

# *Cycling* **WORLD**



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BICYCLE ISLAND (IOW)

HUNT WHEELS

PREGNANT NOT POWERLESS

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# ED'S LETTER

January 2018

**January 2018**

**Happy New Year from Cycling World**

Very few months compare to January when it comes to finding time to ride your bike. The New Year often passes in a blur of sales, socialising and New Year resolutions. Outside, the festive lights have long gone.



However, if you can escape for a pedal, it's such a blessed relief, you wonder how you lived without it. A week or two off the bike does that to you! Even a short ride of under an hour is just enough to enjoy the feeling of cycling again. All that stuff that's been churning around in your head begins to settle, you get a clear look at things and sometimes a solution or two will pop up.

At the very least, you will feel fitter and fresher when you return, energised for the next few jobs on the list. So let the buzz from riding, power you along until your next cycling top-up.

Cycling World hopes you are all looking forward to 2018, as much as we are!

A handwritten signature in black ink, appearing to read 'Vicki Watson'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Vicki Watson – Editor





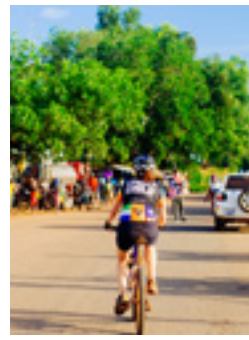
## PEAK DISTRICT

The challenging gradients, bleak moorlands and fast roads of the Peak District are often associated with the world of competitive cycling.



### Family Cycling and Motorhoming in The Peaks

The Peak District is a gem in the English landscape, offering invigorating cycling. Easy to get to and with a wealth of places to stay, including Caravan Club sites, Cycling World Editor takes the family there for a cycling holiday.



## Cycle Challenge WEST AFRICA

WACC is organised by Street Child, a UK-based charity that specialises in getting some of the world's poorest children off the streets and back into education.



The next West Africa Cycle Challenge will take place in January. There is more information available on their website, or, for those Londoners among you, there is a launch event on 29th June at Rapha, Spitalfields.

**47** Hunt doesn't make cheap wheels to compete with the bargain basement prices of online retailers, instead, they make good wheels.

**53** UK Cycling Events (UKCE) has joined forces with Science in Sport (SiS), the sports nutrition pioneers, in a new two year partnership designed to help cyclists gain an extra edge to their riding.

**57** Riding bikes boosts your brainpower, relationships, health and happiness. Whether it's to boost your fitness, health or bank balance, or as an environmental choice, taking up bicycle riding could be one of the best decisions you ever make.

## Pregnant Not Powerless

**41** Whilst hard core downhill mountain biking is not recommended for pregnant women, cycling is a safe way to maintain pregnancy fitness.



# CONT



## Saddle up for Bicycle Island

The Isle of Wight – also known as Bicycle Island - is one of the best places in the world to cycle. Head for the UK's cycling capital, located four miles off the South Coast.

**"IF YOU'D LIKE TO BE GUIDED AROUND THE ISLAND BY AN EXPERT, BOOK ON TO A CYCLE TOUR WHERE YOU CAN BE LED ALONG A ROUTE TAILORED TO YOUR SKILL LEVEL."**



### Pedal Power

"Islanders are cycling crazy and organise events throughout the year that are based around biking"

**73** Custom Kit that Look's the Business "I think it's seeing a cool design in the flesh for the first time, or seeing images of the kit in use on social.

# EVENTS



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**WHSmith**

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Every sick child deserves every chance [www.cmrf.org](http://www.cmrf.org)



# Peaks and Troughs

by Sarah Roe

PEAK DISTRICT

The challenging gradients, bleak moorlands and fast roads of the Peak District are often associated with the world of competitive cycling. Tea rooms in villages throughout the region cashed in on the crowds lining the streets for last year's Aviva Tour of Britain and the Tour of Yorkshire in 2014, while gaggles of lycra-clad warriors are a common sight toiling up the dizzying heights of Winnat's Pass from picturesque Edale, or relaxing in Hathersage or Castleton after a rapid moorland descent.

But the county has gentler charms too. The striking landscape was once a thriving network of train and tram lines serving mills, quarries and mines, most of which now lie as dormant museum relics of railway heritage, fading and crumbling back amongst the wildflowers, rocks and native woodlands. Several former railway lines have been resurrected as walking and cycle tracks, which at weekends buzz with throngs of families and daytrippers, gliding along linear, surfaced pathways

In 2015 two of these trails were voted by the charity Sustrans' supporters as their favourite routes. The Monsal Trail for the best path under 30 miles and the Transpennine Trail (which includes a former railway track in the Peak District) for top long distance route. While most people arrive at these traffic-free paths by car, both trails are close to railway lines between Manchester and Buxton or Manchester and Sheffield, so there are some great opportunities to make linear journeys by bicycle, and get a lift home at the end.





# MONSAL TRAIL

**O**n a quiet day there is something Tolkienesque and mystical about the Monsal Trail. Imposing limestone cliffs seem to glow in the sunlight, there are sweeping views, colourful wildflowers and monolithic remnants of a bygone industry. The railway caused outrage when it was first built in 1863 as part of the Midland Railway line to London. The Duke of Devonshire objected to this new-fangled transport method which would have gone through his grounds, which meant the route was redirected through the Wye Valley. His neighbour, the Duke of Rutland, demanded that the line went through a tunnel so his view was intact.

The railway closed in 1968 and slowly went back to nature. Tunnels through the hills became derelict and four of them were closed to the public. But in 2011 they opened up as part of the route and a new tourist gateway to Bakewell was born.

From Miller's Dale car park near Bixton the eight and a half mile path follows the river Wye and then sweeps up to the old railway at the start of the Monsal Trail. The surfaced path makes for an easy ride, so there's plenty of scope for relaxing and taking in the view. In spring the trail is peppered with wildflowers including orchids and wild thyme and sunlight shimmers through native trees on the hillside.

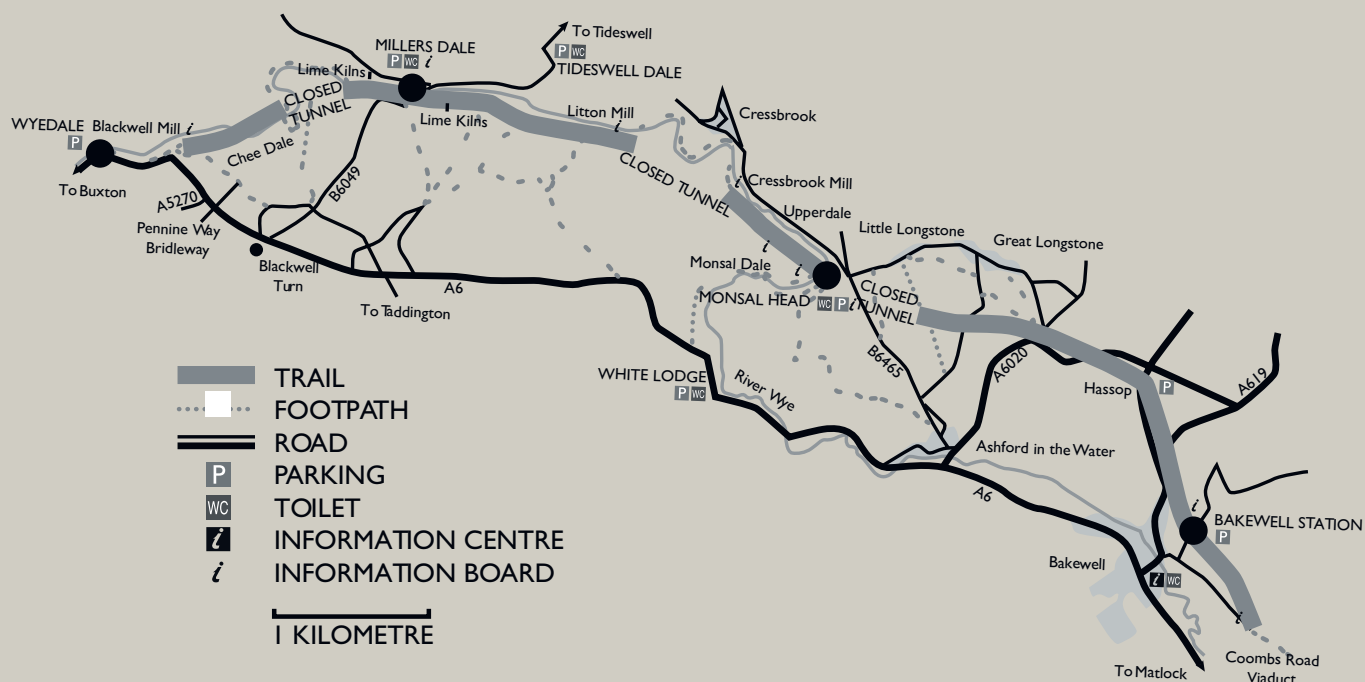
A towering old limekiln on the side of the track sprouts grasses and flowers and now acts as a home for birds and bats, and the string of tunnels along the trail are a constant reminder of its industrial past. Chee Tor, Rusher Cutting, Litton, Cressbrook, Headstone: their names echo the epic task for Victorian railroad engineers hacking through the hillside. Now eerily quiet they are home to various species of bats, which roost amongst cracks of the brickwork.

Each of the tunnels are around 400 metres long and have lights activated by sensors which operate during daylight hours. If you're travelling in the afternoon take some lights in case you get caught out.

There's a tea and coffee stall, toilets, and an overgrown platform halfway at the disused Millers Dale station, while the elegant old building that was once Hassop station is now a bustling cafe and bookstore dedicated to the needs of hungry cyclists and walkers.

You will need to be a confident road cyclist to brave the four miles on the hairy A6 from Buxton station to the start of the trail at Millers Dale. Families tend to bring their bikes in the car or take a taxi from the station and hire bikes at Blackwell Bike Hire, a mile's walk from the car park.

[www.peakdistrict.gov.uk](http://www.peakdistrict.gov.uk)



# LONGDENDALE TRAIL

**O**n the morning of the Tour de Yorkshire this busy former railway track between Manchester and Sheffield buzzed with the whirr of tyres on tarmac as thousands of spectators rushed to Holme Moss to get a prime viewing spot on the moor. The seven-mile Longdendale Trail to the Woodhead Tunnels is a peaceful traffic-free section of the Transpennine Trail linked by road to another off-road path from Dunford Bridge to Penistone, and popular as part of a daytrip to Sheffield.

The start of the Longdendale Trail is conveniently located close to Hadfield station, so you can take the whole family along for a ride on the train from Manchester without getting out the car, though you will need to turn round and go back again. You'll cruise past a string of reservoirs and wild open moorland, with magnificent views of the Nine Holes Bridge and Torside reservoir, which once powered cotton and paper mills and now supplies much of Greater Manchester's water. The surfaced path is an easy, mainly flat cycle to the Woodhead tunnels, with a crossing at the B6105 Glossop road. Three parallel tunnels, which are closed to the public, are each three miles long and now carry electricity via cables.

Famous as the location for filming of 'League of Gentlemen' the traditional mill town of Hadfield has shops, toilets, a cafe and bike hire (Longdendale cycles). Real ale fans may want to make a detour to larger Glossop, where Music pub The Globe serves up a fine selection of beers, and is also, unusually, a destination throughout Greater Manchester for vegan food.

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)



Longdendale, by David Martin Sustrans

## LONGDENDALE Route Map





# PEAK DISTRICT FEATURE

## Family Cycling and Motorhoming in The Peaks

The Peak District is a gem in the English landscape, offering invigorating cycling. Easy to get to and with a wealth of places to stay, including Caravan Club sites, Cycling World Editor takes the family there for a cycling holiday.

**T**he Peak District is a gem in the English landscape, offering invigorating cycling. Easy to get to and with a wealth of places to stay, including Caravan Club sites, Cycling World Editor takes the family there for a cycling holiday.

The upland area known as The Peak District offers a patchwork of English culture as it spans across numerous regions: mainly situated in northern Derbyshire it also includes parts of Cheshire, Greater Manchester, Staffordshire and Yorkshire. This makes a cycling holiday rather appealing from the outset; all those café stops each offering local cakes—we're packing the I-Spy Book of Cakes.

The National Park was opened in 1951 and with its proximity to the cities of Manchester and Sheffield and easy access by road and rail, it attracts millions of visitors every year. It's an area of great diversity, split into the northern Dark Peak, where most of the moorland is found and whose geology is gritstone, and the southern White Peak, where most of the population lives and whose geology is mainly limestone.

Booking is recommended at holiday times and weekends throughout the year.

Our trip promised a slice of luxury with the loan of a motorhome from The Caravan Club. The sheer size of it installed trepidation; the six-berth for mere three would have taken up four places in the local carpark so had to be dropped off a mile up the coast. But there's nothing like a giant Wendy house on wheels to get the kids excited about going away, especially those who have spent many a trip catching droplets of rain from flysheets into saucapans. The Caravan Club website provides a comprehensive list a motorhome rental outlets.

Our destination is Chatsworth Park Caravan Club Site, Bakewell, Derbyshire. It's set in the old walled garden on the picturesque Chatsworth Estate, established by the Duchess of Devonshire in 1977. The site caters for the younger visitor with a farmyard and adventure playground. The village of Baslow is a fifteen-minute walk with a couple of good pubs, including the refurbished Devonshire Arms. Bakewell market on Mondays is recommended.

One of the first visits should be to the Estate, which includes the grandiose house, where you can escape on one the inevitable rainy days, wandering around the beautifully decorated rooms. There are also the formal gardens, farm shop and café. Scenic strolls and cycling on tarmac roads are a must in the 1,000-acre park laid out by Capability Brown. 2016 is the year to enjoy the landscape designer who changed our countryside and created a style which has shaped people's picture of quintessentially rural England. This year marks the 300th anniversary of the birth of Lancelot 'Capability' Brown with a lottery-funded festival, the first ever celebration of Brown's extensive works, bringing together a huge range of events, openings and exhibitions.

From traffic-free, disused railway lines to climbs that feature in 'yet another collection of great cycling climbs', there's something for everyone when cycling in the Peaks.





## TOUR OF THE SOUTHERN PEAK DISTRICT ON THE TISSINGTON TRAIL

Sustrans' National Cycle Network routes on the old Cromford and High Peak, and Ashbourne and Buxton railways lines provide accessible family routes.

Following the route of the former Buxton to Ashbourne railway line, the Tissington Trail runs from Ashbourne to Parsley Hay passing through the picturesque village of Tissington and the beautiful countryside of the Derbyshire Dales.

### ROUTE DETAILS

From - to: Station Road,  
Ashbourne to Mapleton

Road, Parsley Hay

Distance: 13 miles

Terrain: Traffic-free with  
some easy gradients.

Dust surface

National Cycle Network:  
National Route 68

### ROUTE DESCRIPTION

The route follows the former Buxton to Ashbourne railway line from Ashbourne to Parsley Hay passing through the village of Tissington. It nears Dovedale, a dramatic limestone ravine with stunning scenery, wildlife, and famous stepping stones which cross the River Dove.

Built as part of the London and North Western Railway, the Buxton to Ashbourne railway line opened in 1899 and closed in 1967. Once the track was removed, the route was transformed into a recreational trail and opened to the public in 1971. The traffic-free trail is ideal for walkers, cyclists and horse riders and is mostly flat apart from a relatively steep incline at Mapleton. Ashbourne, where the route starts, is a historic market town, well established in Saxon times and listed in the Domesday survey, where it's called 'Esseburne'. Ashbourne's legacy of more than 200 listed buildings, fine coaching inns and mellow-bricked town houses combine to create the town's appealing atmosphere. It's a steady climb from Ashbourne into the heart of the National Park. Arriving in

Tissington, Tissington Hall is worth a visit but is only open to the public for 28 days each year so check their website before heading over. If you fancy a spot of lunch on route, The Old Coach House in Tissington is a busy tearoom with outdoor seating.

