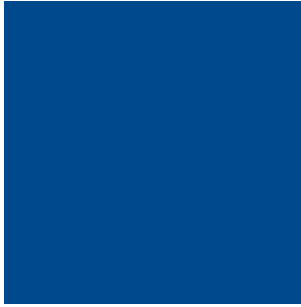


*Mid Wales and the Brecon Beacons*  
**CYCLING - SEICLO**

*Canolbarth Cymru a Bannau Brycheiniog*





# Introduction - Cyflwyniad

Mid Wales 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 country 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 Mid Wales. These are crossed by a series 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 area around Mid Wales' 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.



Mae Canolbarth Cymru yng nghalon daearyddol Cymru, ac yn rhedeg o Barc Cenedlaethol Bannau Brycheiniog yn y de i odreon Eryri yn y gogledd. Mae ei ffin ddwyreiniol yn dilyn y ffin rhwng Cymru a Lloegr ac mae'r wlad yn parhau yn dirgaeedig i'r Dwyrain, ac wedi ei rhannu oddi wrth ymchwydd y môr ym Mae Ceredigion gan siroedd gwledig Sir Gaerfyrddin a Cheredigion.

Mynyddoedd Cambria yw asgwrn cefn y wlad. Croesir y rhain gan gyfres o ffyrdd troellog a lonydd cul a allai fod wedi eu creu yn bwrpasol ar gyfer seiclo, yn ogystal â rhwydwaith sydd yr un mor drawiadol o lwybrau oddi ar y ffyrdd sy'n denu beicwyr mynydd o bob cwr o'r wlad. Mae'r ardal o amgylch coedwigoedd, camlesi a chronfeydd dwr Canolbarth Cymru yn darparu amgylchedd diogel, di-draffig i seiclwyr teuluol. Mae dau lwybr seiclo cenedlaethol yn croesi'r rhanbarth hefyd – sy'n berffaith ar gyfer y rhai hynny y byddai'n well ganddynt dreulio ychydig o ddyddiau ar gefn beic.



C'est où votre voyage commence vraiment ..... Bienvenue au mi & du Pays de Galles ; le Brecon nous balise, a laissé vous défier avec une de nos traînées consacrées d'aventure de vélo de montagne, détente et apprécier une excursion scénique de cycle appropriée à toute la famille ou peut-être vous voudriez accomplir un plus long itinéraire de cycle au-dessus de deux ou trois jours.



Dit is waar uw reis werkelijk ..... begint Onthaal aan Medio Wales & de bakens Brecon, dagen u met één van onze specifieke het avonturenslepen van de bergfiets uit, van een toneelcyclusreis ontspannen en genieten geschikt voor al familie of misschien zou u een langere cyclusroute over een paar dagen willen voltooiën



Dieses ist, wo Ihre Reise anfängt wirklich ..... Willkommen zum mittleren Wales & das Brecon erleuchtet, ließ uns Sie mit einer unserer engagierten Gebirgsfahrrad-Abenteuerspuren herausfordern, sich zu entspannen und einen szenischen Zyklusausflug zu genießen, der für die ganze Familie oder möglicherweise möchten Sie verwendbar ist, einen längeren Zyklusweg in ein paar Tagen abschließen



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# *The Good Cycling Code*

- Be courteous – always cycle with respect for others
- Give way to pedestrians leaving them plenty of room
- Be prepared to slow down or stop if necessary
- Don't expect to cycle at high speeds
- Be careful at junctions, bends and entrances
- Remember that many people are hard of hearing or visually impaired – don't assume they can see or hear you
- Carry a bell and use it – don't surprise people!
- Always follow the highway code
- Be seen – most accidents to cyclists happen at junctions
- Fit lights and use them in poor visibility
- Consider wearing a helmet and bright clothing
- Match your speed to the surface and your skills
- Respect other land management activities, such as farming and forestry, and take litter home

*Thank you for choosing this environmentally form of transport*

- The bicycle does not cause pollution or contribute to climate change
- A bicycle can be parked just about anywhere
- Twenty bicycles can be parked in the same space taken up by one car





## *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 Machynlleth, Rhayader, Llanwrtyd Wells and the Brecon Beacons National Park, offering a selection of dedicated waymarked trails. Elsewhere, an extensive network of tracks and bridleways provide plenty of choice for those who enjoy the challenge of creating their own routes.*

### *Brecon Beacons*

Recognising the wonderful riding on their doorstep, the Brecon Beacons National Park Authority has developed a good choice of way-marked mountain bike routes.

