

beicio cycle
cymru wales

If you love cycling you'll love S E Wales.

Our country could almost have been created for mountain biking. And in South East Wales we have some of the best parks and trails in the world for you to come and explore.

We already have several established purpose built bike parks that welcome thousands of visitors every year. And if you fancy a wander into the mountains you will find hundreds more managed forestry trails that will satisfy even the most experienced rider.

Planning your next adventure couldn't be easier - use our new online interactive map to help you explore our region by bike. Look out for the NCN (National Cycle Network) route markers too - they'll help take out some of the guesswork when getting around !

Plan your next cycling adventure with our online Interactive Map



Our online Interactive Map for use on desktop PC's is the must-see guide for anyone planning to explore South East Wales on two wheels.

Click on the icon to launch the map or use the following link in your browser:

www.cyclewales.org



Gethin Woodland Centre, Abercanaid, Merthyr Tydfil CF48 1YZ
07902 589955 info@bikeparkwales.com
www.bikeparkwales.com



Great Llwygy Farm, Abergavenny, Monmouthshire NP7 7PE
07779 243099 gwenda@blackmountainscyclecentre.com
www.blackmountainscyclecentre.com



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Cwmcarn Visitor Centre, Cwmcarn, Cross Keys NP11 7FA
01495 272 001 cwmcarn-vc@caerphilly.gov.uk
www.cwmcarnforest.co.uk



Eat & Drink



See



Stay



Toilets



Repairs

The Interactive Map is a mine full of information. You will find hundreds of trails that cater for all cycling abilities, useful pointers for cafes and restaurants, accommodation for overnight stays, interesting things to see and do and bike shops for spares & repairs.

Bike Parks & MTB Trails

SE Wales



Ariennir yn Rhannol gan
Lywodraeth Cymru
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Bike Park Wales is the UK's No 1 bike park. Carved into the rugged mountainside within Gethin Woods near Merthyr Tydfil, it has been five years in the making. Created 'for riders by riders', the Park boasts 29 purpose built trails and has something to offer everyone, from complete beginners to more seasoned downhill pros.



'Enter The Dragon' - 0.9km Expert Trail
Image © Szymon Nieborak

You can pit your wits against the longest Blue descent in the UK at Bike Park Wales - will it be 'Beast Of Burden' or 'Terry's Belly'? Or why not try them both?? At a whopping 4.6 km apiece, we don't recommend both on the same day!



'Insufficient Funds' - 0.8km Advanced Trail
Image © Szymon Nieborak

There is something for everyone at Bike Park Wales. All 29 trails are colour coded to signify their level of difficulty - there are currently 2 'Green' trails for beginners, 9 'Blue' for intermediate, 7 'Red' for advanced riders and 9 'Black' trails for the experts. There are also 2 'Pro Lines' that adjoin certain sections of some of the trails.

To experience the thrill of a downhill trail, first you must get uphill - every rider wants to be as fresh as a daisy for their two wheel gravity experiment, so naturally there is an Uplift service available to book from the bike lodge.



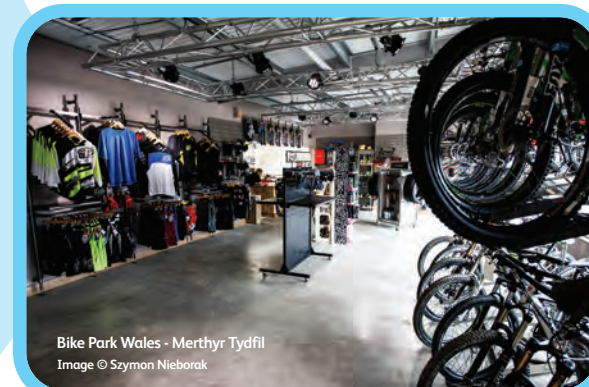
Bike Park Wales - Merthyr Tydfil
Image © Szymon Nieborak

Whether you want to stoke up on a full English before you hit the trails, or sit and mentally replay the 'awesome-ness' of what you've just done, the café is a relaxing place for something to eat, a great coffee, or just chill and chat.



Bike Park Wales - Merthyr Tydfil
Image © Szymon Nieborak

You won't fail to be impressed with the onsite shop at Bike Park Wales. You'll find everything from clothing, spares, repairs, custom tuning, even complete bikes. The knowledgeable staff pride themselves on delivering impeccable service and advice.



Bike Park Wales - Merthyr Tydfil
Image © Szymon Nieborak



**BIKEPARK
WALES**

'Enter The Dragon' - 0.9km Expert Trail
Image © Szymon Nieborak



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Located in the heart of the breathtaking natural beauty of the Black Mountains near Abergavenny, this cycle park is the latest addition to the purpose built MTB parks in SE Wales. The tracks have been lovingly designed by Shaun Bevan to create a very unique riding experience - so what are you waiting for?



If you crave the thrill of a whip or two, there are several tracks that will satisfy your hunger. Check out 'Moto' (Red) or 'Full Moto' (Black), 'Bone Yard', 'Tidy Darts' or 'Rabbit Run' for some high flying aerial action. You won't be disappointed...

There are 6 Black Runs at the centre, designed with the more experienced rider in mind. Each route is packed full of berms, table tops, chutes and jumps. Some are faster than others, but every one is guaranteed to get the adrenaline pumping.



'Rabbit Run' is a dirt rollercoaster which can be used as a warm up trail packed full of fun, twisty, pumps and jumps. It is designed as an intermediate trail but if ridden fast enough it opens up for all abilities.



The Black Mountains Cycling Centre is set within the backdrop of some of the most agriculturally rich countryside in South East Wales - it was the inspiration for the unique Uplift service, obviously !