At Parsley Hay, the trail links with the High Peak Trail which runs south east towards Cromford, from High Peak Junction via Middleton Top and Parsley Hay to Sparklow. When the wind is low the trail is ideal for novices as it was originally engineered in the 1820s to canal standards, so mainly runs level through a high limestone landscape. So you get spectacular long views with little climbing. The High Peak Trail is 17.5 miles long and offers the chance to see the old winding engine at Middleton To, a working beam engine built in 1829 using steam to raise and lower wagons on the Middleton incline. Also worth a visit is the nearby National Stone Centre.

# Luxury Award Winning Lodges in the Derbyshire Peak District



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



## THE PERFECT CYCLING DESTINATION

The Peak District National Park in the Heart of England is home to breathtaking views with an abundance of walks and cycling trails just waiting to be explored. Add to this a vast array of attractions including stately homes, theme parks, family attractions and natural wonders such as caverns and dales and you and your family will have a fantastic range of exciting options to choose from.

### Award Winning Lodges

Darwin Forest is an award winning lodge holiday park on the edge of the Peak District and combines luxury self-catering holiday accommodation with fantastic onsite facilities. It is the perfect location for couples, families or groups of friends looking for an ideal base from which to explore.



### Walker's Paradise

The Peak District has miles of picturesque footpaths to explore with routes to suit all ages and abilities. The more energetic can enjoy hiking in the Dark Peak and for the less active or for those with children there are many charming walks along trails with equally spectacular views of some of the country's most magnificent landscapes.

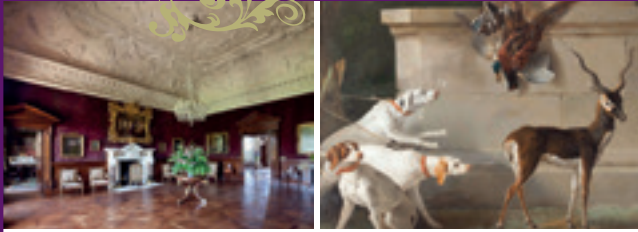
### Cycling Routes

The Peak District has 65 miles of off road cycling trails and an abundance of scenic quiet lanes. The area has many challenging roads with the Tour of Britain recently passing through the Peak District and many inspiring mountain bike routes. Darwin Forest also has bikes for hire and is surrounded by a lovely forest trail.



# Russborough

HOUSE & PARKLANDS



## WHERE HISTORY & CULTURE LIVE ON

Russborough is home to one of the most impressive private art collections in Ireland, including Gainsborough, Singer Sargent and van Ostade, which may be viewed by taking a guided tour of the house.

The 18<sup>th</sup> Century walled garden is available for pre booked tours.

2km walking audio tour of the demesne.

## COME VISIT US!

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# Russborough House & parklands

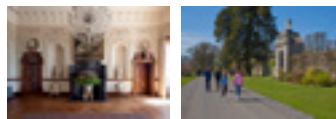


owners from the 18th century to the present day.

The RHSI 18th century walled garden has been under restoration since 2011 and is now available for pre booked groups and throughout Spring/Summer & Autumn for Individuals & Families.



Designed by German architect Richard Cassells for the 1st Earl of Milltown in 1742, Russborough is a cherished and renowned part of Ireland's architectural heritage. The façade, the longest of any house in Ireland, stretches seven hundred feet across the landscape at the foot of the Wicklow mountains.



The Exhibition Centre, opened in 2014, offers a fascinating insight into the history, lives and stories of Russborough and its

The Parklands offers amazing Family Fun with a Maze, Fairy trail, Playground & tree trail. There is 2 km Audio walking tour around the Demesne and the National Bird of Prey Centre is also located on the grounds.

### For further information please contact:

[friedaoconnell@russborough.ie](mailto:friedaoconnell@russborough.ie) • Tel: +353 (0) 45 865239  
 Web: [www.russborough.ie](http://www.russborough.ie)

# CAVAN CRYSTAL HOTEL



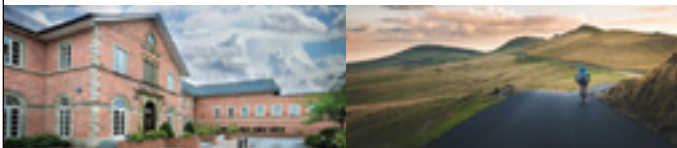
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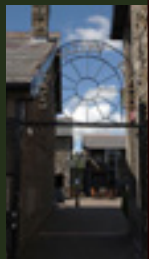
# DARE VALLEY

Tel: 01685 874672

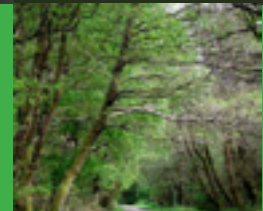


## Dare Valley Country Park Accommodation

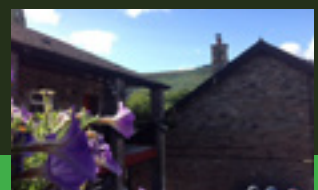
Set in 500 acres of woodlands, pasture and moorland mountainside and with two beautiful lakes, Dare Valley Country Park Accommodation has plenty to offer. Our simple, clean accommodation, comprising of 15 rooms, each sleeping up to 4/5 guests, is located beside the Park Visitor Centre and Café, and offers a great spot to suit any visit to the area.



All rooms are en-suite and feature LCD TVs, coffee-making facilities and towels/bedding. The rooms can sleep up to 75 people, there is a residents' lounge for groups to socialise and a large dining room that seats up to 40 guests.



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## THE MONSAL TRAIL

The Monsal Trail is traffic free route running along the former railway line through some of the Peak District's most spectacular limestone dales. It stretches for 8.5 miles between Blackwell Mill in Chee Dale, three miles south of Buxton, and Coombs Road in Bakewell. The trail is accessible to cyclists, walkers, horse riders and wheelchair users.

Most of the route was opened to the public in 1981 but four former railway tunnels closed in 1968 had to remain closed due to safety reasons, with public footpaths taking people around them. On 25 May 2011 the four railway tunnels - Headstone Tunnel, Cressbrook Tunnel, Litton Tunnel, Chee Tor Tunnel –opened for trail users as part of a major project led by The Peak District National Park Authority. Each tunnel is about 400 metres long and are lit during normal daylight hours. Two shorter tunnels - Chee Tor No.2 and Rusher Cutting – already formed part of the Monsal Trail.

It is the first time the public have been able to go through the tunnels since the former Midland Railway Line closed landscape is so testing that The Peak District will host this year's Aviva Women's Tour. The Tour (June 15-19) is the toughest edition in its three-year

history and hits The Peaks on stage three between Ashbourne and Chesterfield. The stage packs 2,000 metres of climbing into just over 112 kilometres of racing, which is sure to make the day action-packed. Heading from Ashbourne riders will head for a number of tricky climbs in 1.5 the region. After reaching Hurdlow Buxton the peloton then head east via Youlgreave 2 and Matlock and out of the Peaks as they make their way to the finish line in Chesterfield.

## CARAVAN CLUB SITES IN AND AROUND THE PEAK DISTRICT

Chatsworth Park Caravan Club Site, Bakewell. A caravan pitch costs from £20.72 based on two adults and two children per pitch, per night  
Blackshaw Moor Caravan Club Site, near Leek Buxton Caravan Club Site  
Carsington Water Caravan Club Site, Ashbourne Castleton Caravan Club Site  
High Onn Caravan Club Site, Stafford Poolsbrook Country Park

Caravan Club Site, Staveley  
The Firs Caravan Club Site, Belper  
Uttoxeter Racecourse Caravan Club Site

Further details at:  
[www.caravanclub.co.uk](http://www.caravanclub.co.uk)

The Caravan Club has teamed with up Sustrans to develop 35 cycling routes which can be accessed right on the doorstep of many Caravan Club sites.

Each route is highlighted with advice on the surfaces, amount of traffic, suitability for children, level of hills, where to stop for refreshments, directions and optional extensions making it simply to plan a trip. For more information on cycling please visit [www.caravanclub.co.uk/uk-holidays/be-inspired/cycling](http://www.caravanclub.co.uk/uk-holidays/be-inspired/cycling)

## CYCLING EVENT

On 29 May 2016, Experience Freedom from The Caravan Club, in partnership with caravan manufacturer Adria, is encouraging cyclists to join Kilotogo, a weekend of activities based at Weston Park stately home in Shropshire. Cyclists can take on the challenge of one of three routes, 56, 80, 100 miles around the local area, enjoy fun activities and there is also the chance to see a selection of motorhomes and caravans at the start and finish line.

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







# HIGH PEAK & TISSINGTON Route Map





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## **What to expect**

Whether you're a recreational cyclist, time-trialist, road-racer, mountain biker or training for your next competition, we have a bespoke package to support you to achieve your goals. Our tailored cycling assessment package consists of two forms of assessment, a physiological and musculoskeletal screening.

## **What's involved**

The purpose of physiological testing is to provide information that can be used to optimise training and enhance performance. Getting your training intensities correct and working on the right things at the right stage of the year means you are training efficiently, effectively and getting the most from your training. Musculoskeletal screening is important in the identification of musculoskeletal problems such as reduced joint mobility, limb asymmetry or poor limb alignment. It can reduce the occurrence of acute and chronic injury and enhance performance through the development of appropriate conditioning exercise programmes.

## **What happens next**

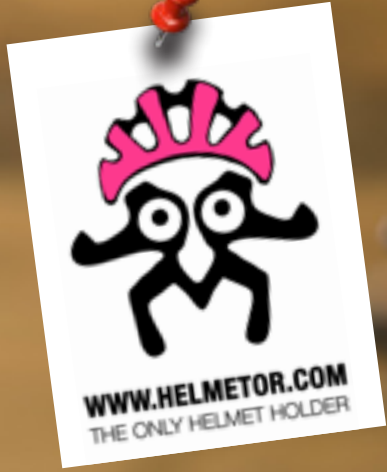
Our academic team will utilise their expertise to analyse your assessment results and deliver a personalised performance plan highlighting your strengths and weaknesses and giving training advice and guidelines based on improving your results.

**Take your training to the next level – book your place on our cycling assessment package at the University of Derby**

## **GET IN TOUCH**

All sessions take place at our Kedleston Road site in Derby – for more information or to book your bespoke sessions, please visit:  
[derby.ac.uk/cyclingpackage](http://derby.ac.uk/cyclingpackage)





“What do YOU do with your helmet, when it’s not on your head?”

Simple and ingenious in its form and design... once you use it, you’ll always use it..!



Helmetor Ltd, 12 Sessiagh Road, Inishmore Island, Co. Fermanagh, N.Ireland, BT94 5PG • info@helmetor.com



Brothers Tim and Jonnie McCrea are both keen cyclists with respective backgrounds in art and science.

With their young families growing up and also enjoying cycling, the lack of a suitable device to store helmets and keep them readily accessible, became even more apparent.



Governments and health care researchers around the world have tried to increase the usage of cycle helmets by children and adults using a variety of means.

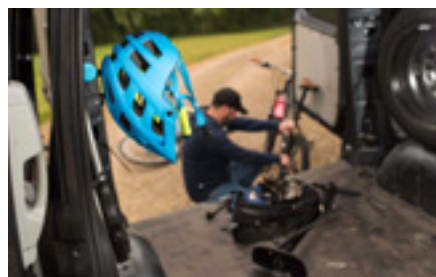
Tim and Jonnie feel that cyclists don’t really mind wearing a helmet as much as the frustration of what to do with their helmets, when not cycling. So, they set about developing

a universal solution that would be so simple and effective, even a child could use it. And, it seems that they have achieved just that with their unique patented helmet holder, Helmetor®.

Helmetor® performs three distinct functions:

**Storage**

When you complete your cycle Helmetor will hold your helmet. Whether attached to a wall, door or in a van the Helmetor® leaf spring will hold it securely.



As it holds a helmet by the standard air vents the straps don’t require constant readjustment, it can air more effectively or the helmet can be used to store gloves, glasses, etc.

**Safety**

“Daddy! I can’t find my helmet!” Tim and Jonnie and their many customers haven’t heard that since installing Helmetor® in their homes. Children and adults now always know where to find their helmets, so they never need to take a chance and go without one.



Helmetor® at home, school, cafes, cinemas, universities, bicycle sheds, office or wherever your cycling journey ends, means that you never again need to carry it around with you. We feel that as this improves helmet ease of use, it could also significantly improve helmet usage.

**Security**

Again, simply brilliant. Passing a standard shackle lock (one too large to fit through the air vent) through the hole in the upper arm, helmets can be locked securely onto Helmetor®.



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VAT No: 1649846 | European Patent No.2867108

# TESTED ON AR\$EHOLES NOT ANIMALS



Hi There

I'm Charlie the Bikemonger and I make Happy Bottom Bum Butter. Let me tell you all about it:

**What is it for?** Happy Bottom Bum Butter is what is often referred to as a chamois cream. Basically you slap it on your bum area and it:

- **Reduces friction and infection**
- **Reduces pain**
- **Repairs skin**
- **Fanny friendly for females**
- **Made in Dorset UK**



Small 10g "knob" £3.50. Big 100g tub £17.99

**What's it made from?** It's actually 100% vegan - we don't make it out of vegans, as they are awkward to harvest. But seriously it's made from vegetable and nut extracts... totally 100% natural ingredients.

**Why is it better than other creams?** Well, this is not a cream, it's a vegetable butter that is absorbed into the skin. So unlike the creams it doesn't feel like someone has squirted toothpaste down your shorts. It not only lasts a lot longer, less is required and it's pretty damned resistant to water too.

**Charliethebikemonger.com or call me on 01929 475833**

**Available from many great bike shops**

**Trade enquiries: Bikemonger on 01929 475833 or Ison Distribution on 01353 662662**

# Saddle up for Bicycle Island

Written By: Irene Caswell



**T**he Isle of Wight – also known as Bicycle Island – is one of the best places in the world to cycle. Head for the UK’s cycling capital, located four miles off the South Coast.

Quiet country lanes and scenic off-road cycling routes make the Isle of Wight an ideal destination for a UK cycling holiday or short break. There are cycling routes to suit everyone, with a choice of challenging off-road bridleways, peaceful byways and level purpose-made tracks on former railway lines. Within an area of just 147 square miles you will find over 200 miles of cycle routes enticing you into the countryside or along the coast.

Lonely Planet has described the Isle of Wight as a “cycling paradise” and one of the Top 10 destinations that “should be on every cyclist’s wishlist”. As well as the varied terrain, they praised the Island for attracting young and trendy Londoners with its “gastropubs, slick hotels and a calendar full of festivals”.

Bringing your bike to the island is really easy. You can hop on the train and head down to Portsmouth, Southampton or Lymington and your bike goes for free on all car ferry routes. You just pay the passenger fare. The bike will be safe on board while you cross the Solent ready for your Bicycle Island Adventure.



## Cycle Hire on Bicycle Island

Don't worry if you don't want to bring your own bike it's easy to rent bikes of all shapes and sizes, as well as all the gear. Options include mountain bikes, road bikes, hybrids, children's cycles, tandems, and leg-saving electric bikes. You can arrange for someone to meet you with your hired bikes when you step off the ferry, or get them delivered to your accommodation. When it comes to bike rentals and cycle tours the Isle of Wight offers a service second to none. Run by passionate staff who live and breathe cycling, you can be safe in the knowledge you're riding high quality bikes that are regularly serviced and maintained to an excellent standard.