[www.mbwales.com/breconbeacons](http://www.mbwales.com/breconbeacons)

### *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 challenging trail riding. 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 cafe, with excellent facilities for mountain bikers. For routes in the area check out the web site.

[www.mbwales.com](http://www.mbwales.com)    [www.coedtrallwm.co.uk](http://www.coedtrallwm.co.uk)

[www.exploremidwales.com](http://www.exploremidwales.com)

## *Machynlleth*

A choice of way marked trails head out of the ancient capital of Wales. Mach 1 - an easy introduction to the area and terrain. Mach 2 - will test your skills on steep climbs and descents. Mach 3 - will push you to your limits! The newly added Cli-Machx trail takes you high into the Dyfi forest before firing you down a series of technical singletrack descents that seem to go on forever.

[www.mbwales.com](http://www.mbwales.com)    [www.dyfimountainbiking.org.uk](http://www.dyfimountainbiking.org.uk)

### **New web site...**

Check out the fantastic new look to the official mountain biking in Wales website, [www.mbwales.com](http://www.mbwales.com)

The site is easy to navigate and offers you:

- A quick search for over 90 trails.
- Many maps and major routes available to download.
- Easy to access accommodation links.
- Up to date information on weather, traffic and trails.
- Riders blogs and events information, plus some suggested itineraries.

What are you waiting for? Swap your peddles for your mouse and get clicking!



[www.exploremidwales.com](http://www.exploremidwales.com)



## Traffic Free



*Mid Wales' disused railways and tram roads have provided a fine foundation for a series of excellent scenic cycle trails suitable for all the family.*

### *Elan Valley Trail - Rhayader*

**Highlight:** Originally part of the old Birmingham Corporation Railway Line built to facilitate the construction of the huge Elan Valley dams. It starts in the small town of Rhayader and climbs easily, on a good surface, to the magnificent Elan Valley Reservoirs, sometimes referred to as the Lake District of Wales. There's an informative visitor centre in Elan Village, half way along the trail.

**Distance:** Elan Valley Trail runs for 8 miles (13km) through Mid Wales' dramatic scenery.

**Location:** The Elan Valley is 4 miles south west of Rhayader on the B4518.

**Nearest Info Centre:** Elan Valley Visitor Centre Tel: 01597 810898 / 810880.

#### • Elan Valley Trail Artwork

Whilst cycling along the Elan Valley Trail, look out for beautiful sculptural benches. They were created by Dominic Clare and are positioned every kilometer. More information on the sculptor is available from: [www.dominicclare.co.uk](http://www.dominicclare.co.uk)

## *Radnor Forest Family Cycle Trails*

**Highlight:** An ideal way to discover the hidden beauty of the Radnor Forest, on the Wales / England border.

**Distance:** 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 Centre:**

Offa's Dyke Centre, West Street, Knighton. Tel: 01547 528753

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

[www.radnorforest.com](http://www.radnorforest.com)

## *Lake Vyrnwy*

**Highlight:** 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 that area. Bikes can be hired from the Craft Workshops, and check out cafe available on site. Bike hire and cafe available on site.

**Distance:** The reservoir's 12 mile (19km) perimeter road is perfect for cycling. Where else in Wales can you find a flat circular road that sees so little traffic?