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Cwmcam Forest Park is 'the' destination for all downhill and cross country adrenaline junkies, and is less than a 30 min drive from the Severn Bridge and the M4. It offers four trails for the more experienced rider. Choose either the naturally contouring 'Cafall' singletrack trail, or the legendary 'Twrch' trail. These 'Red' graded trails demand every ounce of skill and determination you can muster.



Pedalhounds Trail, Cwmcam Forest - Caerphilly
Image © Natural Resources Wales



Cwmcam's 'Y Mynydd' downhill trail has recently been joined by new downhill track 'Pedalhounds', that starts off in tight rooty woods with technical lines through the trees and then flows down over some open jumps and fast, steep turns before dropping back into the woods, packed with swooping turns.



There is an 'Uplift' service available to riders at Cwmcam that you need to book at the Visitor Centre. Due to tree harvesting in the forest, the service may be temporarily unavailable on certain days and sections of the park. Check the website for latest details before you plan your trip.



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Cafall Trail, Cwmcam Forest Park - Caerphilly
Image © Natural Resources Wales

Put simply, the 'Twrch Trail' at Cwmcam is 15.5 km of the finest purpose built single track you will possibly have the pleasure of riding. And if that wasn't enough, there is the mighty 'Y Mynydd' - two challenging 'Red' or 'Black' runs designed for experienced riders only, packed full of berms, switch backs, doubles, a tunnel, rock steps, the bridge, hip jump and the quarry gap.

Fuel up or recharge your batteries after a hard day's ride at Ravens Café located at the Visitor Centre. You'll find hot & cold meals, drinks and snacks, toilets and shower rooms for all those riders who go that extra mile.

Café & Visitor Centre, Cwmcam Forest Park - Caerphilly



Overnight stays are no problem at Cwmcam. It's a 4 star Visit Wales graded campsite. We have space for 18 caravans or tents, electric hook ups, showers & toilets - and why not try one of our 10 luxury glamping pods?

Glamping Pods - Cwmcam Forest





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Darren Fawr in the Garw Valley near Bridgend has two superb trails for riders of all abilities - the blue 'Glengarw' singletrack trail aimed at the intermediate rider and the black 'Gellideg' trail for the more experienced rider. Both trails are approximately 3km in length so when combined provide a fantastic 6km ride.



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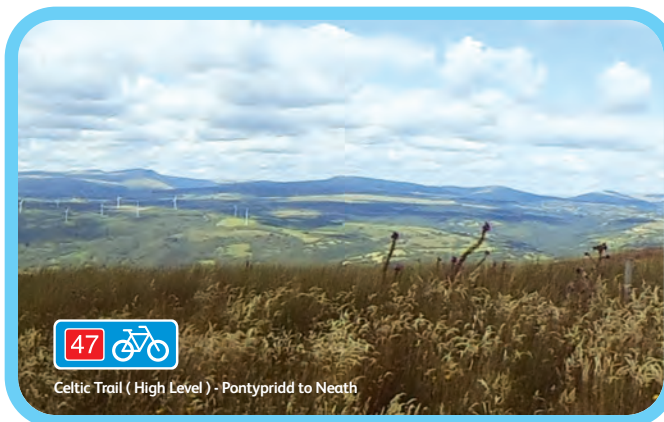
Darren Fawr - Garw Valley - Bridgend



Ariennir yn Rhannol gan
Lywodraeth Cymru
Part Funded by
Welsh Government

Visit Wales have designated 2016 as the Wales 'Year of Adventure'.

As part of this, the 10 Local Authorities in South East Wales are working in partnership to better promote visitor attractions and products via the cycle route network in the region. The project is supported by Visit Wales of the Welsh Government through the Partnership for Growth Fund. This fund was established to help destinations across Wales promote and develop the tourism offer, encouraging more people to visit Wales.



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Celtic Trail (High Level) - Pontypridd to Neath

The 'High Level' route of NCN 47 between Pontypridd and Neath is the toughest section of the Celtic Trail, but well worth it for the great views of the Brecon Beacons and the Valleys below. The route snakes over moorland and through plantations, crossing the mountains that divide the fabled industrial valleys of South East Wales.



Dare Valley Country Park - Aberdare

The 500 acre Dare Valley Country Park makes a great basecamp to discover many of the mountain and forestry trails of the Cynon and Rhondda Valleys. There are 38 pitches available for tents or caravans (Apr-Sept) with electrical hook-ups, a facilities block and a café. Just a short distance away you will discover some of the best forestry rides in South East Wales.

The NRW routes through St Gwynno Forest, Maerdy and Rhigos mountains are suitable for riders of all abilities - and don't forget to take some time to stop and be amazed at some incredible views from the top of the Valleys.

Garwnant offers 2 short trails that are perfect for junior riders or beginners. The 'Green' trail has been designed for first-time riders, and the 'Blue' trail for riders with a little bit more confidence wanting to improve their MTB skills.



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Garwnant - Nr Merthyr Tydfil
Image © Natural Resources Wales

There are literally hundreds of mountain routes around the Valleys of SE Wales to explore for yourself. Routes vary in length and surface quality, but they all share the same stunning scenery that is a trademark of our beautiful biking region.



Singletrack Trail - Merthyr Tydfil

Located just north of Cwmbran, Blaen Brân is 100 acres of beautiful woodland managed by the local community. The forest is criss-crossed with gravel surfaced roads that are perfect for a less energetic ride through a wonderful area of natural and historic interest.



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Blaen Brân Woodland - Cwmbran
Image © Blaen Brân Community Woodland