## Cycle Parking, Storage and Bike Hubs

The island has two brand new cycling hubs in Cowes and Newport. The Cowes Hub is located at the Red Funnel Red Jet Terminal and is fully enclosed, incorporating dual-level storage for 72 bikes. For security, it has sensor controlled lighting and 24 hour CCTV and a universal repair stand, along with a range of tools for repairing punctures.

The Newport hub is located at the Riverside Centre on Medina Quay. This accommodates 16 bikes, which can be left in secure storage. Shower facilities are also available.

There are over 700 cycle racks of varying types around the Island that can be used for free. So when you need to stop for a rest or to see a view you can park your bike up.

## Electric bikes and charging points

With its hilly terrain the Isle of Wight can be challenging for some riders but with an electric bike you will be able to go where others have gone before. They make cycling the Island easy for all abilities. The distance you can take on an electric bike depends on how hilly the ride is and how much effort you put into pedalling. A good idea is a full charge should last around 65 miles. There are extensive charging points across the island and a full list can be found online. Electric bikes can be hired from the following locations at Newport, Red Squirrel Electric Bikes and Yarmouth, Wight Cycle Hire.

## Cycling Holidays and Tours

There are over 200 miles of cycle routes criss-crossing the Island ranging from flat, car-free paths to tough off-road territory. Half the Island is an Area of Outstanding Natural Beauty and you can cycle along the coast, through ancient woodlands, and across the Downs, taking in the spectacular views.





**Hire A Hymer** is a family-run business offering campervans for hire throughout the **Midlands** and **Milton Keynes**. We offer a comfortable, cost-effective and high quality motorhome hire service to make your adventure once-in-a-lifetime experience.



Explore your surroundings and discover the wonders of the nature on your journey and tell your friends and family a story about your wonderful travels throughout Europe.

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Tel: 01908 543491 • e-mail: [help@hireahymer.com](mailto:help@hireahymer.com)

Lonely Planet has described the Isle of Wight as a "cycling paradise" and one of the Top 10 destinations that "should be on every cyclist's wishlist".



## THE OLD MILL

B E D & B R E A K F A S T



The **Old Mill** is a licensed bed and breakfast situated on the **Yorkshire Wolds** surrounded by open fields and rolling countryside. We have 8 en suite luxury bedrooms, cosy residents lounge, fully licensed bar and restaurant. Evening meals are available to our guests Monday - Friday, and pack lunches can be provided on request daily. We have heated lockable secure storage for all bicycles on site.



"**Big Skies Bike Rides**"- eight OS mapped circular bike rides on quiet roads and country lanes in the yorkshire wolds - immediately surrounding the Bed and Breakfast. Visit the [www.visithullandeastyorkshire.com/cycling](http://www.visithullandeastyorkshire.com/cycling) site to find out more.

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# BEACONS FARM SHOP

AT THE  
WELSH VENISON CENTRE

**OPEN MONDAY TO SATURDAY 8:00AM - 5PM**

**BANK HOLIDAY 10AM - 5PM • LARGE CAR PARK**

The Beacons Farm Shop is based at the family-run Welsh Venison Centre where we sell our own produced, award winning lamb, beef and venison, plus quality local pork, poultry and a selection of other meat. We also sell fresh, locally baked bread, deli items and seasonal vegetables.



**ALL WELCOME!**



Seasonal  
VEGETABLES



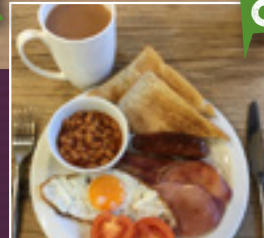
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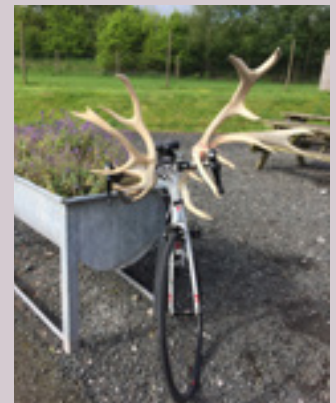
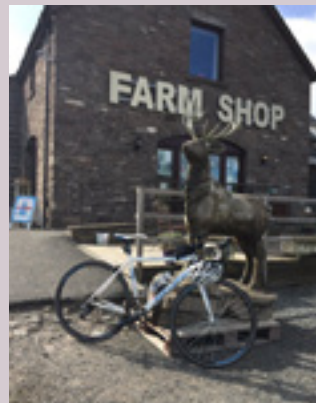
[WWW.BEACONSFARMSHOP.CO.UK](http://WWW.BEACONSFARMSHOP.CO.UK)



## Farm shop welcomes cyclists

**W**elsh Venison Centre & Beacons Farm Shop welcomes all types of wheels. It's the perfect place to stop while out on your bike along the A40 between Brecon and Crickhowell.

We are a local farming family, butcher's & farm shop. We are delighted to offer our cycling followers the healthy option as well as a sweet treat to boost energy levels whilst on route. Stop in the farm shop for a cuppa and cake whilst enjoying the beautiful views that surround us in the Brecon Beacons National Park.



You may also enjoy enduring the mountain biking routes in the local area. We are happy for you to leave your car in our large car park while you climb the Allt and Mynydd Troed, enjoying the incredible views of Llangors Lake and the Usk Valley.

We also welcome biking groups and have plenty of room for you to leave your wheels while you refuel.

Pre order your food for your group visit.

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

Welsh Venison centre & Beacons Farm Shop  
Bwlch, Brecon, Powys, LD3 7HQ

**01874 730929**

[info@beaconsfarmshop.co.uk](mailto:info@beaconsfarmshop.co.uk)





# Top Four Cycle Trails on the Isle of Wight

## The Red Squirrel Trail

Distance: 32miles (51km)

Start: **Cowes** Finish: **Cowes** Grade: **Easy/Medium**

Terrain, gradients and access:

Mainly (approx. 15%)  
and roads (approx. 20%)

**Route Description:** A family-friendly, car-free route that follows a disused railway line and takes in a variety of sites including the glorious coast, woodland, farmland and estuaries. Watch out for the famous furry residents – many of the Island's red squirrels live around here.



## Chalk Ridge Extreme

Distance: 50 mile (80km)

Start and Finish:

**Newport or Freshwater** Grade: **Hard.**

Terrain, gradients and access: mud  
and slippery chalk sections. Mainly  
bridleways and byways with 25%  
on roads. Height gain – 1503m

**Route Description:** This is where you can test your fitness on the toughest hills on the Island on a route that is a pure adrenaline rush. You will pass historic Carisbrooke Castle, the mysterious Mottistone Longstone, and get incredible views of the world-famous Needles.



## Taste Round the Island

Distance: 66 mile (100km)

Start: **Yarmouth** (or link into the route from the ferry ports at Cowes, Ryde or Fishbourne)

Finish: **At starting point** Grade: **Medium**

Terrain, gradients and access: All surfaced tarmac or gravel. Around 95% on roads.

The total ascent is a staggering 1375m



**Route Description:** Pedal all the way round the Island, on the Round the Island Cycle Route, stopping off at gourmet locations along the way. This is a scenic extravaganza with some serious hills that will ensure that you earn your cream tea. Hint: the hills are slightly easier if you head clockwise. Blitz it in a day or take your time and stay a while, checking into bike-friendly bed and breakfast accommodation along the way, with some providers offering secure bike storage

## In search of Jimi

Distance: 11Km

Start and Finish: **River road car park Yarmouth**

Grade: **Easy Loop with some on road sections**

Terrain, gradients and access: Bridleways and trail riding with great views and experience of country life on the island. Elevation gain 163m.



**Route Description:** A two hour cycle which follow in the footsteps of Jimi Hendrix who played his last major gig at the iconic Isle of Wight Festival in 1970. You will see a statue of Jimi which is a great spot for selfies.



# VIA CLAUDIA AVGVSTAE

## crossing the alps on the roman footsteps

The Via Claudia Augusta, completed within 60 years, is an exemplary sample of Roman construction and a masterpiece of antique engineering. With this road, the Romans had built the first proper mountain road across the Fern Pass and the Reschen Pass more than 2000 years ago and formed a connection all the way from the Mediterranean Sea by Venice to Donauwörth and the Danube in Germany.

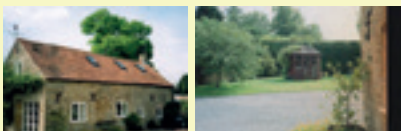
Nowadays the Via Claudia Augusta enables cyclists to experience a unique and stunning crossing of the Alps and to get to know the most beautiful sides of the former Roman domain. And thanks to organized transfers across the two passes you can do so without too much effort. Of course, it's still your choice whether to use the transfers or to use your own muscle strength.

The variety of different landscapes along the Via Claudia Augusta and the many options starting from Germany (Donauwörth, Augsburg or Füssen) traversing through Austria and ending at different cities in Italy (Bolzano, Riva del Garda, Verona, Peschiera del Garda or Venice/Quarto d'Altino) make this bicycle tour a unique adventure which you have to experience for yourself! All options, including some starting from Innsbruck/Austria can be seen at [www.inntour.com](http://www.inntour.com).



## Weavers Cottage

"Visit Britain 4 Star Gold Award Listed Cottage"



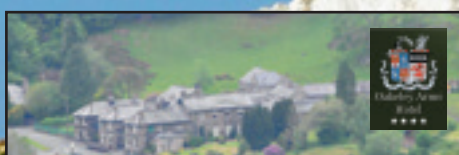
Set in an acre of private ground. The spacious one bedroomed cottage sleeps 2 people, a travel cot is available on request.

The self catering cottage is a delightful base from which to explore the beautiful Somerset countryside, visit Market Towns, and the five National Trust properties nearby. This is an ideal area with walking trails & cycling routes.



There are many large private gardens in the area - which are open to the public. All the villages nearby have excellent pubs or restaurants.

Higher Street, West Chinnock, Somerset, TA18 7QA  
Tel: (+44) 01935 881370

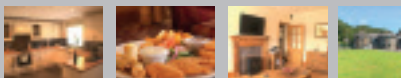


### IN THE HEART OF SNOWDONIA

Great location for outdoor activities, especially Mountain Biking.

Once derelict stables have been lovingly renovated into stunning self catering holiday cottages set in the Oakeley's grounds.

Situated in the pretty village of Maentwrog and surrounded by the lush green hills of the Vale of Ffestiniog in the heart of Snowdonia, the Oakeley Arms is the perfect base for a holiday in North Wales...




Oakeley Arms

Tan Y Bwlch, Maentwrog, Blaenau Ffestiniog, Gwynedd LL41 3YU

Tel: 01766 590277 • info@oakeleyarms.co.uk



"Islanders are cycling crazy and organise events throughout the year that are based around biking."




## EXPANSE HOTEL

AND MARINE BAR

BRIDLINGTON









A haven of peace and comfort, somewhere to relax and recharge, or a base for exploration.

The Expanse is all these and more. It is a hotel with a feel of its own, this may be partly dictated by its superb location, but mostly because it is still owned and managed by the same family that built it.

Perfectly situated at the finishing line of the popular 'Way of the Roses' coast to coast cycle route the Hotel is your perfect destination for you to recharge before your journey home or stay.


Expanse & Marine Bar  
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Isle of Wight countryside at your own pace. The island offers something for everyone and all ages including sea swimming, kite surfing, horse riding, paragliding and outdoor yoga.

## Cycling Holidays

There is a wide ranging selection of cycling friendly accommodation on the island. With a variety of options available to you including secure storage & bike parking, flexible meal times to fit around your plans and maintenance services. If all this seems like too much effort the easiest way for you to book a cycling holiday to the Isle of Wight is to let someone else sort it all out for you! There are companies that can plan itineraries, offer guides, provide baggage handling and arrange for accommodation for you if required.

Wight Walk Cycling Holidays, Island Cycling Adventures and Tackt-isle can plan itineraries, offer guides, provide baggage handling and arrange for accommodation for you if required.



Other adventures to try include 'Christmas Tree, Yachts, Forest and Her Majesty's Guests' and 'Glorious Appuldurcombe gate and low flying planes'. The majority of the cycle routes are off road making cycling a safe option for all the family.

You can hire someone to take your luggage for you from the ferry terminal to your accommodation. You could also get your bags taken from one B&B to the next – so you can cycle without being weighed down. Just keep your credit card for a gourmet lunch and go! If you need to rest your legs for a while, there are limited spaces for cycles on the historic Island line train that takes you from the pier head at Ryde to the seaside resort of Shanklin.

Download routes, and find out more about Bicycle Island, at [vistisleofwight.co.uk](http://vistisleofwight.co.uk), Visit Isle of Wight's official Tourist Board website for the Island.

## Take a tour

If you'd like to be guided around the Island by an expert, book on to a cycle tour where you can be led along a route tailored to your skill level.

## Cycling Events

Islanders are cycling crazy and organise events throughout the year that are based around biking. One of the highlights is the annual Randonnee – a family event, on open roads, that takes you around the Island's most jaw-droppingly beautiful spots. There is a choice of a 55km or 100km route, heading clockwise around the Island. Around 3,000 cyclists take part every year.

Also, don't miss the Isle of Wight Cycle Fest in September where you can take your pick from over 70 rides and events for all abilities, ranging from junior racing to the mighty Seven Hills MTB challenge. It is aimed at families, as much as the serious cyclists, and concludes with a cycle themed party.

## The Great Outdoors

The Isle of Wight measures 23 miles by 13 miles and is littered with picturesque villages and bustling small towns, and country lanes surrounded by greenery and the quintessentially English thatched cottages. Be sure to stop off at one of the designated Areas of Outstanding Natural Beauty. Why not take a picnic and make a day of relaxing and exploring the beautiful

# Accommodation on the Isle of Wight

## Cabins, Eco-friendly Accommodation and Glamping:

### Glamping the Wight Way



Glamping the Wight Way offers a completely off grid experience, located on isle's wonderful western side the hand-crafted tented lodges offer river views and incredible interiors. The site is situated on a mixed arable & livestock working farm of approximately 900 acres around the saltwater tidal River Yar estuary. An exciting environmental habitat with extraordinary biodiversity, the estuary is renowned as being a haven for Lapwing, Teal, Kingfisher and many other feathered friends. Located in quite country lanes and near the River Yar cycle route it is a perfect cycling getaway [www.glampingthewightway.co.uk](http://www.glampingthewightway.co.uk)

### Tiny Homes

Tiny Homes are set in a smallholding environment adjacent to the magnificent Parkhurst Forest with walking trails, cycle routes and wildlife galore – including the Isle of Wight's famous red squirrels. Tranquil coastline or bustling Cowes are a cycle ride away. As you would expect the development utilises many eco friendly measures – including solar power, composting toilets, wood burning stoves and water recycling. There are three (eventually six) Tiny Homes. [www.tinyhomesholidays.com](http://www.tinyhomesholidays.com)



### Toms Eco Lodges



Tom's Eco Lodge takes UK Glamping to the next level, with beautiful Safari Tents, Wood Cabins, Modulogs, and Pods, all nestled away in the glorious surroundings of Tapnell Farm, on the Isle of Wight. Stunning sea views, space to roam, and sandy beaches nearby create the perfect farm stay for an adventurous family holiday, relaxing group get together, and even a romantic hideaway. The River Yar cycle route is 1.5 miles away [www.tomsecolodge.com](http://www.tomsecolodge.com)

### North Yorkshire Moors National Park Excellent cycling area

'Woodside' is a luxury self catering cottage, situated in an idyllic situation, tucked away down a pretty lane next to Cloughton woods. It is self contained and part of a larger house occupied by the owners.



#### The cottage sleeps 2

Fully equipped with all bedding and towels provided.