**Location:** Lake Vyrnwy is located 17 miles west of Welshpool.

**Nearest Information Centre:** Vicarage Gardens Car Park, Welshpool, Tel: 01938 552043.



## *The Brecon & Monmouth Canal - Brecon to Brynich Lock*

**Highlight:** Starting from the stunning canal basin in Brecon, this 5 mile (9km) route along the canal towpath is ideal for families. This popular route is flat and traffic free, with the added attraction of being able to watch narrow boats meander their way along the canal. The route ends at a working lock, with a picnic area nearby, so why not stock up on some fabulous local food and spend a leisurely afternoon on the canal.

**Distance:** This is a 5 mile (9km) cycle route along the canal towpath. Once you have reached Brynich Lock, retrace the route back into Brecon.

**Location:** Brecon Town Centre

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

### *Brecon & Monmouth Canal*

The Brecon and Monmouthshire canal is considered by many to be Britain's most picturesque canal. It offers stunning views of the Brecon Beacons mountain range as it follows the scenic Usk valley from Brecon to Cwmbran. Look out for the many pieces of artwork around Brecon canal basin, developed with local school children and community groups.

## *Glasfynydd Forest & The Usk Reservoir*

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

There are picnic areas all the way around the circuit, so there is 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.

**Distance:** The 6 mile (9km) cycle route loops around the deep cool waters of the area's most recently constructed reservoir.

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

**Nearest Information Centre:**

The Heritage Centre, Llandovery. Tel: 01550 720693

Market Car Park, Brecon. Tel: 01874 622485

## *Garwnant Cycle Trail - Coed Taf Fawr*

**Highlight:** 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 cafe? Answer: a wonderful day out for all the family.

Garwnant really does have a little of everything. Great scenery, interesting but fairly undulating trails, and plenty of other things to do once you've finished your ride. Alternatively you could just head back to the forest centre, where children can play on the rope course, or toddlers' play area, before an excellent lunch in front of a cosy log fire. Bike and trailer hire available.

**Distance:** The original trail takes you into the mixed woodlands of Coed Taf Fawr, for an easy waymarked 5 mile (8km) loop. The views are great, the forest is full of wildlife, and there is even a chance to extend the ride to nearer 12 miles if you are feeling energetic.

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

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





## 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 250 mile (384km) route from North to South Wales.*

### *Lôn Cambria - Aberystwyth to Shrewsbury*



**Highlight:** 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. On its way it passes through some of the finest Mid Wales scenery, along a remote mountain road that leads along the floor of the magnificent Cwm Ystwyth, before crossing the Cwmdeudwr Hills and dropping down to the shores of the beautiful Elan Valley Reservoirs.

The Elan Valley Trail provides an easy link to Lôn Las Cymru at Rhayader, (where National Cycle Routes 8 and 81 join) before 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 Llanllwchaearn. Quiet lanes then continue to the border.

**Distance:** 110miles

**Information:** Maps and guide books are available from Sustrans  
Tel: 0845 1130065 [www.sustrains.org.uk](http://www.sustrains.org.uk)

[www.exploremidwales.com](http://www.exploremidwales.com)

## Lôn Las Cymru Holyhead to Cardiff/Chepstow

**Highlight:** The jewel in Wales's cycle touring crown, Lôn Las Cymru (National Cycle Route 8), weaves a hilly and scenic route 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 market town of Llanidloes. Here it links with another great river, the Wye, which it then accompanies southwards through a string of pretty towns 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.

**Distance:** 250m

**Information:** Maps and guide books are available from Sustrans  
Tel: 0845 1130065 or [www.sustrans.org.uk](http://www.sustrans.org.uk)



## Radnor Ring



**Highlight:** The east of Mid Wales 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 a mountain bike.

The towns and villages offer plenty of accommodation options and the whole route is dotted with 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.

**Distance:** 86m (135km)

### *The Heart of Wales Railway*

The Radnor Ring cycle route passes a number of stations on the scenic Heart of Wales railway line, including Knighton, Knucklas, Llangunllo, Llanbister Road and Llandrindod Wells. Why not use the railway line to travel between some of these towns, and then cycle back. If you get tired, you can always hop back on the train!

## *The Taff Trail*

**Highlight:** 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), journey through some of the finest scenery in the region.

