WALES - COED Y BRENNIN MTB - £330

17th June 2020 - 21st June 2020 (5 days)

Based at a guesthouse close to the Coed-y-Brenin MTB centre in mid-Wales. Opportunities to ride not just the world class forest trails directly from the guesthouse, but some longer guided XC routes in the surrounding area. Please note that as most of the trails at Coed-y-Brenin are graded red or black, this holiday is only suitable for riders with a good level of fitness and technical ability. The guesthouse is set up for the needs of mountain bikers and has comfortable twin or triple bedded en-suite rooms, communal areas for socialising, along with secure bike storage and bike wash. All breakfasts, packed lunches and dinners are included in this holiday.

HOLIDAY TYPE: Guided
TOUR MANAGER: Paul Rogers
GRADE: Challenging
BOOKING STATUS: Places Available
ACCOMMODATION: Guesthouse
BOARD BASIS: Full Board
TRAVEL ARRANGEMENTS: Land Only
ROAD / OFF ROAD: Off-Road
HOLIDAY STYLE: Centre-based
VEHICLE SUPPORT: Carry Own Luggage
HOLIDAY REF NO: 03513

Holiday Itinerary

Wednesday 17th June
There will be a trail ride from the Visitor Centre at approx 1pm for those who are able to make it (time tbc). Arrive at the guesthouse from 4pm, with dinner at approx 7pm. Meals: D

Thursday 18th June
Subject to weather conditions, today's ride will be a circuit of Cadair Idris mountain, with some excellent well drained trails and superb views over Barmouth and the Mawddach estuary. Meals: B L D

Friday 19th June
Riding directly into the forest on the ancient Sarn Helen Roman road, the plan today is to ride Coed-y-Brenin's longest trail, "The Beast". Plenty of opportunities to short cut or ride other trails if necessary, along with a cafe stop part way around the route (and possibly a second at the Visitor Centre). Meals: B L D

Saturday 20th June
Subject to weather conditions the plan is to ride another classic XC route in the local area, taking in the "Pont Scethin" packhorse bridge, high in the hills to the west of Coed-y-Brenin. However, this area is very exposed and so a decision will be taken on the day. There are numerous other options locally, including the many other excellent Trail Centres. Meals: B L D
Sunday 21st June
After breakfast, a final chance to ride one of the excellent trails at Coed-y-Brenin, finishing around lunchtime to allow time for your homeward journey. 
Meals: B L

Meals: B = Breakfast  L = Lunch  D = Dinner

Holiday Summary

Accommodation & Meals
Based at a guesthouse approx 2 miles north of the Coed-y-Brenin Visitor Centre. The twin and triple rooms all have comfortable beds and are well appointed, with en-suite shower rooms. No single occupancy is available. The owners are keen mountain bikers and understand the needs of a hungry MTB group, providing not only hearty meals but unlimited tea/coffee and cakes! Breakfast and dinner (2-course) are served at a large central dining table in the house where, no doubt, the epic stories of the day will be relived! A packed lunch is provided each day which will need to be carried with you. Further details of the guesthouse and sample menus can be found at: https://www.oldskool-mtb.co.uk/

Travel Insurance
Obtaining travel insurance is optional for UK residents as your Cycling UK membership provides third party cover. However, this does not cover any other risks such as cancellation charges, personal injury or lost property. We therefore strongly recommend that suitable insurance is taken out to safeguard against such risks. Members who do not reside in the UK are not covered for third party and are advised to obtain suitable cover before leaving their normal residence. If you already have an annual policy, you may need to confirm that it will cover a UK holiday or make provision for it to do so.

Price
The price of £330 is based on a minimum number of 8 people taking part in the holiday. If there are insufficient bookings by 8th April 2020, we will contact you and return all monies paid, although in certain circumstances the holiday may still run at below minimum numbers but at the same price.