All heating and lighting included in price

Laundry service available • Bookings are from Friday to Friday

Short breaks available • Free wi fi. • No smoking. • No pets

Secure shed for cycles • Balcony with fabulous views.



Quarry Close Cottage, Quarry Road,  
Burniston, Scarborough, North Yorkshire YO13 0DJ  
Tel: 01723 870660 • [maggie@maggie martin.co.uk](mailto:maggie@maggie martin.co.uk) • [www.maggie martin.co.uk](http://www.maggie martin.co.uk)



## Family Friendly Accommodation:

### Freshwater Bay Country House (HF Holidays)



Freshwater Bay Country House is a world away from the hustle and bustle. Surrounded by extensive grounds, it has excellent views and direct access to the sea. The building dates from the 1790s and is a prominent local landmark, occupying a premier coastal location below the chalk cliffs of Tennyson Down. It offers a Discovery Point which is jam-packed with maps and detailed walks and cycling routes to allow you to plan your self-guided trip.

[www.hfholidays.co.uk/country-houses/freshwater-bay](http://www.hfholidays.co.uk/country-houses/freshwater-bay)

### Island Riding Centre

Island Riding Centre is an equestrian complex and holiday centre located on the outskirts of Newport offering indoor and outdoor horse riding, livery yard, riding sessions and has a range of 2, 3 and 4 bedroom self catering accommodation sleeping from 2-12 people or larger groups of up to 40 if booking multiple units. [www.islandriding.com](http://www.islandriding.com)



### The Orchards Caravan and Camping Holiday Park



The Orchards Holiday Park offers a peaceful holiday location, with quality facilities in beautiful natural surroundings. The holiday park is situated on the edge of an Area of Outstanding Natural Beauty with stunning Isle of Wight countryside views from all over the park grounds. It is great base for you to explore the island from.

[www.orchards-holiday-park.co.uk](http://www.orchards-holiday-park.co.uk)

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[enquiries@theroyalvictoria.co.uk](mailto:enquiries@theroyalvictoria.co.uk) • [www.theroyalvictoria.co.uk](http://www.theroyalvictoria.co.uk)

The Royal Victoria Hotel is uniquely placed on the edge of the Snowdonia National Park within 30 acres of our very own gardens and woodlands.

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Secure bike storage



On Scottish Borders cycle routes

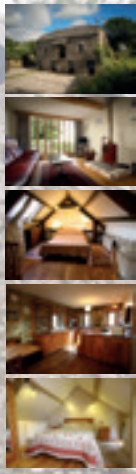
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Welcome to DartmoorHolidays.co.uk  
the website of Old Sowtontown.

We are a smallholding with three self-catering holiday cottages, 'The Barn', 'The Shippen' and 'The Hemphouse'. We are in a rural setting within the National Park on the western edge of Dartmoor.

Open moorland is within a ten-minute walk. Tavistock, a historic market town, is 3 miles away, and Peter Tavy, the nearby village, has a 15th Century inn serving good food. The National Cycle Route 27 goes past our gate.



Old Sowtontown, Nr Peter Tavy, Tavistock, Devon PL19 9JR  
Tel: (01822) 810687 e-mail: [chrisboswe@aol.com](mailto:chrisboswe@aol.com)



Situated in the heart of Berkshire, Donnington Grove Hotel is a stunning country hotel nestled in the tranquil countryside near Newbury. Set in 500 acres of gorgeous countryside, the hotel boasts unrivalled views of Donnington Castle, the beautiful River Lambourn and all the wildlife that calls it home.



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[www.donnington-grove.com](http://www.donnington-grove.com) Grove Rd, Newbury RG14 2LA

## Alora Valley View Accommodations

Alora Valley View accommodations is set in the beautiful mountains on the outskirts of Alora village. The accommodation is made up of two bed and breakfast rooms and one large self catering apartment with private outside space.



The area is very popular with cyclists walkers and climbers. There are several cycling routes in the area, and EBikes can be delivered or collected from a nearby village.

While you are here why not take a walk around the world famous Caminito Del Ray or take a swim in the stunning EL Chorro lakes. Come and visit one of the most Scenic and beautiful areas in Andalucia.



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T: +34 952 495 643 • M: +34 630 126 367 • E: [info@aloravalleyview.com](mailto:info@aloravalleyview.com)



“If you'd like to be guided around the Island by an expert, book on to a cycle tour where you can be led along a route tailored to your skill level.”



**Bouillatou**

Situated in the tranquil village of Bouillac in its own grounds of 40 acres, Bouillatou which was originally a local farm has been renovated to create six stone cottages offering superb holiday accommodation. Approached by its own private drive (lined with walnut trees) the cottages which all form part of the ensemble are each individually designed and have their own distinct character, along with each having their own private terrace and BBQ facilities.



Over the past ten years the owners Becky and Steve Lea have made a substantial investment in improving the facilities available at Bouillatou, including the development of an all-weather tennis court, along with satellite TVs and wood burning stoves in some of the cottages. There is also a children's play area and a beautiful heated outdoor pool.

With stunning views across the valley, there is ample room to sit, sunbathe and soak up the tranquillity.

“Bouillatou” 24480 Bouillac, Dordogne, South West France  
 e-mail: becky.bouillatou@orange.fr  
 Tel: Steve on 00 33 (0) 647 06 94 62



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## Elm Cottage Touring Park

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**Touring caravans, motorhomes and tents** are all welcome, and we're dog friendly too! Additionally, there are **Seasonal Pitches** and **Long Terms Stays** also available.

Elm Cottage Touring Park, Chester Lane,  
 Near Winsford, Cheshire CW7 20J  
 Phone: 01829 760544  
 E-mail: booking@elmcottage.co.uk

## Cycle-Friendly Accommodation



### The Caledon Guest House

The Caledon Guest House in Cowes is a great place to have a cycling holiday. It is conveniently located right on the round the island cycle route with beautiful rooms and great local breakfast.

Offering a secure cycle store (takes up to 12 bikes), outside taps for water bottles and a hose to wash down the bike at the end of the day and a few useful tools are all on hand to make your stay effortless so you have more time to enjoy the views.

[www.the-caledon.co.uk](http://www.the-caledon.co.uk)



### Rosemary Cottage B&B

Rosemary Cottage is a 'Home from Home' place to stay in a quiet but accessible location. Cyclists have the use of a secure large garage for the safe and dry storage of bikes. Outside cleaning facilities are provided for washing down bicycles or walking boots and a utility room is available for drying outdoor clothing and footwear so clothes can dry overnight. Boot scrapers, emergency cycle and puncture repair kits, torches, local guides, Ordnance Survey maps and first aid kits to mention a few handy extras are available. Washing, drying and ironing facilities are available on request. Cycle hire, repair and rescue and luggage transfer can also be arranged.

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



### Lower Hyde

Lower Hyde is a Park Dean holiday park set in a scenic location with plenty of outdoor activities to keep everyone entertained. This wooded park gives you double the fun as you can also use all the facilities at the sister park Landguard, meaning there's plenty to do. They have an onsite bike hire facility run by Route Fifty7 who have a great selection of bikes for all the family. They even have tandems available. This is a great base, right on the heart of the Red Squirrel trail, to have a cycling holiday.

[www.parkdeanresorts.co.uk](http://www.parkdeanresorts.co.uk) [www.route57.co.uk](http://www.route57.co.uk)



### The Clifton

The Clifton in Shanklin is brimming with coastal charm, this oasis of calm is perched perfectly on the clifftop, it's the home from home where you can make yourself comfortable in one of 15 individually designed bedrooms. Being awarded the Welcome Cyclists accreditation the accommodation is assessed to meet the special needs of cyclists. This means that they have been fully checked out so you can book with confidence, knowing that you have quality accommodation and a warm welcome waiting for you at the end of each day's activity.

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



## Hotel Bed & Breakfast




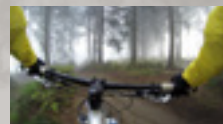
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Conveniently located on NCN3 in the tranquil village of Marhamchurch near Bude, Court Farm Holidays is the ideal base for those seeking to conquer the challenging coastal roads with their commanding scenery, complete the Cornish Way or simply head inland on quiet lanes to explore the villages and farms surrounding the area. Opportunities for the off-road enthusiast abound with nearby routes across open farmland leading to the sea, whilst the stunning settings of Cardinham Woods, Lanhydrock and Haldon Forest Park are all within one hour's drive and offer excellent, purpose-built off-road and mountain bike tracks.

Whether you choose to stay in a house with hot-tub, converted courtyard barn or traditional cottage with woodburner, with onsite holistic treatments available and the village pub across the road Court Farm is the perfect place to discover North Cornwall.



[www.courtfarm-holidays.co.uk](http://www.courtfarm-holidays.co.uk) 01288 361494 07813 594 056 Quote  
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Alnmouth, a small town by the sea is not very far from Newcastle. The calm and cozy town is famous for its exquisite offerings of natural beauty and relaxing environment. That is why people come here to spend vacations all the time. Among the best hotel services in this picturesque small town, Schooner Hotel is one of the most popular.




The popularity of the hotel sprouts not only its location, which is very fascinating, close to the sea offering an amusing view, but also for the sincere service we offer. This establishment has been providing hospitality service since the 1600s. With the experience of several centuries under the belt, we know what our precious patrons need.


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 Phone: 01665 830216 • Email: [info@theschoonerhotel.co.uk](mailto:info@theschoonerhotel.co.uk)

## Boutique Accommodation



### The Seaview Hotel

The Seaview Hotel Restaurant and Bar is a rare example of a unique independent British coastal hotel. Located on the north-east Isle of Wight in the picturesque sailing village of Seaview it is very close to the Victorian town of Ryde. Seaview has a nostalgic feel as if not much has changed since the Fifties. They are now offering a special two-night break which includes the use of electric-bikes during your stay.

[www.seaviewhotel.co.uk/ebike](http://www.seaviewhotel.co.uk/ebike)

### The Royal Hotel

The Royal Hotel is surrounded by cliffs and windswept headlands forming an especially beautiful part of the Coastal footpath and English Channel, Ventnor possesses an unrivalled and enduring beauty. Nestled into exotic south facing gardens overlooking Ventnor's stunning coastline. For the best al fresco views, head for the clifftop Riviera Terrace. The nearby beach, heated outdoor pool and daily high tea make this a great choice for families. Our 51 bedrooms are each decorated with flair in fine fabrics and furnishings to guarantee our guests have the most comfortable experience possible.

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



### The Bay Boutique B&B

The Bay Boutique Bed and Breakfast is newly refurbished Victorian property in the heart of Freshwater Bay on the Isle of Wight in an area of outstanding natural beauty. It is located just a few minutes walk from the beach and bordering footpaths and cycle routes. Original period features have been restored but the house is now fit for the 21st century; rooms are equipped with USB charging points and Smart TVs connected to high speed Wi-Fi. They can also offer electric bike hire during your stay which are charged by solar panels.

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

**Cycle Real Spain**

Our secluded watermill is located in a lush, wooded river valley in the heart of Andalucia. Situated on an extensive network of tracks, it is the ideal base for mountain biking and exploration.

The mill makes an excellent centre for enjoying the local culture, wonderful wildflowers in spring, abundant birdlife and beautiful walks on long golden autumn days. Whether your choice is for an active holiday or simply relaxing by the large pool, the mill has it all. Self-catering holidays of any duration is a choice of individual properties. Within easy reach of Malaga and Granada.

Telephone (UK) 07708 520239 • Email enquiries@ratonera.com

**Yorkshire Cycle Hub**

The Yorkshire Cycle Hub is a purpose built cycling destination centre based in the heart of the North Yorkshire Moors ideally placed for spectacular and challenging riding both on and off road.

A unique offering of retail, workshop, hire, café and accommodation facilities together with 2 classroom/multifunction rooms make us the ideal place to host all manner of gatherings.

Yorkshire Cycle Hub  
Fryup Gill Farm, Great Fryup Dale,  
Leaholm, Whitby, North Yorkshire, YO21 2AP  
Tel: 01287 669098 • hello@yorkshirecycleyhub.co.uk

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*Welcome*

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Café - Restaurant - Auberge

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

**A warm, personal welcome awaits you at A La Bonne Vie Restaurant.**

We opened our Restaurant, Café & Auberge in July 2008 and have since built up a regular clientele based upon serving good food and drink in a welcoming friendly atmosphere.

Our food is all home-made and cooked to order and we do our utmost to accommodate people's likes, dislikes and any dietary requirements - all we ask is for a little notice if possible.

**Le Beugnon** is on the **La Vallée de Thouet** cycle route from **Saumur to La Rochelle** and we welcome all cycling groups that pass through our village known locally as **The Petit Suisse** area.

"We are in the heart of the rural countryside in a delightful little village where you can enjoy peace and tranquillity.

Should you wish to come and visit us either as a stopover on one of the routes, or to investigate the area a little more we can accommodate you for one night or more. We are happy to offer bed and breakfast or you may wish to enjoy your meals in the restaurant, the choice is yours. All our rooms have en-suite facilities with showers, we have 3 double rooms and one twin room available. We do have an area where your bikes would be secure.

If you would like more information about staying with us or a lunch whilst passing through please give us a call or contact us through our website and we will be happy to help."

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## Dog Friendly

The Isle of Wight is one of the most genuinely dog-friendly places to visit, with a massive variety of walks around our coastlines, beaches to be sniffed, places to be explored and acres of downland and woodland to be scampered on.

Dogs are welcome on most of our beaches all year round and there are loads of restaurants, cafes, hotels, pubs, holiday cottages and places to stay that would be honoured to host your pooch – as well as you, of course. Lots of accommodation places have separate sections for pet-friendly places to stay so that everyone can enjoy their holiday according to their needs.

Luckily, on the Isle of Wight we have more than 100 hotels, guest houses and self-catering establishments more than happy to accommodate dogs during your stay. Have a look here at just a couple of our favourites.

### Albert Cottage Hotel

Albert Cottage Hotel is secluded, private, and set against a backdrop of the Osborne House Estate, the former home of Queen Victoria. It was once home to Victoria and Prince Albert's youngest daughter, Princess Beatrice. The Grade II listed building, set in two acres of gardens is now a charming ten-bedroom boutique hotel offering a ground floor suite with separate room and private courtyard area which is dog friendly [www.albertcottagehotel.com](http://www.albertcottagehotel.com)

### The Fountain Inn

If you're coming over as a foot passenger with your dog then you can't get much handier than The Fountain Inn in Cowes. A short hop from the Red Jet ferry from Southampton, it offers comfortable and central accommodation with modern décor and some sea views. Ask when you book for pet-friendly rooms. Perfect for the discerning dog who favours a bit of Cowes Week sailing action!

[www.oldenglishinns.co.uk/our-locations/the-fountain-inn-cowes](http://www.oldenglishinns.co.uk/our-locations/the-fountain-inn-cowes)

### Willow and Pond Cottage

Willow and Pond Cottage (Sykes Cottages) in Yafford are not only set in idyllic surroundings out in Yafford, they're also dog-friendly. The perfect location in the quieter South West of the island, it's perfect for long dog walks out in the countryside and along the coast. Willow Cottage can accommodate three people and Pond Cottage up to five people, so if you're a big group you can book both and take two well-behaved doggies with you.

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

### Luccombe Manor Country House Hotel

Another dog-friendly option in Shanklin is Luccombe Manor Country House Hotel, which stands high on the cliff top. With the most beautiful sea views over the nearby Sandown Bay, it's a tranquil place to get away from it all. Just a two-minute walk away from the busy Old Shanklin Village, it also has a pool, direct beach access and a games room, meaning there's plenty to do for every guest – whether two legged or four!