The northern section of the trail follows the Brecon and Monmouth Canal from Brecon, before hurdling the steep wooded hillsides above Talybont on Usk using the old Bryn Ore Tram Road. It then drops into the valley of Taf Fechan, towards Merthyr Tydfil. After crossing the spectacular Cefn Coed Viaduct, 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. Further information available from [www.tafftrail.org.uk](http://www.tafftrail.org.uk).

**Distance:** 55 mile / 90km

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

[www.exploremidwales.com](http://www.exploremidwales.com)



## *Circular Rides*



*Most of the cycling visitors to Mid Wales 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 mornings 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.*

### *East Radnor Cycle Guide*

**Highlight:** Exploring some of the same wonderful Mid Wales countryside visited by the 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.

All of the routes pass close to points of local interest, such as castles, battle sites or churches, and most offer fine views over local countryside. The harder routes feature a few long climbs, but even these have been designed to keep the gradients as kind as possible.

**Distance:** The shortest circuit hugs the floor of the Teme Valley, providing 9 miles (15km) of easy riding. The longest links the towns of Knighton and Presteigne in a 34 mile route (55km) that follows the River Teme and River Lugg.

## *Cycle Breaks Brecon*

**Highlight:** As the central town of the Brecon Beacons National Park, Brecon makes an obvious hub for a cycling break in the region. To keep things as simple as possible, a Cycle Break route pack has been developed, featuring 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 is plenty of information to keep you interested along the way, such as nature reserves, hilltop forts, ancient trackways, as well as pubs, cafes and strategically placed teashops. A Brecon Cycle Breaks pack can be ordered on page 28 or visit [www.cyclebreakswales.com](http://www.cyclebreakswales.com)

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

**Nearest Information Centre:** Market Car Park, Brecon. Tel: 01874 622485.  
Brecon Beacons National Park Visitor Centre, Libanus. Tel: 01874 623366.

## *Accommodation*

Check out the wide range of accommodation options available in this years Mid Wales and the Brecon Beacons Guide, order a copy on page 25. Alternatively, a bed booking service is available through Tourist Information Centres listed on the back page.



## *Cycle Breaks Rhayader*

**Highlight:** The Rhayader Cycle Breaks Route pack provides everything that you need to know to explore the breathtaking scenery that surrounds the small market town of Rhayader. The easiest ride is an easy, traffic free section of the magnificent Elan Valley. The longest route heads northwards, linking Rhayader with Llanidloes, before following the banks of the meandering River Wye back down stream from Llangurig.

There is an off road loop for those used to steeper climbs and descents 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 on your way.

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

**Nearest Information Centre:** The Elan Valley Visitor Centre.

Tel: 01597 810898 / 810880

## *Cycle Breaks Knighton & Presteigne*

**Highlight:** 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 could possibly be. The easy to follow mapping will lead you along the floors of beautiful valleys and up into the hills to experience the mouth-watering scenery.

There are standing stones and Iron Age forts to marvel at, historic churches to admire, and, as you would expect this close to the border, a few ancient battle sites along the way. The energetic might enjoy a two-day tour of the whole region, whilst those that prefer to take things a little easier, might prefer an easy 9 mile 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 Centre:**

Offa's Dyke Centre, West Street, Knighton. Tel: 01547 528753

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

## *Montgomery Cycle Rides*

**Highlight:** Five cycle rides around the border town of Montgomery. Experience the dramatic countryside, beautiful views and quiet lanes. Routes vary in length from 4 miles (13km) to 23 miles (36km).

The five cycle rides around Montgomery will provide you with beautiful views of the dramatic countryside of the Welsh borders. The lanes are free of heavy traffic, and therefore if you need to push up some of the hills, it is safe and easy to do so.

Montgomery is a busy town with an active community spirit, a diverse economy, more than a dozen shops, and five pubs, most of which serve food. Cycle parking is available in Broad Street.

A free leaflet about the Montgomery Cycle routes can be ordered on page 24.

