of the region, tracing a picturesque 110-mile line from the coast at Aberystwyth to the historic border town of Shrewsbury. Along the way it passes through some of the finest Mid-Wales scenery; cruising a remote mountain road, that leads along the floor of the magnificent Cwm Ystwyth, before hurdling the austere Cwmdeudwr Hills, to drop to the shores of the beautiful Elan Valley reservoirs.

The traffic-free Elan Valley Trail provides an easy link to Lôn Las Cymru at Rhayader; where National Cycle Routes 8 and 81 join, heading north along the banks of the Wye, past Llangurig and on to Llanidloes. More traffic-free trails lead through the small town of Newtown, and along the banks of the Montgomery Canal as far as Llanllwchaiarn. Quiet lanes then continue to the border, passing the magnificent Powis Castle – a real Powys highlight – along the way.

[www.sustrans.org.uk](http://www.sustrans.org.uk) Tel: 0845 113 0065.

## TAFF TRAIL

Linking Cardiff with Brecon via an almost continuous succession of disused railways, ancient roads and a short length of canal towpath: the Taff Trail offers cyclists a mainly traffic-free, 55-mile (90km), sortie through some of the finest scenery in the region.

The northern section of the trail follows the Brecon & Monmouthshire Canal from Brecon before hurdling the steep wooded hillsides above Talybont on Usk – using the old Bryn Ore Tram Road. It then drops into



Mae ffyrdd tawel y rhanbarth yn berffaith ar gyfer crwydro ar feic. Mae'r dewisiadau yn cynnwys Llywybr Taf sydd gan mwyaf yn ddi-draffig; cylch Maesyfed hyfryd; ac wrth gwrs Lôn Las Cymru, -taith 240 milltir (384 km) ar draws Cymru gyfan. Gallwch hefyd fwynhau dod o hyd i'ch llwybrau eich hun.



De rustige weggetjes in de regio zijn perfect voor langere fietstochten. Onder de mogelijkheden vallen bijvoorbeeld het bijna helemaal verkeersvrije Taff Trail, de mooie Radnoring en natuurlijk Lôn Las Cymru, een 384 km lange route door geheel Wales. Of stippel uw eigen tocht uit.



Les routes paisibles de la région sont le paradis des cyclotouristes, avec plusieurs options : le Taff Trail, en grande partie interdit à la circulation automobile, le pittoresque Radnor Ring et bien sûr le Lôn Las Cymru, qui traverse tout le pays de Galles sur 384 kilomètres. Vous pouvez également planifier votre propre itinéraire.



Die ruhigen Straßen der Region sind perfekt, um Radtouren zu unternehmen. Die drei folgenden sind Möglichkeiten, um auf meist verkehrsfreien Routen zu radeln: der Taff Trail, der reizende Radnor-Ring und natürlich Lôn Las Cymru - ein ca. 384 km langer Weg, der sich durch ganz Wales zieht. Als Alternative, macht es auch Spaß seine eigene Route zu finden.

# CYCLE TOURING



the valley of the Taf Fechan, which it then follows easily down to Merthyr Tydfil. After crossing the spectacular Cefn Coed Viaduct, the mountain scenery gives way to the more industrial, but equally fascinating, landscapes of the Valleys.

Disused railways complete the journey south to the capital and Cardiff Bay. Summer bus services – complete with bike trailers – provide a link between start and finish.

Free leaflet available from the Taff Trail Project. Tel: 01685 883880.

**Nearest Information Centre:** Market Car Park, Brecon. Tel: 01874 622485.

# PUBLIC TRANSPORT

Wales is a green country in more ways than one – not in just terms of its landscape, wildlife and country pursuits, but also through the environmentally friendly alternatives that are available for getting out and about. Trains, buses and narrow-gauge railways take you through the Brecon Beacons National Park and into the rural heartlands of Mid Wales. Alternatively you can jump on a bike and travel through the rural heartlands of Mid Wales at your own pace.