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

**La Fosse**  
Chambre d'Hôtes



Built around 1850 La Fosse is a granite built Chambre d'Hôtes and 7 acre smallholding located in the rural heart of Lower Normandy. This tranquil country setting is conveniently situated 15 minutes from the towns of **Domfront**, **Ambrières le Valeses**, and **Gorron** making it the perfect base to explore the beauty of Normandy.





La Fosse is within easy reach of the **Velo Francette**.

We are happy to welcome cyclists and have the facilities to provide secure cycle storage, drying facilities and a variety of tools to assist you on your Journey.

We can pick up your bags from the previous overnight, or take them to the next evening's stop. We can even pick up you and your bike if necessary.

For bookings or more information about the services we offer please see our web-site.

La Fosse 61350, Saint Fraimbault  
Tel: +33 233 627 105  
la-fosse@outlook.com  
www.la-fosse.eu




**Leeson House** is located in the heart of the **Isle of Purbeck, Dorset**, on the scenic Jurassic Coast and is ideal for access to many classic road and mountain bike routes.

Group accommodation is available for up to 70 people in the dormitory-style bedrooms of the spacious old manor house on either a self-catered basis or fully catered.

Prices start from: Self-catered - £20.00 per person per night; Fully catered - £50.00 per person per night.

For further information: please visit our **website [www.leesonhouse.com](http://www.leesonhouse.com)**. To enquire about available dates, please contact us by email: **leeson@dorsetcc.gov.uk** or by telephone: **01929 422126**.






Leeson House  
Langton Matravers, Swanage BH19 3EU  
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Located 3 miles from the county town of Dorchester. We have an excellent village pub, great cycling being just a few miles from the Jurassic coast.

Adventurous mountain biking in Puddletown Forest in the heart of Hardy country.







The cottage sleeps 5, 2 double rooms and one single. There is a rear secure garden with a lockable shed for bike storage. Parking at the side of the property for 2 cars.

[www.sweetchestnutcottage.co.uk](http://www.sweetchestnutcottage.co.uk)  
e-mail: [info@sweetchestnutcottage.co.uk](mailto:info@sweetchestnutcottage.co.uk)




**Petros Court**

Petros Court is located in the city centre of Canterbury within a 5 minute walking distance from Canterbury East Station and Canterbury Bus station. Petros Court has 418 en-suite rooms, each containing a 4' small double bed. The bedrooms are arranged in cluster flats, containing three to eight rooms. Each flat has a spacious kitchen and dining area, furnished with sofas, a dining table and a television. You can also upgrade your room to bed and breakfast, choose a full board option or half board option or simply use the our kitchens for self-catering; the choice is yours.

Throughout the year Petros Court is used for academic purposes by Canterbury Christ Church University, however in the summer months we open our doors to the public to stay in our 5\* university accommodation, to allow small medium and large groups to benefit from affordable, high quality accommodation close to transport links and in the heart of the historic city of Canterbury.

Petros has two landscaped courtyards along with bike sheds, which can store up to 60 bikes. You can enjoy a good night's sleep knowing that we operate 24-hour security on site. We can accommodate groups of all sizes for short one night stays, long weekends or for longer stays if required.

If you would like to find out any further information or book your accommodation please visit our website [www.canterburyvacations.com](http://www.canterburyvacations.com) email us at [bookings@canterburyvacations.com](mailto:bookings@canterburyvacations.com). Alternatively please call us directly on **0800 456 1116** and one of our team will be more than happy to help.

## Cycle Friendly Pit stops



### Pedlars café Newchurch

A cycling friendly café located on the Red Squirrel Trail in Newchurch. This café offer cycle parking, a repair station, lots of information as well as a cosy indoor seating with a log burning stove for the winter months. Relax in the sunshine on our large secluded decking area overlooking the wildlife pond. From here you can watch wild birds and red squirrels feeding in the beautiful surroundings. Serving breakfast and lunch as well as cakes you will be spoilt for choice. [www.pedallerscafe.co.uk](http://www.pedallerscafe.co.uk)



### The Breeze Island Harbour

A The Breeze Restaurant and Bar is set within the peaceful surroundings of Island Harbour Marina, one of the Solent's best-kept secrets. Just two miles south of Cowes it is easily reached by bike and is located on a popular off road cycle route between the harbour and Newport. It is also ideal if you are arriving by boat, moor up and use it as a base for your cycling adventure. [www.island-harbour.co.uk/thebreeze](http://www.island-harbour.co.uk/thebreeze) [www.island-harbour.co.uk/thebreeze](http://www.island-harbour.co.uk/thebreeze)



### Off The Rails Yarmouth

Located on the River Yar cycle route, Off the Rails is based in the old Yarmoth Station and has a Southern Railway theme. It has a signal box so you can watch the birds on the marshes. The old station has been given a new lease of life welcoming walkers, cyclists, birdwatchers, tourists and locals to the area. With an extensive menu and seating inside and out it is a great place to stop off. It is adjacent to Wight Cycle Hire where you can hire a variety of bikes too. [www.island-harbour.co.uk/thebreeze](http://www.island-harbour.co.uk/thebreeze)



### The Salix Beach café

Situated on a sandy blue flag beach with spectacular views of Sandown Bay and Culver Cliffs, The Salix Cafe is located on the revetment in Shanklin which is part of the Red Squirrel route. Offering delicious freshly cooked food and top quality local Island Roasted Coffee and Carisbrooke Tea park up rest a while and even have time to dip your toes in the water! [www.thesalixcafe.co.uk](http://www.thesalixcafe.co.uk)



## Things to See and Do on the Isle of Wight

There are some great places to visit each with their very own unique character and heritage. Look out for some of the famous historic monuments such as St Catherine's Oratory, Tennyson's Monument and the Mottistone Longstone, all set on stunning rolling hills

### Victoria's Island Trail

The trail has been created specially to celebrate the release of major feature film 'Victoria and Abdul', starring Dame Judi Dench and Ali Fazal and partially shot on location at Osborne, the seaside palace that was both a much-loved family home and stately residence. The Trail includes key locations across the Island, including the church Princess Beatrice married in, the Queen's favourite Isle of Wight viewpoint, and the yacht club created just for her. Follow in the footsteps of a Queen - walk along the same paths and see the same views.

### Literary Heroes Trail

From Alfred, Lord Tennyson who made his home in Freshwater, to Lewis Carroll, who was inspired by the golden sands of Sandown, the scenery and tranquillity of the Isle of Wight has long been a source of creativity for some of the world's literary giants. The Literary Heroes Trail takes you on a journey to discover locations where celebrated writers went on holiday, spent their childhood days and meant so much to them.

### Walking Festival

The Isle of Wight Walking Festival takes place every spring and has around 100 guided walks of all varying abilities and length. This is a two-week long celebration and finished with the popular Walk the Wight where you can walk the 26 miles across the island.





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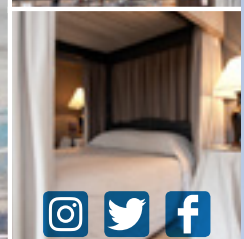
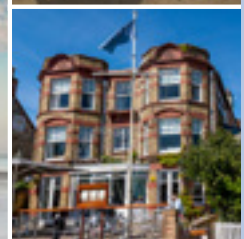
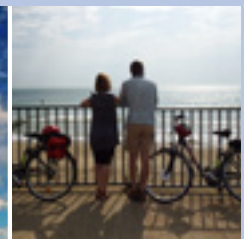
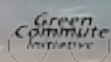
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## Pregnant Not Powerless

Multiple gold medal winner Dame Sarah Storey has continued to train throughout her second pregnancy, providing confidence and inspiration for other pregnant cyclists.

She says: "Staying fit and healthy in pregnancy is important for so many reasons. If you stop exercising and your body is normally used to doing it then the shock to your system can lead to fluid retention and other complications. Your baby will benefit from you being fit and healthy as they are less likely to struggle with their own weight as they grow. The other positives are to the way you feel. Exercise helps with confidence and the endorphins provide that sense of happiness and calm. I trained throughout my first pregnancy and am following a similar plan this time too. It's important to be safe, not overheat or get dehydrated but don't be afraid to raise your heart rate if you feel comfortable doing so. Listening to your body, wearing suitable clothing and having a smile on your face are my 3 top tips for exercise in pregnancy."

Dame Sarah, 39, has supported her baby bump during training with the FittaMamma 'Ultimate' range of maternity fitness wear, designed to work like a sports bra for the bump, the range lifts and holds to make exercise during pregnancy more comfortable.

FittaMamma ([www.fittamamma.com](http://www.fittamamma.com)) say, 'We're proud that our maternity fitwear has supported Dame Sarah throughout both her pregnancies.'

But more importantly, when high profile athletes continue to exercise throughout their pregnancies it inspires and motivates other women, giving them the confidence to maintain their fitness.'

Pregnant women who stay active are less likely to suffer from complications such as diabetes and pre-eclampsia as well as more widespread pregnancy niggles and discomforts, such as backache and varicose veins; they tend to have shorter labours and speedier postpartum recovery and maintain a healthier pregnancy weight gain. Exercise has a positive impact on the baby too; infants born to women who exercise are leaner at birth, have improved long term vascular health and are more likely to exercise themselves later in life. Healthy active mothers raise healthy active children.

Whilst hard core downhill mountain biking is not recommended for pregnant women, cycling is a safe way to maintain pregnancy fitness.

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The Old Mill has a double and single bedroom and a sofa bed, a log burner, luxury bathroom and an enclosed garden with loch views.

Pods are heated and insulated with electrics and luxurious shared bathroom facilities. Bedding and towels are available. Each has a loch view terrace and cooking facilities. There is no minimum stay.

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Craskie is ideally situated for exploring the extensive MTB trails of Glen Affric, as well as being just 2 miles from the start of the coast to coast Affric-Kintail Way. If Road Cycling is more your thing there is a huge area to explore and tarmac to the doorstep! Craskie is the perfect base for the North Coast 500, Moray Coast Trail and Great Glen Way.

Glencannich teems with wildlife all year long, from magnificent Red Deer who call the glen their home to the secretive Pine Martens in the forest and majestic Golden Eagles which soar overhead.

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Cycle Challenge  
**West Africa**

By: Tom Owen

Riding 300km over four days may not sound like much to a seasoned cyclist, but when you replace your local training roads with the dirt tracks of two of Africa's poorest countries, the task begins to look a whole lot harder. Now ratchet up the temperature to somewhere in excess of 35°C, throw in a few minor support car disasters, and replace your trusty favourite MTB steed with a hybrid shopping bike with a stretched chain and a mind of its own.

What you're picturing is probably something like the West Africa Cycle Challenge (WACC), a



vibrant, chaotic, incredibly difficult and massively rewarding supported cycle ride from Bo in Sierra Leone, to Robertsport in Liberia. WACC is organised by Street Child, a UK-based charity that specialises in getting some of the world's poorest children off the streets and back into education.

After landing in Freetown, we drive to Bo. The roads are tarmac. This seems promising. We arrive at around 2pm, and by 3 one of the heaviest tropical rain storms I have ever seen is thundering down around us. We shelter in a bar where a never-ending procession of Sierra Leonean men take turns to play pool. We eat cassava leaf stew.



Over the course of a week, we eat quite a lot of cassava leaf stew. It's fair to say cassava leaf stew is not my favourite thing.

We meet our bikes. They are, to mild surprise, in quite good nick. Street Child has teamed up with local bike mechanic, Karim Kamara, who is also the country manager for another charity called Village Bicycle Project. They ship bikes here from the US in cargo containers, sometimes as many as 600, and then Karim is the man charged with distributing them around Sierra Leone. It's immediately clear that he knows his way around a beat-up old mountain bike.

After dinner we have a harrowing – I suspect intentionally-so – safety briefing from the expedition medic. We all promise to lather ourselves in hand sanitiser at every opportunity.

And then in the morning we actually have to do the cycling. Setting off from Bo in the (relative) cool of the early morning, we are escorted by an enthusiastic and horn-happy police motorbike rider.



Before long we are into the countryside. The tarmac runs out as we turn towards the town of Potoru, replaced by the famous, bright red mud of Africa. In every village kids run out of the houses yelling 'poomuin', which means 'white person'. It is at first amusing, then a bit irritating, and then it gets funny again. We are, after all, something of a novelty.

We cycle onward, arriving in Potoru to an incredible welcome. The kids run from the houses and chase us into the centre of town. There must be hundreds of school children assembled here. They sing and



dance traditional dances. It is emotional, almost overwhelming.

We are beginning to see what a big deal this is. It's not just another bike ride. Potoru benefits from the work of Street Child, and they are delighted to have us here.

Potoru sets a tone for the whole trip. Everywhere we go, people call out, 'Street Child'. The name is instantly recognised because of the broad, far-reaching work they do.

The second day is the longest, nearly 11 hours 'on the road' to go 95km. A lot of this is stoppages related to the support cars. Cars in Africa have a tough life. And sometimes, like their human counterparts, they have a breakdown.



The heat is oppressive in the middle of the day, so when it starts to rain at 3pm it is a blessed relief. We are very pleased to arrive in the village of Sulima at around 7pm and tuck into a hearty feast of rice and groundnut stew (an entirely different kettle of fish to cassava leaf stew). We play frisbee in the dark with some of the village kids. This is exactly as dangerous as it sounds.

The third day is occupied mainly with crossing the border and a bit of riding either side. It's a bewildering and bureaucratic process, with a good deal of sitting around, being stared at by a humongous crowd of kids and adults. 12 tired-



looking poomuins sitting on some steps is the hottest ticket in town, it would seem.

Once we are into Liberia, the rest of the day is tarmac. A welcome relief from the cratered, red moonscapes we have been riding for the last two days. Sinje, where we stop for the night, is the most cosmopolitan town we have seen so far. They have a bar, playing a replay of the Champions League semi-final. While in the adjoining room a DJ plays extremely loud, truly terrible music.

The fourth and final day is a long slog down a road that, while flat, was one of the least enjoyable of the whole journey. Ridged in the middle, like a washboard, with stones and ruts littering the gulleys at the either side of the road. It's tough, without a second of respite, the handlebars judder and jump beneath tired hands. We were promised beach. Where is this beach?

Instead of beach we get hills. Three of them. Then some more of the horrible flat-bumpy road. And then finally we are in Robertsport. A beach town that used to be grand, but shows the ravages of the civil war here. Its streets are lined with abandoned mansions.

We turn left, following a motorbike sent to guide us home, and before us is a giant concrete mountain. The road suddenly tilts up to 10%. This is not what I needed. I have to cut side to side to take some of the sting from the gradient, even with a triple, it's a massive struggle. In reality, it's probably not a very big hill, but at the time it felt like the Zoncolan.

And then we are at the top. It's a brief descent to the beach, to colourful painted wooden cottages and thunderous crashing waves. The Pioneer edition of the West Africa Cycle Challenge is at an end.

The next West Africa Cycle Challenge will take place in January. There is more information available on their website, or, for those Londoners among you, there is a launch event on 29th June at Rapha, Spitalfields.





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# Seven beautiful bikes that use Hunt Wheels...

By: Tom Owen

Hunt Wheels have carved out a niche in the UK cycling market by making some pretty impressive road cycling wheels. The company was born out of an idea that the wheel sets the founders wanted to buy weren't available easily enough, so they made their own.

Hunt doesn't make cheap wheels to compete with the bargain basement prices of online retailers, instead, they make good wheels. Their attention to detail has made them a popular choice for bespoke bike builders, both here in the UK and further afield.

We decided to take a look at some truly beautiful bike builds that have been specced with Hunt Wheels kit.