**Location:** Montgomery is on the B4388, 9 miles south of Welshpool.

***Nearest Information Centre:***

Vicarage Garden Car Park, Welshpool. Tel: 01938 552043





## *Public Transport*



*Wales is a green country in more ways than one, not in just terms of its landscape, wildlife and outdoor activities, but also in 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 heartland of Mid Wales. Alternatively, you can jump on a bike and travel through 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' mainline train services and almost every bus service, also offering discounted admissions to major attractions. It is great value and highly practical. Bikes can be taken on many trains, but please check as you may have to book a place for them. Available for 8 and 15 day periods. Advance booking necessary.

Tel: 0845 6061660 or visit [www.walesflexipass.com](http://www.walesflexipass.com)

### *Ride & Hike- Brecon*

Ride & Hike is a pick-up and drop-off service designed to help you explore the area whether you're walking or cycling. A six-seater vehicle and six-bike trailer are available to take you to the beginning of your route. [www.rideandhike.co.uk](http://www.rideandhike.co.uk)

## *Public Travel Information*

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

## *Traveline Cymru*

Traveline Cymru provides route and travel information for all public transport in Wales. Tel: 0871 200 0951 or text 84268

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

## *Coach*

National Express runs nation wide. Tel: 08705 808080

**[www.nationalexpress.co.uk](http://www.nationalexpress.co.uk)**

## *Train*

National Rail Enquiries. Tel: 08705 808080

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

Rail services run through the regions of Wales.

For further information about train times and fares, Tel: 08457 484950

**[www.arrivatrainswales.co.uk](http://www.arrivatrainswales.co.uk)**

**[www.scenicwales.co.uk](http://www.scenicwales.co.uk)**



**[www.exploremidwales.com](http://www.exploremidwales.com)**



## *Bike Hire*



*Forgotten to pack your bike? Looking for somewhere to hire one for a day or two? Check out our list of local bike hire shops.*

### *Crickhowell Area*

#### **Cyclebasket.com**

Waterloo House,  
Crickhowell  
Tel: 01874 730368

### *Rhayader Area*

#### **Clive Powell Mountain Bike Centre**

Rhayader  
Tel: 01597 811343  
[www.clivepowell-mtb.co.uk](http://www.clivepowell-mtb.co.uk)

### *Llanwrtyd Wells Area*

#### **Cycles Irfon**

Llanwrtyd Wells  
Tel: 01591 610668  
[www.cycles-irfon.co.uk](http://www.cycles-irfon.co.uk)

### *Brecon / Hay-on-Wye Area*

#### **Bi-Ped Cycles**

10 Ship St, Brecon  
Tel: 01874 622296  
[www.bi-pedcycles.co.uk](http://www.bi-pedcycles.co.uk)

#### **Bikes & Hikes**

Brecon  
Tel: 01874 610071  
[www.bikesandhikes.co.uk](http://www.bikesandhikes.co.uk)

#### **Drover Holidays**

Hay on Wye  
Tel: 01497 821134  
[www.droversholidays.co.uk](http://www.droversholidays.co.uk)

## *Llandrindod Area*

### **Rent 'n' Ride**

Llandrindod Wells Sports Centre,  
Dyffryn Road  
Tel: 01597 824249

## *Lake Vyrnwy Area*

### **Artisians**

Lake Vyrnwy,  
Welshpool  
Tel: 01691 870317/870407

## *Machynlleth Area*

### **The Holey Trail**

31 Maengwyn Street,  
Machynlleth  
Tel: 01654 700411  
Web: [www.theholeytrail.com](http://www.theholeytrail.com)

## *Collect / Drop off service*

### **P & C Taxis**

#### **Llanidloes Area**

Pick Up and drop off service for groups of cyclists. Luxury mini coach and trailer available.  
Tel: 01686 412047  
[www.pctaxis.co.uk](http://www.pctaxis.co.uk)

### **Ride & Hike**

#### **Brecon**

Pick up and drop off service,  
6 bike trailer  
Tel: 07971527660  
[www.rideandhike.co.uk](http://www.rideandhike.co.uk)

