



On Road & Off Road Trails

SE Wales



Ariennir yn Rhannol gan
Lywodraeth Cymru
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If you love cycling you'll love S E Wales.

South East Wales has become a favourite destination for professional & amateur road cyclists. You want hill climbs ? We've got them ! We have many challenging road routes that snake high up through some of the most inspiring scenery in our country. And if you are looking to swap tarmac for something a bit more natural, we have hundreds of miles of mountain and forestry trails to choose from. To help you plan your next adventure, we have created an online interactive map that will make it even easier to explore our region by bike. Look out for the NCN (National Cycle Network) symbols that accompany most sites - they make extremely useful navigational tools.

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



www.velothon-wales.co.uk



www.tourofbritain.co.uk



www.juniortourofwales.org



www.abergavennyfestivalofcycling.co.uk

South East Wales is already host to several high profile races for the professional and amateur cyclist alike. Thousands of individual riders and teams converge on our region to compete in races like the Velothon Wales.

The race starts in Cardiff and attracts up to 18,000 riders in the Sportive category, and the world's most prestigious teams and professional riders entering the Pro Race.



Velothon Wales Stage - Aberdare



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.





Click here
to launch the
Interactive Map

Abergavenny has a long tradition for hosting cycling events, and has once again been chosen for a stage of the British Cycling Elite Circuit Series 2016. This professional cycle race forms the finale of the 'Abergavenny Festival of Cycling'.



British National Road Cycling Championship 2014 - Monmouthshire



Cyclo Cross - Monmouthshire

If you like the sound of the extreme physical challenges that Cyclo Cross offers, there are many organised leagues to compete in throughout SE Wales. You can find more details by visiting the following website:

www.ukcyclocrossevents.co.uk



Sometimes, cycling can be more about the journey than the race. There are quite literally thousands of miles of quiet countryside roads to be ridden in SE Wales - choose from challenging mountain climbs, scenic valley routes and even coastal roads with beautiful beaches to stop at for a rest.

Be prepared for some serious hero worship as Stage 5 of the 2016 Tour Of Britain begins in SE Wales at Aberdare, then heads across South Wales and through the Forest of Dean into Gloucestershire before the finish in Bath, a first for the city.



The Monmouthshire 40 Cyclo Cross Sportif

Every January South East Wales becomes the regular host of the 40 mile Monmouthshire Cyclo Cross Sportif event. This endurance race, usually around a tough circuit of 1.5 km (1 mile) in length, is perfect for those riders who don't mind getting down and dirty, both in and out of the saddle!

South East Wales plays host in 2016 to the Velothon Wales. Up to 18,000 riders will participate in the UK's third biggest Sportive over a gruelling 140 km route that starts in Cardiff, passes through Newport, Usk, Pontypool and Caerphilly before finishing back in Cardiff.



British National Road Cycling Championship 2014 - Monmouthshire



British National Road Cycling Championship 2014 - Monmouthshire



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The Vale of Glamorgan is probably one of the best kept secrets in SE Wales. The NCN Route 88 tightly hugs the coastline here and offers the experienced road cyclist a very flat, fast section of road with incredible views along the famous natural beauty of the Glamorgan Heritage Coastline.



The Glamorgan Heritage Coastline - Vale of Glamorgan

Taff Trail - Cardiff to Brecon



The Taff Trail is South East Wales' cycling jewel in the crown. The 88 km mixed surface route starts in the capital Cardiff and winds its way through the heritage rich Valleys to finally finish in the beautiful old market town of Brecon. You can ride the length of this route in one day, but expect an early start and a late finish !



'Y Tymbol' (Tumble) - Blaenavon

The legendary 'Tumble' route takes cyclists up a steady 6 km 10 % gradient climb. The climb is regularly featured in cycle races and is listed as one of the 100 Greatest Cycling Climbs in Britain. The effort will be well rewarded as the views from the top of the Brengre are spectacular.



Four Castles Road Route - Monmouthshire

The 52 km Four Castles circular road route includes several challenging hill climbs passing the castles of Abergavenny, White Castle, Skenfrith and Grosmont. Although not particularly difficult it is suited to more experienced cyclists used to sharing the road with other traffic.

The Valleys mountain passes with their snaking switch-backs and often steep ascents provide the road enthusiast with as much hill climbing experience as you could wish for. There are three notable routes in SE Wales you can try out - The Bwlch pass that joins Ogmore Vale to the Rhondda Fawr, the Rhigos that joins the Rhondda Fach to the Cynon Valley, and the mountain pass between Maerdy and Aberdare - each a firm favourite with the serious road cyclist.

Bwlch-y-Clawdd - Rhondda Fawr to Ogmore Vale



There are many urban routes within our Cities to discover around SE Wales. Try the popular 'Bay Trail', a circular 10 km route which takes in all attractions of Cardiff Bay via Pont-y-Werin and the barrage.



The Bay Trail - Cardiff



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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.