## Quirk Cycles Stainless + Carbon Climber



This strikingly handsome road bike is a one-off custom machine from London frame builder, Rob Quirk. The paint designs on Quirk's builds are always, always on point but don't go thinking this one is just a pretty face.

Built with a daring combination of steel lugs (the joins between the tubes of the frame) and carbon fibre tubes, this is one incredibly-light, hill-killing machine. The wheels on this one are Hunt's Carbon 30s, keeping weight down and rolling resistance to the barest of minimums.

## Mason Cycles Resolution Dura-ace Di2 Hydro

That model name might be a bit of a mouthful, but the bike itself is a true feast for the eyes. The gnarly deep-section rims are Hunt's 50mm Carbon Wide model, and they're the disc brake version for that extra-responsive stopping power.

The rest of this bike is a balance between speed and toughness – it was created custom for a rider based in Malaysia, so needed to have enough durability to cope with dirt tracks out in the jungle.



## Rogers Bespoke Ronin



From all the way down under, Rogers Bespoke use British Hunt Wheels on their custom builds. This Ronin frame is made to go on adventures, inspired by the travelling samurai of ancient Japanese culture, it covers different terrains and does a powerful job when it gets where it's going. The full bike comes with Hunt Aero Race wheels as standard.

SRAM Force groupset, disc brakes and Chris King headset add the extra premium touches.

## Roman's Kent Eriksen Road Bike



This custom-built road machine was put together by Kent Eriksen, of Steamboat Springs in Colorado for Hunt Wheels team rider, Roman Siromakha. The bike is specced with Ultegra Di2 drivetrain and built around a fully bespoke geometry, for that effortless, niggles-free ride experience.



The frame is actually built in titanium, a material undergoing a major resurgence in frame building circles at the moment – especially stateside. The wheels, of course, are Hunt, with a hefty deep-section profile for those all-important aero gains.

## Enigma Evade



Enigma's Evade is all about creating a smooth, fast-rolling ride, with a frame geometry that suits endurance riding. Built with double-buttressed aluminum tubing, it's incredibly durable, making it a good investment for audax junkies as well as casual road riders looking for one 'do-it-all' machine. It's specced with Hunt's Race Aero wheels, which tip the scales at an impressive 1439g. <https://www.instagram.com/p/BRexTtEjjGzu/?taken-by=enigmabikes>

For those of more exuberant, transatlantic tastes, there's this NAHBS-winning frame liveried up in a mixture of UK and US-inspired paint – with added gold leaf. Bling!


## Shand Cycles Stoater




For fans of British manufacturing and the good old 'steel is real' philosophy, you could do much, much worse than the Shand Cycles Stoater. Built with a mix of Columbus and Dedacciai tubes, plus a pair of Hunt's Season Dura Disc hoops – it's a very classy piece of machine.

Created with versatility in mind, Shand claim the Stoater can take on gravel or performance touring, should you wish to get adventurous.





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# Mayberry Cottage

Llangattock, Crickhowell Wales

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This is literally the view  
from the sofa in our cottage

**“almost other worldly....  
A landscape shaped by an  
industrial past and now  
reclaimed by nature.”**

BBC Country file magazine 2014

## Location

A Fabulous 4-bedroom cottage set in two and a half acres beneath the Llangattock escarpment overlooking the beautiful town of Crickhowell in an area of outstanding natural beauty in the Brecon Beacons. Literally set on the hillside, up a steep windy lane, the views are breath-taking with direct access to numerous cycling and walking routes. The garden has livestock fencing to keep the sheep out and the dogs in!



One can enjoy the views across to table top mountain and the Sugar loaf and the black starry skies at night. The Llangattock escarpment is a site of special scientific interest with resident rare peregrines falcons. There are caves to explore and the Brecon canal is within walking distance which offers easy cycling. The cottage has the feeling of being remote but in easy reach of wonderful pubs and restaurants and a town with independent shops.

In 2014, BBC Country file magazine described Llangattock escarpment as "almost other worldly.... A landscape shaped by an industrial past and now reclaimed by nature." This area offers truly wonderful cycling routes for all abilities.

## Facilities



The quarrymen's cottages have been beautifully renovated with flagstone floors, traditional sash windows and cosy furniture. There are 4 bedrooms and it sleeps 8 comfortably. On the first floor there is one large super king bedroom, (small single pull out bed and cot available for use in this room.) One king size room, one twin room and a family bathroom with a bath and separate shower. On the mezzanine floor there is a king size bedroom with direct access onto the patio for an early morning coffee. This room has an with en-suite shower room.

On the ground floor there is a large sitting room with comfy sofas and chairs, a flat screen TV with Sky sports and movie package, plenty of games and books. There is underfloor central heating throughout downstairs and an open fire in the sitting room with a traditional stone spiral staircase. There is a good-sized hall with a desk and wifi throughout the cottage. Leading through to a large fully equipped kitchen including a rangemaster cooker, dishwasher and a large farmhouse table for cosy supper nights in.

There is a large boot room with a downstairs toilet, a washing machine, tumble dryer, freezer and plenty of drying space for equipment. Plenty of room for bikes, outside tap for cleaning. There is a comfy outside sofa, a garden table and chairs, a BBQ and an oak play barn with full size pool table, table tennis and table football.

## Llangattock/Crickhowell to Abergavenny

**Distance 8 miles (13km)**

**Ascent 675ft / 206m**

**Time 1 hour**



**Description** The Canal towpath is followed until it meets the NCN route 46 at Govilon Wharf. Route 46 is then followed to the heart of Abergavenny. The station is accessed via a well signed link from the bus station.



**Terrain** The Canal towpath condition varies a great deal and is unsuitable for road bikes. More up to date information on the surface can be found on the Canals and Rivers Trust website.

The towpath is shared with walkers and a "Share the space – drop your pace" approach should be used. The NCN is a mixture of traffic free, well surfaced greenway, highway and riverside path. Suitable for families between Llangattock and Llanfoist.



For more information please visit our facebook page: **Mayberry Cottage Wales** <https://www.facebook.com/mayberrycottagewales/>

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**SUN-MAID RAISINS  
FROM CALIFORNIA**

# Science in Sport announced Official Nutrition Partner to UK Cycling Events



## Riders to receive SiS nutrition bundle on signing up to 2018 events

UK Cycling Events (UKCE) has joined forces with Science in Sport (SiS), the sports nutrition pioneers, in a new two year partnership designed to help cyclists gain an extra edge to their riding.

Science in Sport will supply on-course nutrition to more than 80,000 endurance cyclists, at 80 UK-wide events next year, including the popular Wiggle Super Series, and the further expanded Brewin Dolphin Velo Series.

As well as boosting energy levels with on-course nutrition, riders will benefit from nutritional expertise from Science in Sport and its ambassadors at selected events throughout the season, in addition to a free fuelling guide to help cyclists adopt the right nutrition strategy for their event.

To launch the partnership, every rider booking onto a 2018 ride at UK Cycling Events will be offered the chance to claim a Science in Sport nutrition bundle to help maximise training and recovery.

Stephen Moon, CEO at Science in Sport, said: "We're delighted to be offering every rider taking part in UK Cycling Events a nutrition bundle with every entry containing our innovative, science-based nutrition products. This fantastic nutrition bundle will give UK Cycling Events riders the opportunity to fuel like Team Sky, British Cycling and our other elite partners"

Riders will be sent an opportunity to claim their Science in Sport nutrition bundle via their online booking confirmation.

A small charge will be required towards postage and packaging, however there will be no charge for the products included in the bundle which includes two Science in Sport REGO Rapid Recovery sachets to support recovery after a long ride, and six Science in Sport GO Isotonic Energy Gels with a flavour of your choice.

Natalie Hicks, Head of UK Cycling Events, said: "It's our aim to help more riders to experience the very best of cycling, so the chance to provide riders with the same nutritional expertise and outstanding products that are being adopted by world class teams, is really exciting

"Nutrition is the one area that we often find riders can overlook during training and events, but having the right fuel can make a big difference. We're hoping riders with book onto 2018 events and take advantage of the offer available."

Science in Sport has been fuelling the success of dozens of Olympic, Paralympic and World Champions since 1992. It currently fuels Tour de France winners, Team Sky, as well as the Great Britain Cycling Team, providing nutritional expertise ahead of key competitions. Its ambassadors include one of Great Britain's most decorated Olympians, Sir Chris Hoy.

Bookings for 2018 events can be made at [www.ukcyclingevents.co.uk](http://www.ukcyclingevents.co.uk)



# Supporting the ever-expanding cycling community

and its numerous events sits comfortably within Stena Line's increased strategic focus on sustainability and environmental improvements.

Promoting the better health and well-being of its staff and customers is now an integral part of Stena Line's day to day business and being able to support the Cycling World community is an exciting opportunity for Stena Line as it continues on its own Sustainable Journey.

[stenaline.co.uk](https://www.stenaline.co.uk)





Cycling in Ireland, as indeed other regions of the UK and Europe has undergone a renaissance in recent years. By hosting the Giro D'Italia in 2014, Northern Ireland established itself on the cycling world map with stunning images and memories being beamed around the globe, even despite the at times challenging weather conditions! The subsequent Gran Fondo legacy events have also helped to keep cycling at the forefront of everyday life as the number of registered cyclists in Ireland hits record numbers...and why wouldn't it with such a stunning array of amazing rides.

As well as local riders taking to the roads, more and more groups and clubs are travelling to Ireland to explore some of the most beautiful and challenging routes currently available in Europe.



As the largest ferry operator on the Irish Sea, Stena Line is uniquely placed to accommodate the increasing number of cycling visitors to Ireland. It offers the biggest fleet and the widest choice of routes between Britain and Ireland including Liverpool to Belfast, Cairnryan to Belfast, Holyhead to Dublin and Rosslare to Fishguard, a total of 228 weekly sailing options between Britain and Ireland. Stena Line also offers a direct service from Rosslare to Cherbourg with three return crossings a week.

The Irish Sea's leading ferry company operates a year-round schedule so no matter what time of the year you fancy a change of scenery, Stena Line is there to help out. Getting there couldn't be easier, you can even cycle to your nearest port, where there are no infuriating check-in queues or trips to the outsized baggage area! You simply ride onto the ship, store your bike securely in one of the many car lanes and then it's time to put your feet up and enjoy the sailing. You can stretch those tired legs of yours with lots of legroom onboard, free blockbuster movies, free Wi-Fi and a range of eating options throughout the ships providing a range of menu options to help build up the energy levels, or just have a coffee and snack and explore and relax in one of the many onboard locations to unwind throughout the ship.



If you fancy a little bit of luxury at sea, upgrade to Stena Plus and enjoy a range of little extras including complimentary drinks and snacks throughout your journey. Passengers on the Cairnryan and Belfast services can book into the exclusive Pure Nordic Spa – the only one on the Irish Sea - for a range of relaxing and invigorating treatments to prepare you for the breath-taking scenery to come.

For more details click on [stenaline.co.uk/cycling](http://stenaline.co.uk/cycling)

As Ireland becomes a must see and do destination for more and more cyclists, Stena Line has teamed up with Cycling World to provide an exclusive reader offer, you only pay for yourself and the bike goes for FREE between Britain and Ireland. With space for literally hundreds of bikes per sailing, this really is a wheely great offer!!



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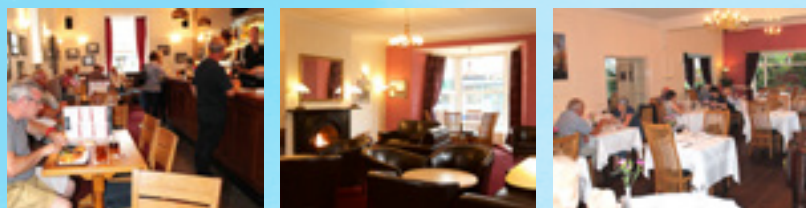
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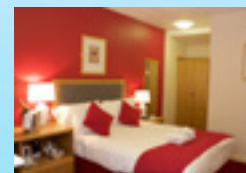
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Riding bikes boosts your brainpower, relationships, health and happiness.

Whether it's to boost your fitness, health or bank balance, or as an environmental choice, taking up bicycle riding could be one of the best decisions you ever make.

Not convinced? Here are 30 major cycling benefits, spread across improving your health, happiness and relationships



# 30



# of Cycling

GREAT BENEFITS

## Get There Faster

Commute by bike in the UK's major cities and you'll get there in half the time of cars, research by Citroen shows.

1

For example, if you drive for an hour in Cardiff's rush hour, you'll spend over 30 minutes going absolutely nowhere and average just 7mph, compared to averaging around 12-15mph while cycling. Even in bike-friendly or less congested cities outside of the UK, you'll still generally get around the city centres faster on a bike.



2

## A Deeper Sleep

An early morning ride might tire you out in the short term, but it'll help you catch some quality shut-eye when you get back to your pillow.

Stanford University School of Medicine researchers asked sedentary insomnia sufferers to cycle for 20-30 minutes every other day. The result? The time required for the insomniacs to fall asleep was reduced by half, and sleep time increased by almost an hour.

"Exercising outside exposes you to daylight," explains Professor Jim Horne from Loughborough University's Sleep Research Centre. "This helps get your circadian rhythm back in sync, and also rids your body of cortisol, the stress hormone that can prevent deep, regenerative sleep."

## Look Younger

Scientists at Stanford University have found that cycling regularly can protect your skin against the harmful effects of UV radiation and reduce the signs of ageing.

3

Harley Street dermatologist Dr Christopher Rowland Payne explains: "Increased circulation through exercise delivers oxygen and nutrients to skin cells more effectively, while flushing harmful toxins out. Exercise also creates an ideal environment within the body to optimise collagen production, helping reduce the appearance of wrinkles and speed up the healing process." Don't forget to slap on the factor 30 before you head out, though.



4

## Boost Your Bowels

According to experts from Bristol University, the benefits of cycling extend deep into your core.

"Physical activity helps decrease the time it takes food to move through the large intestine, limiting the amount of water absorbed back into your body and leaving you with softer stools, which are easier to pass," explains Harley Street gastroenterologist Dr Ana Raimundo.

In addition, aerobic exercise accelerates your breathing and heart rate, which helps to stimulate the contraction of intestinal muscles. "As well as preventing you from feeling bloated, this helps protect you against bowel cancer," Dr Raimundo says.

## Increase Brain Power

5

Need your grey matter to sparkle? Then get pedalling. Researchers from the University of Illinois found that a five percent improvement in cardio-respiratory fitness from cycling led to an improvement of up to 15 percent in mental tests. That's because cycling helps build new brain cells in the hippocampus the region responsible for memory, which deteriorates from the age of 30.

"It boosts blood flow and oxygen to the brain, which fires and regenerates receptors, explaining how exercise helps ward off Alzheimer's," says the study's author, Professor Arthur Kramer.



6

## Beat Illness

Is cycling good for you? Yes! Forget apples, riding's the way to keep the doctor at bay. "Moderate exercise makes immune cells more active, so they're ready to fight off infection," says Cath Collins, chief dietician at St George's Hospital in London.

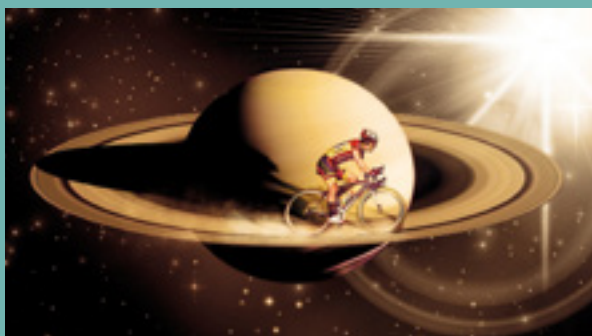
In fact, according to research from the University of North Carolina, people who cycle for 30 minutes, five days a week take about half as many sick days as couch potatoes.