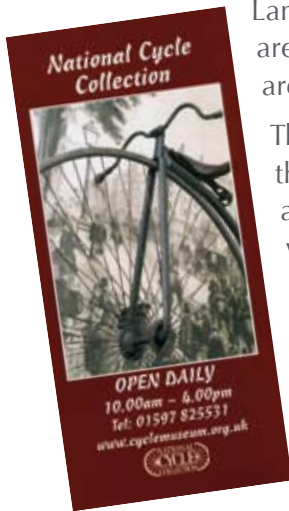


# National Cycle Museum

**How big is a Penny Farthings wheel?  
How uncomfortable were those early bikes  
compared with today's hi-tech versions?**



Journey through the lanes of cycle history and see bicycles from 1819, such as the Hobby Horse, Boneshakers and Penny Farthings, up to the most modern Carbon Fibre machines of today. Walk along our historic street complete with country garage including a 1928 Austin 7, early radio and bicycle shops.



Lamp collections, photographs, posters and enamel signs are displayed to enhance the period in which the bicycles are set.

The Dunlop tyre story sets the stage for the entrance of the tyred bicycle. The exhibition hall contains displays about past racing stars such as Tom Simpson, Bill Bradley, winner of the Milk Race in 1959/60, Billie Dovey the keep fit lady of the 1930's who rode just under 30,000 miles in one year, Barry Clarke, National Mountain Bike Champion of 1996 and George Nightingale who rode the 25-mile in under an hour in 1938, to name but a few. There are approximately 250 machines on display at any one time, with a similar number held in the reserve collection.

**Location:** The Automobile Palace, Temple Street, Llandrindod Wells, LD1 5DL.

Curator: Mr. David Higman MBE

Tel/ Fax: 01597 825531 Email: [cycle.museum@care4free.net](mailto:cycle.museum@care4free.net)

**Admission charges:** Adults: £3.50, Senior Citizens: £2.50, Children: £1.50, Group rates available.

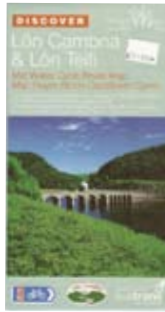
**Opening Hours:** Open: March - October: 7 days a week.  
November - end of February: Tuesday, Thursday and Sunday.  
Please ring to check opening hours prior to visit.  
Open from 10am. Last admission 4pm.



# Available Guides



We have a great selection of guides and information. To request a copy please fill out the form on page 24 and send it to : Tourism Section, Neuadd Brycheiniog, Cambrian Way, Brecon, LD3 7HR.



# Order Forms

Cycling Guides	Price	Number Required	Total cost
<b>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 the routes.	£2.99		
<b>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 the routes.	£2.99		
<b>Cycle Breaks Pack - Knigton &amp; Presteigne</b> A comprehensive guide to five circular cycle routes around Knigton and Presteigne. Also includes information about cycle hire, accommodation and places to visit and eat on the routes.	£2.99		
<b>The Radnor Ring Cycle Guide</b> Regional Cycle Route 25. A detailed map of the 84 mile circular route, which follows quiet county lanes in the Mid Wales Countryside.	£5.50		
<b>East Radnor Cycle Guide</b> A leaflet detailing a series of seven circular cycle routes around Knigton and Presteigne.	£1.00		
<b>Montgomery Cycle Rides</b> A leaflet detailing a series of five circular cycle routes around Montgomery.	FREE		
<b>All prices include postage and packaging</b>			<b>£</b>

Cheques made payable to Powys County Council must be sent with your order. Send to: **Tourism Section, Neuadd Brycheiniog, Cambrian Way, Brecon, LD3 7HR**, or order from the online shop, [www.exploremidwales.com](http://www.exploremidwales.com)

Name: .....

Address: .....

.....

