

## WERN-Y-CYCLING

Our farm is the ideal location for a challenging cycling holiday with many amazing routes directly from the farm. We are within cycling reach of the Bannau Brycheiniog (Brecon Beacons) National Park, Black Mountains, Usk Valley and much of Herefordshire. The usual cycling websites will highlight many more routes, but here are our suggestions:

### OUR FAVOURITE 'BEFORE BREAKFAST' WORKOUTS

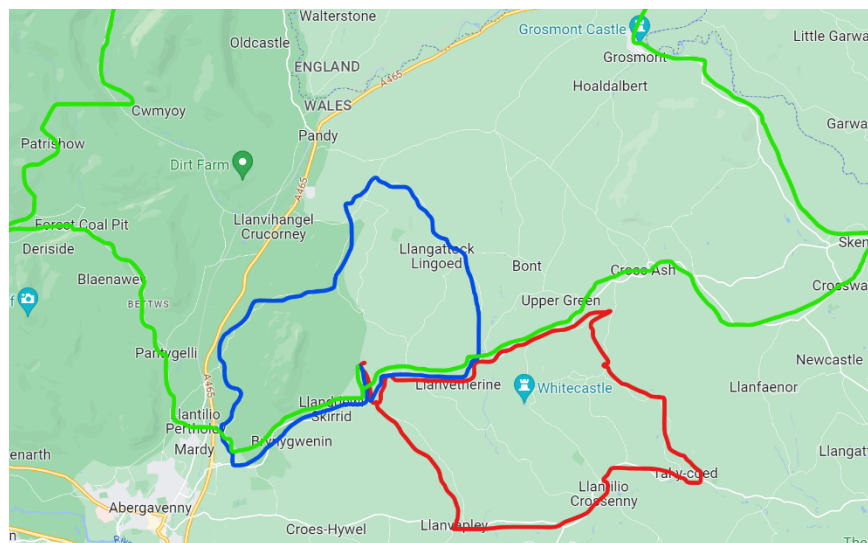
If you need a little me time away from the crowd, these two routes take 1 to 1.5 hours on mostly quiet country lanes.

#### 1. White Castle Route (Blue Route)

This circular route takes in some stunning country lanes with great views. If you wish to catch your breath, we recommend popping in to White Castle, Hen Gwrt Moated Site and Llanvapley's Red Hart pub (if open).

#### 2. Round the Skirrid (Red Route)

It takes about 30 minutes to get to the top of the Skirrid, and several hours to walk around it. This cycle route circumnavigates this incredible mountain showing of all its amazing faces.



### OUR FAVOURITE TOUGHER/LONGER ROUTES

If you are a keen cyclist with a decent road or hybrid bike, you might enjoy some of our favourite routes which take up a good chunk of the day.

#### 1. The Tumbles

Challenging climbs are rewarded by stunning scenery, often on quiet country lanes. The legendary Tumbles route takes you up a climb of 6km of steady 10% gradient, but the views from the top of the Blorenge from Keepers Pond are well worth the effort and if it's hot you might want a quick dip in the cool water. The cycle ride home via Blaenavon, Llanover, Clytha and finally back through Llangatock brings you back to Wern-y-Cwm Lane.



A shorter route might be to head down to Llanover from the top of the Bloreng, however, this route means you need to cycle back along busier roads.

Great pubs for a lunchtime stop are The Clytha Arms at Clytha on the longer route, or The Goose & Cuckoo in Upper Llanover on the shorter one.

## **2. Herefordshire Circuit (Green Route)**

Encompassing the Black Mountains, country lanes, Herefordshire and Monmouthshire countryside, the River Monnow. If you are looking for stops you may wish to divert to Llanthony Priory, stop for a pint at the Carpenter's Arms or the Temple Bar in at Ewyas Harold. Stop for castle spotting at Grossmont and Skenfrith, then a short diversion for a final cool drink in our favourite the Hunter's Moon at Llangatock Lingoed.

## **FAMILY-FRIENDLY CYCLING**

Cycling with children can be a little demoralising when the route home involves several miles of uphill. So, until they get competitive and enjoy the challenge of a climb, you might wish to consider a relatively flat route.

The Pontypool to Brecon canal towpath, which runs for miles through some very scenic countryside is flat most of the way. Find out more on the [Canals & Rivers Trust](#) website. If you don't wish to cycle from the farm to reach the route (about 6 miles mostly along the Old Ross Road), you may wish to park your car in the free car park in Llanfoist, near the garden centre, and cycle from there.

From Llanfoist you have two options, taking a left or a right route along the canal:

### **1. Abergavenny to Brecon:**

This is a lovely ride into the Bannau Breceiniog (Brecon Beacons) with great views from the canal path over to the Sugar Loaf and River Usk. Enjoy counting the locks, cycling under bridges and seeking out little reminders of the canal's heritage such as the railway which carried coal or steel down to the barges. There are several great options for a lunch or coffee, but its always a good idea to check they will be open. If some of the party are not cycling they might like to drive to Brecon and give you a lift home.

### **2. Abergavenny to Goytre Wharf:**

This shorter route has the benefit of enjoying the canal path and reaching the Goytre Wharf, which offers a lovely little café, ice cream stop and a park for a picnic. The colourful canal boats are moored up (and available for hire by the day if booked in advance with Red Line Boats. See [Goytre Wharf](#).

From there the more energetic amongst the party might like to cycle home cross country via Llanover, Llanarth and Llanvapley on country lanes all the way back to the farm, while the others return to Llanfoist to pick up the car.



## **CYCLING RACING**

Some of the major cycle races go through Abergavenny, and the local cycle group often organises races which guests could pre-book a place in. In recent years, the [Abergavenny Cycling Festival](#) has become an established event on the cycling calendar.

## **OFF-ROAD CYCLING**

If mountain biking is your passion or if you just want to try something new, then we highly recommend a trip to [Bike Park Wales](#) at Merthyr, around 30 mins drive from us. It is a purpose-built bike park with trails designed for riders of varying abilities – although not total novices. You can take your own bike or hire mountain or E-bikes booked in advance.

There is also a great technical off-road cycle park, just the other side of the Skirrid - [Dirt Farm](#) is a community-focused bike park with trail suitable for intermediate to professional riders. You may bring your own bikes or hire them on site with an advance booking.

## **BIKE KIT & BIKE REPAIRS**

If you need any basic bike kit such as puncture repair kit or pump, please ask in the WYC farm office where we will happily lend to you.

If you need more technical help, then we recommend:

### **For Bike and E-bike Buying & Repairs:**

- Gateway Bikes- [click here](#)

### **For a Mobile Bike Repair Service:**

- Black Mountains Cycleworks: 07946 356 439