## Live Longer

7

King's College London compared over 2,400 identical twins and found those who did the equivalent of just three 45-minute rides a week were nine years 'biologically younger' even after discounting other influences, such as body mass index (BMI) and smoking.

"Those who exercise regularly are at significantly lower risk of cardiovascular disease, type-two diabetes, all types of cancer, high blood pressure and obesity," says Dr Lynn Cherkas, who conducted the research. "The body becomes much more efficient at defending itself and regenerating new cells."



8

## Saving the Planet

Twenty bicycles can be parked in the same space as one car. It takes around 5% of the materials and energy used to make a car to build a bike, and a bike produces zero pollution.

Bikes are efficient, too — you travel around three times as fast as walking for the same amount of energy and, taking into account the 'fuel' you put in your 'engine', you do the equivalent of 2,924 miles to the gallon.

You have your weight ratio to thank: you're about six times heavier than your bike, but a car is 20 times heavier than you.

## Cycling Improves Your Sex Life

9

Being more physically active improves your vascular health, which has the knock-on effect of boosting your sex drive, according to health experts in the US. One study from Cornell University also concluded that male athletes have the sexual prowess of men two to five years younger, with physically fit females delaying the menopause by a similar amount of time.

Meanwhile, research carried out at Harvard University found that men aged over 50 who cycle for at least three hours a week have a 30% lower risk of impotence than those who do little exercise.



## 10 Its Good Breeding

A 'bun in the oven' could benefit from your riding as much as you. According to research from Michigan University in the US, mums-to-be who regularly exercise during pregnancy have an easier, less complicated labour, recover faster and enjoy better overall mood throughout the nine months.

Your pride and joy also has a 50% lower chance of becoming obese and enjoys better in-utero neurodevelopment.

"There's no doubt that moderate exercise such as cycling during pregnancy helps condition the mother and protect the foetus," says Patrick O'Brien, a spokesman for the Royal College of Obstetricians and Gynaecologists.

## 11 Heal Your Heart

Studies from Purdue University in the US have shown that regular cycling can cut your risk of heart disease by 50%. According to the British Heart Foundation, around 10,000 fatal heart attacks could be avoided each year if people kept themselves fitter.

Cycling just 20 miles a week reduces your risk of heart disease to less than half that of those who take no exercise, it says.



## 12 Impress The Boss

No, we don't mean your Lycra-clad buttocks will entice your superiors into a passionate office romance, but they'll appreciate what cycling does for your usefulness to the company.

A study of 200 people carried out by the University of Bristol found that employees who exercised before work or at lunchtime improved their time and workload management, and it boosted their motivation and their ability to deal with stress.

The study also reported that workers who exercised felt their interpersonal performance was better; they took fewer breaks and found it easier to finish work on time. Sadly, the study didn't find a direct link between cycling and getting a promotion.

## Cycle Away From The Big C

There's plenty of evidence that any exercise is useful in warding off cancer, but some studies have shown that cycling is specifically good for keeping your cells in working order.

# 13

One long-term study carried out by Finnish researchers found that men who exercised at a moderate level for at least 30 minutes a day were half as likely to develop cancer as those who didn't.

One of the moderate forms of exercise they cited? Cycling to work. Other studies have found that women who cycle frequently reduce their risk of breast cancer by 34%.



## 14 Cycle and Lose Weight

Loads of people who want to shift some heft think that heading out for a jog is the best way to start slimming down. But while running does burn a ton of fat, it's not kind to you if you're a little larger than you'd like to be.

Think about it — two to three times your body weight goes crashing through your body when your foot strikes the ground. If you weigh 16 stone, that's a lot of force!

Instead, start out on a bike — most of your weight is taken by the saddle, so your skeleton doesn't take a battering. Running can wait...

## Make More Money

# 15

If you're cycling to lose weight then you could be in line for a cash windfall... Well, sort of. Researcher Jay Zagorsky, from Ohio State University, analysed data from the National Longitudinal Survey of Youth — which saw 7,300 people regularly interviewed between 1985 and 2000 — to see how their obesity and wealth changed over that period.

Zagorsky concluded that a one unit increase in body mass index (BMI) score corresponded to an £800 or 8% reduction in wealth. So, shed a few BMI points on the bike and start earning.



## 16 Avoid Pollution

You'd think a city cyclist would suck up much more pollution than the drivers and passengers in the vehicles chucking out the noxious gases. Not so, according to a study carried out by Imperial College London.

Researchers found that passengers in buses, taxis and cars inhaled substantially more pollution than cyclists and pedestrians.

On average, taxi passengers were exposed to more than 100,000 ultrafine particles — which can settle in the lungs and damage cells — per cubic centimetre. Bus passengers sucked up just under 100,000 and people in cars inhaled about 40,000.

Cyclists, meanwhile, were exposed to just 8,000 ultrafine particles per cubic centimetre. It's thought that cyclists breathe in fewer fumes because we ride at the edge of the road and, unlike drivers, aren't directly in the line of exhaust smoke.

## Bike Riding Means Guilt-Free Snacks

# 17

Upping your salt intake is seldom your doctor's advice, but in the few days leading up to a big ride or sportive, that's exactly what you should do. This gives you the perfect excuse to munch on crisps and other salty foods you might normally avoid.

The sodium in them helps protect your body against hyponatraemia, a condition caused by drinking too much water without enough sodium that can lead to disorientation, illness and worse.



# 18

## Enjoy Healthy Family Time

Cycling is an activity the whole family can do together. The smallest tyke can clamber into a bike seat or tow-along buggy, and because it's kind on your joints, there's nothing to stop grandparents joining in too.

Moreover, your riding habit could be sowing the seeds for the next Bradley Wiggins. Studies have found that, unsurprisingly, kids are influenced by their parents' exercise choices.

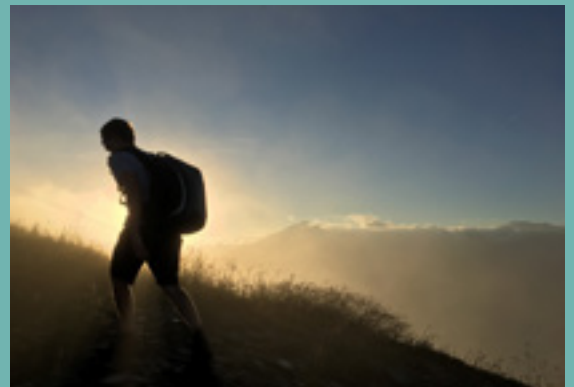
Put simply, if your kids see you riding regularly, they think it's normal and will want to follow your example. Don't be surprised, though, if they become embarrassed by your tendency to mismatch fluorescent Lycra when they become teenagers.

## Get Better at Any Sport

Whether you want to keep in prime shape or just improve your weekly tennis game, a stint in the saddle is the way to begin.

# 19

A recent medical study from Norway carried the title *Aerobic Endurance Training Improves Soccer Performance*, which makes it pretty clear that the knock-on benefits to other sports and activities are immense.



# 20

## Creative Breakthroughs

Writers, musicians, artists, top executives and all kinds of other professionals use exercise to solve mental blocks and make decisions — including Jeremy Paxman, Sir Alan Sugar and Spandau Ballet.

A study found that just 25 minutes of aerobic exercise boosts at least one measure of creative thinking. Credit goes to the flow of oxygen to your grey matter when it matters most, sparking your neurons and giving you breathing space away from the muddle and pressures of 'real life'.

## Helping Others

Many cyclists turn their health, fitness and determination into fundraising efforts for the less fortunate.

# 21

The London to Brighton bike ride has raised over £40 million for the British Heart Foundation since the two became involved in 1980, with countless other rides contributing to the coffers of worthy causes.



## 22 Get Fit Without Trying Too Hard

Regular, everyday cycling has huge benefits that can justify you binning your wallet-crippling gym membership.

According to the National Forum for Coronary Heart Disease Foundation in the US, regular cyclists enjoy a fitness level equal to that of a person who's 10 years younger.

## Boost Your Bellows

No prizes for guessing that the lungs work considerably harder than usual when you ride. An adult cycling generally uses 10 times the oxygen they'd need to sit in front of the TV for the same period.

# 23

Even better, regular cycling will help strengthen your cardiovascular system over time, enabling your heart and lungs to work more efficiently and getting more oxygen where it's needed, quicker. This means you can do more exercise for less effort. How good does that sound?



## 24 Burn More Fat

Sports physiologists have found that the body's metabolic rate — the efficiency with which it burns calories and fat — is not only raised during a ride, but for several hours afterwards.

"Even after cycling for 30 minutes, you could be burning a higher amount of total calories for a few hours after you stop," says sports physiologist Mark Simpson of Loughborough University.

And as you get fitter, the benefits are more profound. One recent study showed that cyclists who incorporated fast intervals into their ride burned three-and-a-half times more body fat than those who cycled constantly but at a slower pace.

## You're Developing a Positive Addiction

# 25

Replace a harmful dependency — such as cigarettes, alcohol or eating too much chocolate — with a positive one, says William Glasser, author of *Positive Addiction*.

The result? You're a happier, healthier person getting the kind of fix that boosts the good things in life.



## 26 Get (a legal) High

Once a thing of myth, the infamous 'runner's high' has been proven beyond doubt by German scientists. Yet despite the name, this high is applicable to all endurance athletes.

University of Bonn neurologists visualised endorphins in the brains of 10 volunteers before and after a two-hour cardio session using a technique called positive emission tomography (PET). Comparing the pre- and post-run scans, they found evidence of more opiate binding of the happy hormone in the frontal and limbic regions of the brain — areas known to be involved in emotional processing and dealing with stress. "There's a direct link between feelings of wellbeing and exercise, and for the first time this study proves the physiological mechanism behind that," explains study co-ordinator Professor Henning Boecker.

## Make Friends and Stay Healthy

The social side of riding could be doing you as much good, as the actual exercise and health benefits. University of California researchers found socialising releases the hormone oxytocin, which buffers the 'fight or flight' response.

# 27

Another nine-year study from Harvard Medical School found those with the most friends cut the risk of an early death by more than 60%, reducing blood pressure and strengthening their immune system. The results were so significant that the researchers concluded not having close friends or confidants is as detrimental to your health as smoking or carrying extra weight. Add in the fitness element of cycling too and you're onto a winner.



## 28 It Will Make You Happy

Even if you're miserable when you saddle up, cranking through the miles will lift your spirits.

"Any mild-to-moderate exercise releases natural feel-good endorphins that help counter stress and make you happy," explains Andrew McCulloch, chief executive of the Mental Health Foundation.

That's probably why four times more GPs prescribe exercise therapy as their most common treatment for depression compared to three years ago.

"Just three 30-minute sessions a week can be enough to give people the lift they need," says McCulloch.



## Feeling Tired? Go For a Ride

Sounds counter-intuitive but if you feel too tired for a ride, the best thing you can do is go for a ride.

# 29

Physical activity for even a few minutes is a surprisingly effective wake-up call. A review of 12 studies on the link between exercise and fatigue carried out between 1945 and 2005 found that exercise directly lowers fatigue levels.



## 30 Spend Quality Time With Your Partner

It doesn't matter if your paces aren't perfectly matched, just slow down and enjoy each other's company. Many couples make one or two riding 'dates' every week.





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is an adventure

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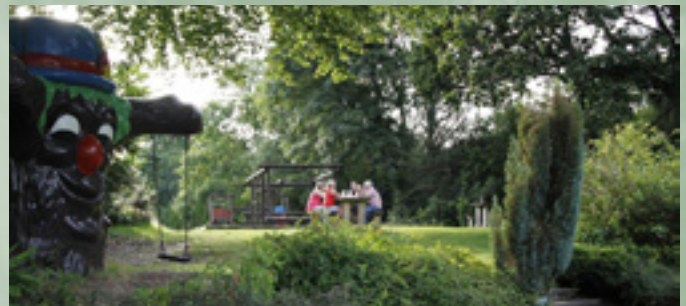
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# Coastal Cottages Training Breaks

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Pembrokeshire is the perfect training break location, whether you're wanting to focus upon your cycling solely or Triathlon training as a whole, Pembrokeshire has it all, you will be spoilt for choice with the training routes you can take on!

In 2010 Coastal Cottages CEO Matthew Evans created The Wales Sportive, the course he and Scott Powell used later that very year when they brought Ironman to Wales. The Course that is still used today for both events, with The Wales Sportive boasting one of the most amazing finishes in the Sportive Calendar.

If you are one of the 8500 athletes taking on The Long Course Weekend in 2018, training for Ironman Wales or just have one of these events on your bucket list, you can get familiar with their courses whilst in Pembrokeshire. You could get yourself accustomed to the open water swimming at Tenby's North Beach, become familiar with Pembrokeshire, and take in the picturesque location that you will pass on the cycle, or do some practice runs on the infamous Wales Marathon course.



With a Coastal Cottages training break you could give yourself the edge or the confidence that you need to take on these events, especially as you get the chance to cycle with an array of abilities that know the course backwards and meet up with the team that created it; for those money can't buy tips.



Pembrokeshire is the perfect place to take your family with an abundance of things to do for people of all ages. You can visit Pembrokeshire's beautiful beaches, spend a day in Folly Farm or take a boat trip to Caldey Island, if you're feeling adventurous you could go coasteering, or simply just take in the sights by visiting the castles and cathedrals, or exploring Pembrokeshire's National park. There really is something for everyone in Pembrokeshire.

Coastal Cottages Training Breaks start from £99 per break for 2 people for 4 nights and you can book from January 6th 2018 – 17th March 2018 (excluding 10th – 23rd of February).

Book your training break now by visiting [www.coastalcottages.co.uk](http://www.coastalcottages.co.uk) or calling **01437 765765**.





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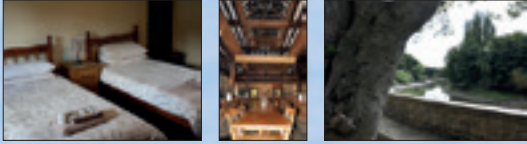
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# Custom Kit that Look's the Business

By: Tom Owen

For many, many years, the options a cycling club had for its custom team kit were limited to a small number of businesses, seemingly perpetually in a state of near-bankruptcy, who delivered basically the same product to all their customers, just with different colours applied onto the same basic templates. Oh, and it was always, always late.

This was an unsatisfactory state of affairs, but it was just the way things were. Like Brexit.

Now though, things have changed for the better. There is a new wave of bespoke kit brands who bring a design-focused approach to making custom apparel – offering stuff that not only looks great, but is of a far, far better quality than the scratchy polyester/lycra blends club members might have had to settle for in the past. Some of these companies even deliver their product on time.





## Le Col

Le Col was established in 2009 by pro-cyclist Yanto Barker. Barker drew on his experience as a professional to make the Le Col range as good as it could possibly be. Now, Le Col is the official kit sponsor of BIKE Channel Canyon – our UK-based, UCI Continental squad.

Barker says the aesthetics of cycling kit are way more important now than they have been historically, but that sometimes the tech doesn't keep pace with the looks.

"Kit has moved very quickly in the last few years and there are a lot of nice designs on the market. Lots of designers like cycling and have turned their skills to kit – that's actually the easy bit. The real challenge is making sure that technically the products perform at the same time as looking good. Fabrics and features have moved on a lot recently, which means they really work a lot better than a few years ago – if you know how to incorporate the developments. Not so many brands give this as much attention as it should."

Barker finds that there are plenty of people out there willing to pay more in return for something above average quality – both in looks and in technical performance.

"People come to us for their kit because they get a great service, are walked through the process and managed along the way with how it works and what to expect. We offer much more opportunity to design than most brands. Partly because I'm a passionate owner who thrives on providing a great product and service."