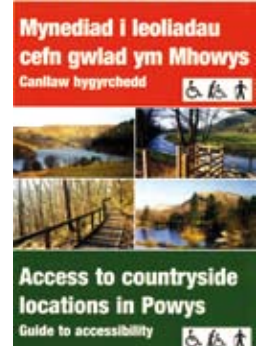
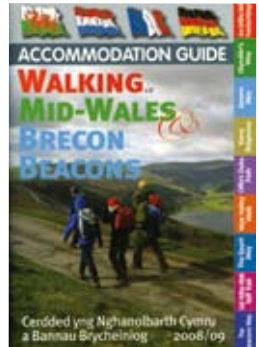
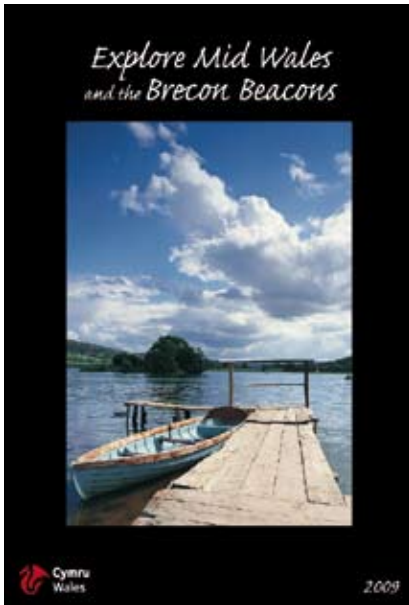
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Tel: ..... email: .....

