

The challenge of a lifetime,  
for the charity of your choice...

# Wales End to End Cycle

From Anglesey to Cardiff

 **GLOBAL  
ADVENTURE  
CHALLENGES**<sup>®</sup>

01244 676 454

[globaladventurechallenges.com](http://globaladventurechallenges.com)

# Key Information

Duration: 4 days

Cycling Distance: Approx. 258 Miles

Challenge Grade: Tough 2

Location: Wales

# Challenge Highlights

- Conquer the length of Wales by bike
- Glorious views of the Isle of Anglesey
- Discover coastal and mountain landscapes
- Explore the beauty of Bala Lake
- Celebratory finish in the vibrant capital of Wales, Cardiff

# The Challenge

Cycle the length of Wales on this fantastic cycling adventure! Pedalling from Holyhead in the North, down to the vibrant capital in Cardiff – you'll experience diverse beautiful landscapes of majestic woodlands, rural lanes, quiet towns and distinct mountain ranges from start to finish. Join us and conquer Wales by bike, your time in the saddle won't come more satisfying!

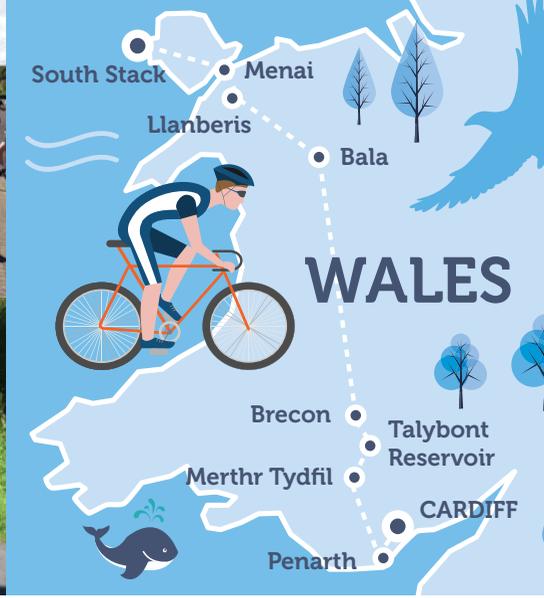
## What's included

- 3 nights accommodation on a twin share basis
- All transfers
- Lunch and dinner on Day 1, Breakfast, lunch and dinner Day 2 – 3, Breakfast on Day 4
- Refreshments whilst on the challenge
- Unbeatable support from the Global Adventure Challenges crew including a bike mechanic
- Global Adventure Challenges Leader
- Comprehensive first aid /medical kit



# Get Signed Up!

The sooner you register, the sooner you can start training and fundraising. Just head over to our website [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) to get signed up, and leave your tyre tracks across Wales.



## From picturesque Anglesey to colourful Cardiff, conquer the length of Wales by bike!

### Day 1

#### South Stack to Bala

We meet early morning in South Stack, Anglesey for registration with views of the South Stack Light House. Following registration we'll set off on our voyage towards Four Mile Bridge and on to the famous Menai Suspension Bridge. Once across the bridge we will continue in a south easterly direction, passing many lakes and reservoirs to Llanberis, where we will take on one of the largest climbs of the day in Snowdonia National Park. Once we have summited we'll cycle through beautiful Welsh country side until we reach Bala, where we will stay overnight.

**Cycling distance – approx. 84 Miles**  
**Total Ascent: 6,619ft**  
**Highest Point: 1,325ft**

### Day 2

#### Bala to Brecon

After breakfast we begin our longest day in the saddle. We'll cycle along the stunning Lake Bala 'Llyn Tegid' and follow the River Dovey, before cycling over the biggest climbs of the day. We then continue down through the picturesque Welsh valleys to the beautiful Elan Valley where we will again take on another big hill climb before cycling down to the idyllic Elan Village itself, which is known for being the only purpose built model village in Wales! From here on in, we are heading directly to our overnight stop in Brecon, passing through vast green farm land.