Price Includes
- 4 nights guesthouse, sharing a twin or triple room
- 4 breakfasts, 4 packed lunches, 4 dinners
- Tea, coffee and cakes at the guesthouse
- CTC Cycling Holidays & Tours costs

Price Does Not Include
- Travel to and from the guesthouse
- Drinks with dinner
- Refreshments during the day (other than packed lunches)
- Any other personal expenses
- Travel Insurance

Payment Schedule
A deposit of £80 per person is payable upon booking, with the final balance of £250 per person to be paid ten weeks prior to departure, by 8th April 2020.

Cancellations
Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

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<th>Written notice received:</th>
<th>Cancellation charge:</th>
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<tbody>
<tr>
<td>Before 8th April 2020</td>
<td>Deposit (£80)</td>
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<tr>
<td>From 8th April 2020 through to departure</td>
<td>100% (£330)</td>
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Additional Information

Area Covered By The Holiday
Coed-y-Brenin forest is approx 5 miles north of the town of Dolgellau, just a short distance inland from the Welsh coast. The area is dominated by this large forest, with its many excellent dedicated MTB trails, along with the Rhinog and Cadair Idris mountain ranges to the west and south. The Welsh coast is not far away and one or more of our rides may have views out to the sea at Barmouth and the beautiful Mawddach estuary.

Rides & Rest Days
Subject to weather conditions there will be a ride each day generally heading directly out from the guesthouse although, for the XC rides, it may be preferable to drive into Dolgellau to shorten the ride a little. The rides are likely to be 30-40 miles in length. We should be able to ride in the forest in all but extreme conditions as the well designed trails drain well, although care should be taken on any rocks and roots when wet. The proposed XC routes take in some very exposed areas and plans may need to be altered in adverse weather conditions. The leader and assistant use 2-way radios to help keep the group together and carry first aid kits at all times, along with an emergency shelter on the more exposed rides. There are no planned rest days although you are of course welcome to take a day off. There are plenty of other activities available in the area, along with the use of the guesthouse for the entire period of our stay.

Travel
This remote location is generally accessed by car although it is feasible to take the train to Barmouth or Blaenau Ffestiniog and ride the final 15 miles or so. There is plenty of parking available at the guesthouse.

Group Information
The maximum number of participants will be 11 excluding the Tour Manager.

Weather & Clothing
Wales has a reputation for its changeable weather although, being June, we would hope for some reasonable conditions. It is essential that you carry a high quality waterproof jacket on the longer, more exposed, rides as conditions may change during the day. Your choice of cycle clothing is a personal choice with some using MTB specific items and others using traditional lycra.

Cycles & Equipment
Only full suspension or front suspension MTBs are suitable for this tour, fitted with disc brakes and good quality knobbly tyres. You should ensure your cycle is well maintained, paying particular attention to wheels, tyres and brakes. Participants will be expected to carry each day sufficient spares and tools to deal with punctures and minor repairs.
You will not need to carry luggage but a bike specific rucksac is essential for carrying supplies of water, your packed lunch, wet weather gear, a spare clothing layer and snacks.
Helmets are not a legal requirement in the UK but you are strongly advised to wear one at all times when riding off road as falling from the bicycle while mountain biking is perhaps a more common occurrence. Please inform the Tour Manager before booking on the tour if you intend to ride without a helmet.

Maps & Guides
Maps are not essential as, when riding as a group, we use 2-way radios to ensure that the front and back riders can communicate easily, hopefully preventing anybody getting lost!
The OS 1:50000 scale map 124 covers the area we will be riding in and the larger 1:25000 scale maps OL18 & OL23 show more detail. Details of the Coed-y-Brenin trails, including downloadable maps and gpx tracks are available here: http://www.mbwales.com/agents/coed-y-brenin/

Tour Manager's Contact Details
If you require any assistance, or have any queries, please don't hesitate to contact the Tour Manager using the information provided below.

Paul Rogers

Email:
paul.rogers@cyclingholidays.org

Mobile:
07767 278689