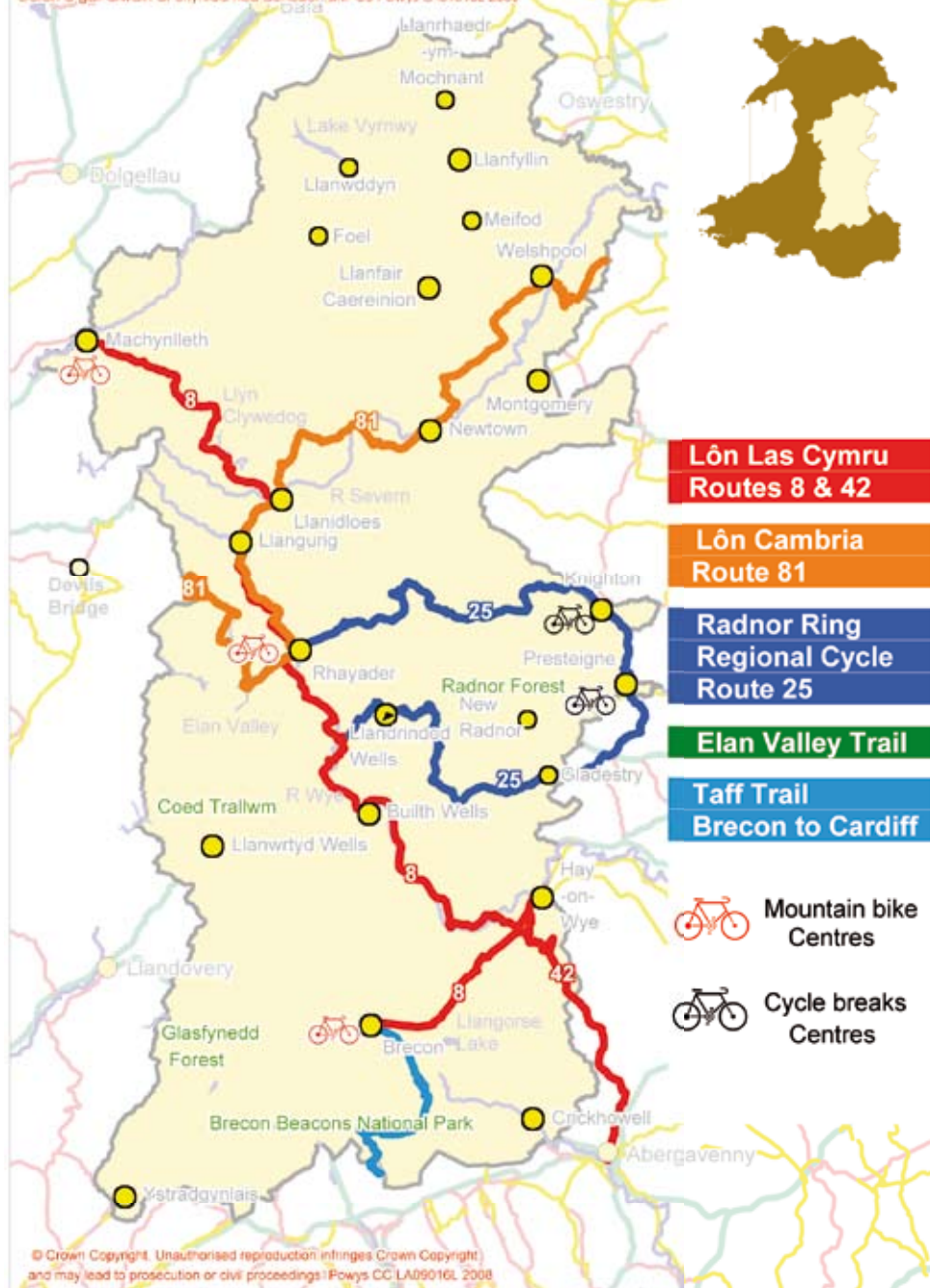
# Free Guides

If you would like to receive the following free guides please tick below and send to: Tourism Section, Neuadd Brycheiniog, Cambrian Way, Brecon, LD3 7HR,

- Mid Wales and the Brecon Beacons Brochure
- Walking in Mid Wales and the Brecon Beacons
- Activities in Mid Wales and the Brecon Beacons
- Gardens in Mid Wales and the Brecon Beacons
- Access to Countryside Locations in Powys



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# Tourist Information Centres in Powys Canolfannau Croeso Ym Mhowys

## **Brecon / Aberhonddu**

The Market Car Park  
Brecon LD3 9DA  
01874 622485  
brectic@powys.gov.uk

## **Builth Wells / Llanfair-Ym-Muallt**

Groe Car Park  
Builth Wells LD2 3BL  
01982 553307  
builtic@powys.gov.uk

## **Machynlleth**

Royal House, Penrallt Street  
Machynlleth SY20 8AJ  
01654 702401  
mactic@powys.gov.uk

## **Welshpool / Y Trallwng**

The Vicarage Gardens  
Car Park, Church Street  
01938 552043  
weltic@powys.gov.uk

## **Presteigne / Llanandras**

The Shire Hall  
Presteigne LD8 2AW  
01544 260650  
presteignetic@powys.gov.uk

## **Knighton / Tref-Y-Clawdd**

Offa's Dyke Centre, West Street  
Knighton LD7 1EW  
01547 528753  
oda@offasydye.demon.co.uk

## **Crickhowell / Crughywel**

Beaufort Street  
Crickhowell  
01873 812105  
tic@crickhowellinfo.org.uk

## **Hay -on-Wye / Y Gelli Gandryll**

Craft Centre  
Hay-on-Wye, HR3 5AE  
01497 820144  
post@hay-on-wye.co.uk

## **Llanwrtyd Wells / Llanwrtyd**

Ty Barcud  
Llanwrtyd Wells LD3 4RB  
01591610666  
llanwrtydtouristinformation@yahoo.co.uk

## **Talgarth / Talgarth**

The Tower Shop  
Talgarth LD3 0BW  
01874 712226  
help@talgarhtic.demon.co.uk

## **Elan Valley Visitor Centre / Canolfan**

**Ymwelwyr Cwm Elan**  
Elan Valley Visitor Centre  
Rhayader LD6 5HP  
01597 810898  
info@elanvalley.org.uk



There will be Tourist Information available at Customer Access Points within the following towns; **Llandrindod Wells, Newtown, Rhayader and Llanidloes**  
Bydd Gwybodaeth i Dwristiaid ar gael yn y mannau gwasanaethau cwsmer yn y trefi canlynol; **Llandrindod, Y Drenewydd, Rhaeadr Gwy and Llanidloes**

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[www.exploremidwales.com](http://www.exploremidwales.com)

**ebost/email: [tourism@powys.gov.uk](mailto:tourism@powys.gov.uk)**