**Cycling distance – approx. 104 Miles**  
**Total Ascent: 10,514ft**  
**Highest Point: 1,770ft**

### Day 3

#### Brecon to Cardiff

From Brecon we will begin our final day by cycling around the stunning Talybont and Pontsticill Reservoirs. We will then continue our cycling adventure heading south through the valleys alongside Merthyr Tydfil and other small Welsh towns and villages. Our route will take us along quiet Welsh country roads to Penarth where we will soon reach the outskirts of Cardiff, for the final leg of our epic bike ride, we cycle over the Cardiff Bay Barrage to our finish line in Cardiff Bay. Tonight we toast our achievements with a celebratory meal as a group in the vibrant Welsh capital, Cardiff.

**Cycling distance – approx. 70 Miles**  
**Total Ascent: 5,479ft**  
**Highest Point: 1,420ft**

### Day 4

After breakfast at our hotel we will then jump into the transfer vehicles and head back to South Stack for farewells and goodbyes.

(Please note this cycle challenge is tough - you must train beforehand. Also this itinerary is subject to change, the health and safety of participants is our number one priority so weather conditions and group ability can impact on the event timings and schedule. The event manager's will decide whether any changes are necessary.)

# Your questions answered....

## Is this challenge for me?

**ABSOLUTELY!** This bike ride is suitable for people of all abilities, with the correct training! Minimum age requirement is 18 years old (or if aged between 14 and 17 you must be accompanied by a parent or guardian) Whether you're looking to take part as a solo rider or a team you will be amongst other like-minded cyclists with team spirit flying high.

## How fit do I need to be?

This cycle ride has been graded as Tough (2) on our challenge grade scale, and is designed to be challenging but achievable as long as you train correctly beforehand. You will be cycling for 3 consecutive days and you can expect to be in the saddle for an average of 7-8 hours per day - the fitter you are the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website. We also run training weekends throughout the year, a fantastic opportunity to meet other participants and train together prior to the event.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty. 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme)

## Where will we stay?

The accommodation for this challenge is local hotels which range from 2\* to 3\* and hostels. All accommodation has washing facilities available and rooms are normally allocated on a twin share basis.

## Do I need specialist kit?

You will be provided with a full kit list in your welcome pack when you register. Usual items of kit are required such as fully serviced bicycle, cycling shorts, cycling helmet and cycling gloves – other than this you do not need any specialist kit.

## What happens to my luggage?

All luggage is transported from accommodation to accommodation via our support vehicles. You may wish to carry a small day pack/bum bag/ 'camelbak' while cycling to carry items such as camera, sun-screen and energy snacks etc.

## What will the food be like?

All meals will be provided on the challenge starting from lunch on Day 1 through to Breakfast on Day 4. We cater for all dietary requirements as long as we know in advance, just fill out the relevant section on your registration form.

## What's not included?

- Breakfast on Day 1, lunch and dinner on Day 4
- Tips and gratuities
- Alcoholic and soft drinks except water
- Bike insurance

## What happens if I get tired?

There will be regular rest stops and snacks after approx. every 20 miles of cycling – there is no problem if you need to take more rest stops, remember this is not a race! The support vehicle with the group will ensure no-one is left behind.

## What support is there on the event?

There will be a strong support team with a professional Global Adventure Challenges Leader/s. Comprehensive medical kits will be taken. Mobile telephones/radio aids will be used to ensure your safety and security at all times and a vehicle will provide the group with support.

## I'm worried I won't raise the minimum sponsorship for this challenge – any advice?

Once you have signed up you'll receive a fundraising pack from your chosen charity to help you with your fundraising, you'll also receive a few tips and ideas from us to help you on your way.

## Is my trip financially protected?

Global Adventure Challenges are committed to consumer financial protection and in accordance with Package Travel Regulations we ensure that monies paid for non-flight packages are also protected, as well as repatriation if required, arising from the cancellation or curtailment of your travel arrangements in the unlikely event of our insolvency. This cover has been arranged with MGA Cover Services Limited.

## I'm interested - how do I sign up?

You can register online via our website [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and return it to our offices as soon as possible as places are limited, and allocated on a first come first served basis. You are required to pay a registration fee at the time of booking onto your challenge. All costs and payment options are explained on the enclosed sheet and on our website. Once we receive your registration we'll send you a welcome pack full of helpful details and further information on what to expect in the lead up to and on your challenge of a lifetime. Also your chosen charity will also be in contact with you to discuss your fundraising.

## Register Online Today!

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

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