

INTRODUCTION

Why Lôn Las Cymru?, How tough is it?
Which direction to ride?, Selecting a schedule
Getting there, First and last nights
When to ride, Accommodation
Baggage transfer, What to take
Preparing your bike, Eating
Phones and Wi-Fi, Emergencies
Waymarking, Maps
Using this guide

LÔN LAS CYMRU

Stage 1 Cardiff to Glasbury

Stage 1a Chepstow to Glasbury

Stage 2 Glasbury to Llanidloes

Stage 3 Llanidloes to Dolgellau

Stage 4 Dolgellau to Caernarfon

Stage 5 Caernarfon to Holyhead

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