## FREEDOM OF WALES FLEXI PASS

It's just what it says – one ticket that gives you the freedom to travel on all of Wales's mainline train services and almost every bus service, also offering discounted admissions to major attractions. It's great value and highly practical too.

Available for 8 and 15 day periods. Advance Booking necessary. Telephone 01766 512340 or visit [www.walesflexipass.com](http://www.walesflexipass.com)



## PUBLIC TRAVEL INFORMATION

To request a Powys Travel Guide, containing detailed public transport information for this area, contact 0845 607 6060

Traveline: 0870 608 2608 (8am-8pm, 7 days a week)

[www.traveline-cymru.org.uk](http://www.traveline-cymru.org.uk)

National Rail Enquiries: 0845 748 4950

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)



# CYCLING GUIDES & MAPS



Available from Sustrans' online shop [www.sustrans.org.uk](http://www.sustrans.org.uk) Tel: 0845 113 0065

**A Lôn Las Cymru Maps** (North and South sections) **£5.99 each**

**B Lôn Las Cymru Guide Book** (Also includes Taff Trail information) **£6.95**

**SPECIAL OFFER – purchase both maps and the guide book for £15.00**

# ORDER FORM

## CYCLING GUIDES

	Price (£)	Number Required	Total Cost (£)
<b>1 Cycle Breaks Pack - Brecon</b> A comprehensive guide to five circular cycle routes around Brecon. Also includes information about cycle hire, accommodation and places to visit and eat on each route.	£6.49		
<b>2 Cycle Breaks Pack – Rhayader</b> A comprehensive guide to five circular cycle routes around Rhayader. Also includes information about cycle hire, accommodation and places to visit and eat on each route.	£6.49		
<b>3 Cycle Breaks Pack – Knighton &amp; Presteigne</b> A comprehensive guide to five circular cycle routes around Knighton & Presteigne. Also includes information about cycle hire, accommodation and places to visit and eat on each route.	£6.49		
<b>4 The Radnor Ring Cycle Guide</b> Regional Cycle Route 25. A detailed map of the 84 mile circular route, which follows quiet country lanes in Mid Wales countryside.	£5.50		
<b>5 East Radnor Cycle Guide</b> A leaflet detailing a series of seven circular cycle routes around Knighton and Presteigne.	£1.00		

All prices include postage and packing.

**TOTAL £:**

Cheques made payable to Powys County Council must be sent with your order.

Address for order to be sent – Tourism Section, Neuadd Brycheiniog, Cambrian Way, Brecon, LD3 7HR.

Please complete your delivery address and contact details below: (BLOCK CAPITALS)

Name: .....

Address: .....

Postcode: .....

Tel: ..... E.mail: .....

# ORDER FORM

## FREE GUIDES

If you would like to receive the following free guides, please tick below:

Mid Wales and the Brecon Beacons Brochure

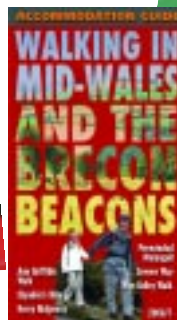
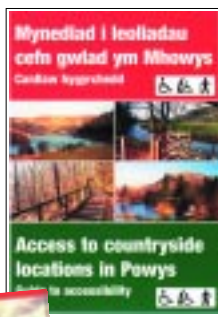
Walking in Mid Wales and the Brecon Beacons  
Accommodation Guide

Walking in Mid Wales and the Brecon Beacons

Activities in Mid Wales and the Brecon Beacons

Access to countryside locations in Powys

Gardens in Mid Wales and the Brecon Beacons



# TOURIST INFORMATION CENTRES

PLEASE TELEPHONE TO CHECK OPENING DETAILS,  
AS THEY VARY FROM CENTRE TO CENTRE

## **BRECON**

Market Car Park, Brecon, Powys LD3 9DA  
**T:** 01874 622485  
**E:** brectic@powys.gov.uk