## Milltag

The founders of Milltag both have a design background, having worked on identities for major global brands before setting up in the custom kit biz. As such, their kits have a really sharp eye for detail and they can add a lot of value to the process

### Founder, Ed Cowburn, explains.

"We bring a desire to make kit that people are proud to wear beyond



it just being their club kit. We treat the process as we would designing a brand for a large corporate client. The same designers who worked on the Tour de Yorkshire and Laura Kenny's Matrix team (two clients of Milltag) are designing your club kit too.

"The service is properly bespoke, so we never use templates or simply replace colours and add logos. It means you are getting something genuinely unique."

And have they ever had to tell a client with their own ideas, 'no'?

"There have been some customers who have approached us with, erm, 'interesting' ideas but it's our job to educate and offer guidance such that they don't end up riding around in bad kit.

"But hey, design is subjective and life would be boring if we all liked the same things – so I'm sure that there will be some out there that will challenge our ideas of good design!"

## Primal

Primal, like Le Col and Milltag, offers its own designs for sale, as well as custom pieces. The brand, based in the south-west of England, has consistently grabbed attention with their loud and proud kits.

We asked James Smith, director of Primal, what they set out to do differently from more traditional operations.



"We offer a guaranteed delivery date, this means no '6-8 weeks' guesswork, and makes for a much more relaxed custom process for the customer. In fact if you want you can book your delivery date up to a year in advance and be assured that it will never ever be late. We also put no limits on design, unlike some more limited, templated designs."

And what is the most rewarding part of delivering a custom project?

"I think it's seeing a cool design in the flesh for the first time, or seeing images of the kit in use on social. We really do like our customers to #primaleurope whenever they can! Working with (UK-based pro team) Raleigh GAC to produce a kit that pays homage to the original Raleigh kits of the '70s was also very cool. I am sure you agree it looks incredible!"




# HardnutZ MTB helmets



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HardnutZ Mountain Bike helmets are now available in four matt colours and are part of our Stealth Hi Vis Range. Each helmet has 19 panels of 3M Scotchlite reflective vinyl that are colour coded to match the base colour of the helmet – virtually invisible in daylight but highly reflective under street lights and in the beam of car headlights and bike lights.



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Digwyddiad / Event	Pris / Price	Dyddiad / Date
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<b>Ras Hwyl 1k Fun Run - Mynediad am ddim i blant Ysgolion Cynradd Ardal Tregaron / Free entry for Tregaron Area Primary School Children</b>	10k - £10	
<b>Mynydd Mwdlyd / Muddy Mountain</b>	£30	18/ 02/ 2018
<b>Duathlon</b>	Unigol / Individual - £20 Cyfnewid / Relay - £30	25/ 03/ 2018
<b>Triathlon Wib / Sprint Triathlon</b>	£20	13/ 05/ 2018
<b>Beicio'r Bryn / Cycling Hill Climb</b>	£10	28/ 05/ 2018
<b>Sportif / Sportive</b>	Taith / Route 20 - £10 Taith / Route 40 - £15 Taith / Route 79 - £20	14/ 07/ 2018
<b>Triathlon Dŵr Agored / Open Water Triathlon</b>	£30	23/ 09/ 2018
<b>Endiwrwa Beic Mynydd / Mountain Bike Enduro</b>	£10	04/ 11/ 2018

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# Explore the Heart of Mid Wales

**B**ased in the tranquil market town of Tregaron with the majestic Cambrian Mountain as a back drop, Campau Caron have something for everyone; a hilly Mountain Bike Enduro, a challenging 1mile Hill Climb on a closed private road and the signature event - the Caron Sportive on July 14th, 2018.

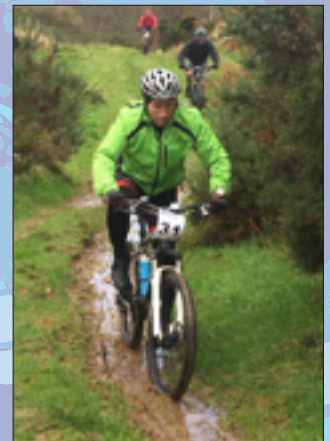


The Sportive offers three routes; the longest includes two of the toughest climbs in Mid Wales – the famous Devil's Staircase, and Route 72 which takes you from valley to hill-top in a matter of miles!

The shortest route on offer is Route 20 which traces the same opening 8 miles as the other routes before taking an undulating loop and dropping down through local lanes into sight of Cors Caron and the finish line.

The middle-distance Route 40 takes riders to the world famous village of Devil's Bridge, before climbing up to The Arch, a spectacular old masonry arch which was built in 1810 to mark the Golden Jubilee of King George III. It then heads back through Cwmystwyth and descends through the glorious Ystwyth Valley. But be warned; the short but fierce climb up the local leg zapper that is Trefriw Hill awaits before heading home.

Route 79 takes riders through the hills of the picturesque Elan Valley and an extremely scenic loop of the dams and reservoirs before reaching Rhayader. You then head on to the hills and mounds of Newbridge, but having covered 60 miles you'd be a fool to think that you were on the last leg. Climbs come thick and fast as you head back over the mountains towards Tregaron, and the famous Devil's Staircase awaits! After almost thirty minutes in the saddle you reach the summit and realise that the last few miles home will be long and hard.



However, the welcome at the finish is always warm and a pint of ale and bite to eat at the famous Talbot Hotel makes the hard work worth it. With beautiful scenery and a route for all abilities, there is nowhere better for your weekend adventure than Tregaron.



COUNTY  
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BIRR



# Activity Breaks

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AT THE COUNTY ARMS HOTEL

Enjoy a huge variety of activities right on your doorstep the County Arms Hotel, is the perfect base for your Offaly activity break with Birr Outdoor Adventure Centre located next to hotel, Birr Castle & Gardens, Bike Park Ireland, Lough Boora Parklands both have bike hire on site and Slieve Bloom Mountains for walking.

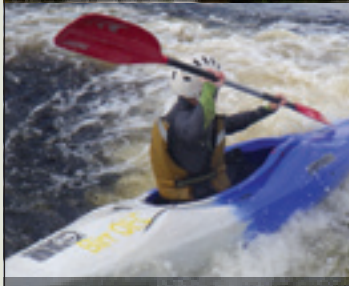
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Explore the great cycling routes  
the Midlands have to explore.....



County Arms Hotel Birr is a 4 star hotel run by 3 generations of Loughnane family. It is situated in the historical town of Birr in the centre of Ireland. We provide an ideal environment for you to relax and rejuvenate whilst the surrounding area offers a wealth of history, scenery & culture in the midlands . A number of great cycling options through a series of scenic routes to choose from, all with their own personalities. The choices of terrain on offer range from hill climbs to flatland so a trip may be planned which will tax even the most seasoned cyclist's ability within the Slieve Bloom Mountains or along the banks of the River Shannon



Other nearby cycling routes include the Birr Cycle Hub, these cycle routes will guide you through the scenery and sights surrounding the town of Birr including the renowned Birr Castle Gardens & Science Centre and its neighbouring towns and villages.

More famous historical routes are Moneygall Kearney Loops, featuring 3 different loops including the 39km route which honours US President Barack Obama's momentous 2011 visit in search of his Irish roots. Pilgrim's Path - Lemanaghan to Clonmacnoise 24.5km



# COUNTY ARMS HOTEL BIRR



crosses early historic Ireland from east to west was known as an tSlí Mór, the Great Road, and where it crossed the River Shannon lies Clonmacnoise, a place of peace and sanctity on the site of an ancient monastery which became a popular amongst pilgrims. Lough Boora Parklands with 22kms of scenic trails, including a 9km car-free cycle path for younger cyclists to safely enjoy. It's the perfect way to experience the unique landscape of Lough Boora along with it's massive outdoor sculptures, lakes and countless species of birds. Just hire your bike at the Visitor's Centre, Monday to Sunday and get ready to pedal off into the great Lough Boora wilderness.



Bike Park Ireland is a must do experience, offering everyone from beginners to pros an action packed day. There are 6 downhill trails to choose from, a fast uplift service, a 2km enduro climb and the largest pump track in the country. This gravity fed mountain bike park is the thrill seeker's biking experience.

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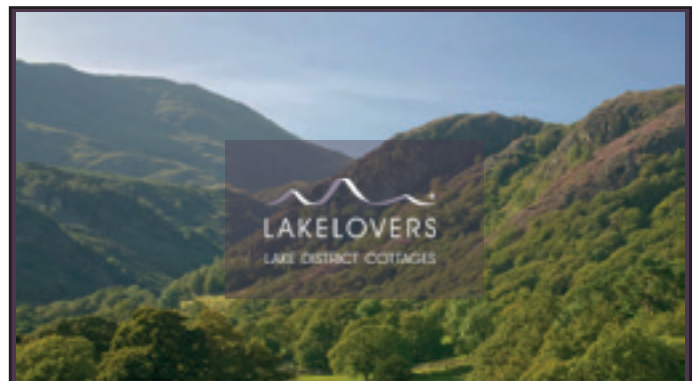
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## RIDE WILD ON A RUGGED UNSPOILED PART OF THE SOUTH AFRICAN SHORELINE - THE WILD COAST

On the east coast of South Africa lies one of the best kept secrets of an adventurer's paradise! The Wild Coast got its name from the huge freak waves that get whipped up as the wind and Indian Ocean currents collide on the shallow continental shelf. The rough seas have caused havoc for mariners over millennia resulting in an uncountable number of shipwrecks along this 250km or so of rugged coastline.

The ocean attracts seafaring adventurers of all types as they enjoy the abundance of marine life, the most spectacular show being the 'Greatest Shoal on Earth', the annual sardine migration along the coast accompanied by a frenzy of dolphins, sharks and game fish.

It's not only the ocean that's wild, but also the adjacent land. It's mostly the rural home of the amaXhosa (most famous of which, Nelson Mandela), so largely still unspoiled, making it an ideal adventure playground for outdoor enthusiasts like hikers and mountain bikers. It's a mountain biker's dream to ride wild, race the tide on the long sandy beaches, hop over rocky outcrops, skirt some cliffs, swim or wade some rivers all the while soaking in the immense beauty of this special place.

When the trail leaves the beach, riders experience cattle tracks in open grasslands, game trails in

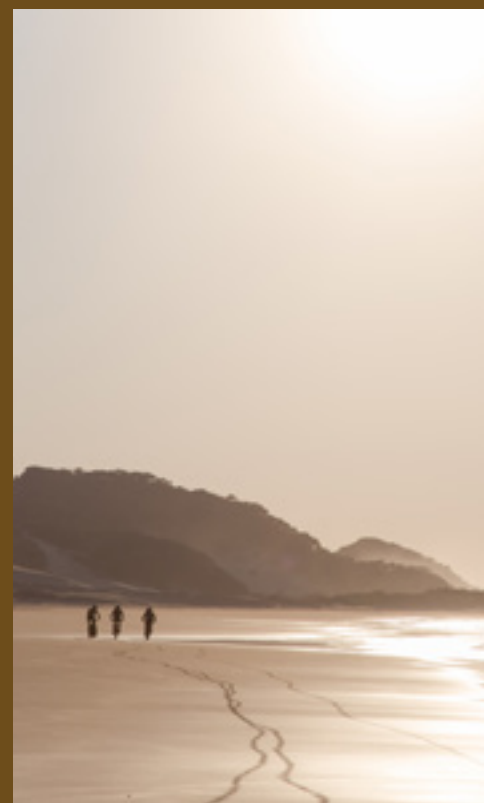


coastal bush and the walking paths of the rural amaXhosa created as they go about their daily lives.

While venturing to this paradise is not for the faint hearted as challenges beyond normal mountain biking abound, the rewards are immense and truly worthwhile. With smart planning, some local knowledge and the right support, adventures on the Wild Coast can be tailored to suit most levels of riding skills and fitness.

From a leisurely amble from hotel-to-hotel for a few days to a full on non-stop expedition of the entire coast. An adventure with your bike here would be one of those memorable 'once in a lifetime' experiences.

I'm privileged to call the Wild Coast home and enjoy nothing more than seeing visitors 'blown away' when they experience it.





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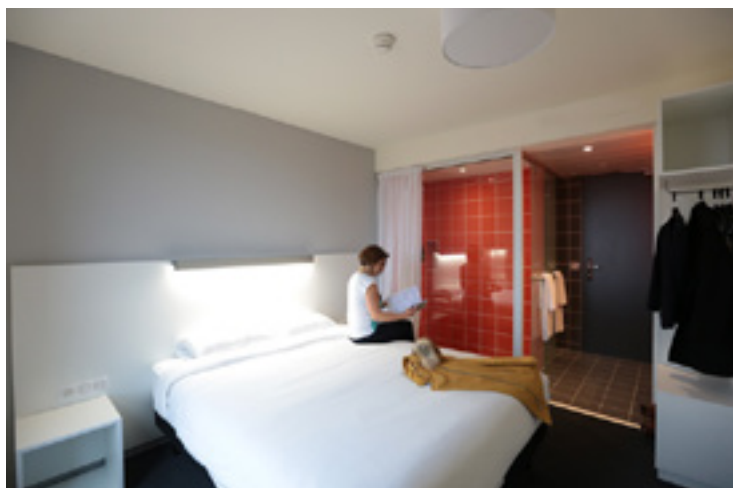
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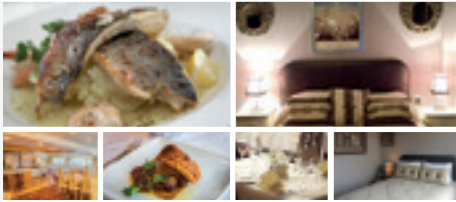
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[www.themartlets.org.uk](http://www.themartlets.org.uk)

Contact Clem Hunnissett [events@martlets.org.uk](mailto:events@martlets.org.uk)  
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## Bike it to Budapest

This book, published for the first time last year, after twenty years of cycling route experimentation between the UK and Budapest in search of a the most stunning traffic free route. It follows some 2,000 km of Europe's major marked river cycle paths as well as some of the less well know ones. The starting point is either The Hook of Holland or Europort; campsites are included along the route, which skirts around some of Europe's most beautiful and historically important places.

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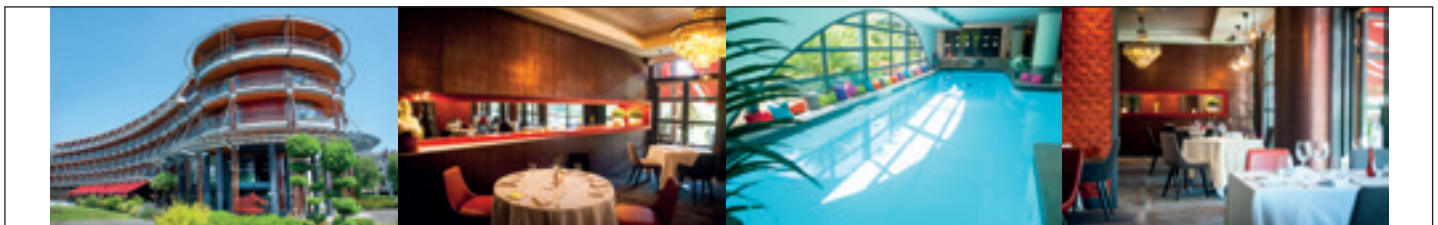
This is a self-catering gîte with two bedrooms for up to five people in rural Isère with an emphasis on quality and tranquility. A perfect base for Cycling in the area.



Velanne is an ancient settlement consisting of six or seven small hamlets with a total population of around 500. Le Bourg, or 'village centre', is the home to the Mairie and the 1884 bar/restaurant



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