## **BUILTH WELLS**

Groe Car Park, Builth Wells, Powys LD2 3BT  
**T:** 01982 553307  
**E:** builtic@powys.gov.uk

## **CRICKHOWELL**

Beaufort Chambers, Beaufort Street, Crickhowell,  
Powys NP8 1AA  
**T:** 01873 812105

## **ELAN VALLEY VISITOR CENTRE**

Elan Valley, Rhayader, Powys LD6 5PH  
**T:** 01597 810898

## **HAY-ON-WYE**

The Craft Centre, Hay on Wye, Powys HR3 5AE  
**T:** 01497 820144  
**E:** post@hay-on-wye.co.uk

## **KNIGHTON**

The Offa's Dyke Centre,  
West Street, Knighton, Powys LD7 1EW  
**T:** 01547 529424  
**E:** oda@offasdyke.demon.co.uk

## **LAKE VYRNWY**

Unit 2 Vyrnwy Craft Workshops, Llanwddyn,  
Powys SY10 0LY  
**T:** 01691 870346  
**E:** lactic@powys.gov.uk

## **LLANDRINDOD WELLS**

The Automobile Palace, Temple Street,  
Llandrindod Wells, Powys LD1 5DP  
**T:** 01597 822600  
**E:** llandtic@powys.gov.uk

## **LLANIDLOES**

54 Longbridge Street, Llanidloes,  
Powys SY18 6BN  
**T:** 01686 412605  
**E:** llantic@powys.gov.uk

## **LLANWRTYD WELLS**

Tŷ Barcud, The Square, Llanwrtyd Wells,  
Powys LD5 4RB  
**T:** 01591 610666  
**E:** tic@celt.ruralwales.org

## **MACHYNLLETH**

Canolfan Owain Glyndŵr, Maengwyn Street,  
Machynlleth, Powys SY20 8EE  
**T:** 01654 702401  
**E:** mactic@powys.gov.uk

## **NEWTOWN**

The Park, Newtown, Powys SY16 2NH  
**T:** 01686 625580  
**E:** newtic@powys.gov.uk

## **PRESTEIGNE**

The Judges Lodging, Shire Hall, Broad Street,  
Presteigne, Powys LD8 2AW  
**T:** 01544 260650  
**E:** presteignetic@powys.gov.uk

## **RHAYADER**

The Leisure Centre, North Street,  
Rhayader, Powys LD6 5BU  
**T:** 01597 810591  
**E:** rhayader.tic@powys.gov.uk

## **TALGARTH**

The Tower Shop, Talgarth, Brecon,  
Powys LD3 0BW  
**T:** 01874 712226  
**E:** help@talgarthtic.demon.co.uk

## **WELSHPOOL**

Vicarage Garden Car Park, Church Street,  
Welshpool, Powys SY21 7DD  
**T:** 01938 552043  
**E:** weltic@powys.gov.uk

## GOOD CYCLING CODE

- Be courteous – always cycle with respect for others
- Keep safe – follow the Highway Code when on-road; and the Countryside Code, when off-road.
- Wear a cycling helmet at all times
- Fit and use lights when needed
- Keep your bike roadworthy
- Cycle within your capabilities
- Fit and use a bell – not everybody can see or hear cyclists coming and they also make great icebreakers on busy trails
- Most accidents happen downhill – take extra care at speed
- Be self-sufficient – carry food, repair kit and spare clothes; especially in exposed or remote areas

## COUNTRYSIDE CODE

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep your dog under close control
- Consider other people

For further information,  
please contact the  
Cycle Development Officer  
Tel: 01597 826605,  
or the Tourism Development Officer  
Tel: 01874 612275.



Every effort has been made to ensure accuracy in this publication, however, the Council, its partners and agents can not accept responsibility for any errors, inaccuracies or omissions for any matter connected with or arising out of the information contained within this publication.

Photography: © Wales Tourist Board;  
Sustrans, Julian Cram; Steve Thomas

Copy: Tom Hutton

Design: Stuart Lloyd Associates