

RIDECYMRU

11 – 14 SEPTEMBER 2025

BROUGHT TO YOU BY
THRESHOLD/
MORE IS IN YOU™

EVENT GUIDE

RIDECYMRU

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WELCOME TO RIDECYMRU: PIONEER EVENT

CONGRATULATIONS –YOU’RE NOT JUST TAKING ON A CHALLENGE, YOU’RE MAKING HISTORY.

By signing up for RideCymru, you’re among the first to take on this brand-new adventure. You’re not following a path - you’re creating one. As pioneers, you’re shaping what this ride becomes for everyone who follows. This is more than a cycling event. It’s something new. Something bold.

RideCymru is about exploration - stepping into the unknown with purpose and a spirit of adventure. While some may know the RAB bubble, this ride will forge its own identity, defined by stunning Welsh landscapes, a close-knit community, and the pride of being part of something from day one.

We’ll face climbs, weather, and long days - but we’ll face them together. This guide is your first step in preparing for the journey ahead. Read it carefully, get your admin sorted, and reach out with any questions. The nerves and excitement will build - and that’s a good thing. Dive into this guide for everything you need to know!

Enjoy the ride,

The RideCymru Team

GOLD CHARITY PARTNERS



Tommy's



RIDECYMRU

GETTING HERE

START LOCATION

Llandudno Bay Hotel, East Parade, The Promenade, Llandudno, LL30 1BE

What3Words:

///convey.throats.aboard

GETTING HERE

CAR

If you are being dropped off by friends or family to Llandudno Bay Hotel, there is parking on the street in front of the hotel.

Friends and family are welcome at hotels locations but if they become busy, please give priority to riders or alternatively, there are plenty of pubs and cafes to meet friends and family.



TRAIN

The nearest train stations are listed below. You can book a taxi/bus or walk from these stations to get to/from the event location.

Train Stations:

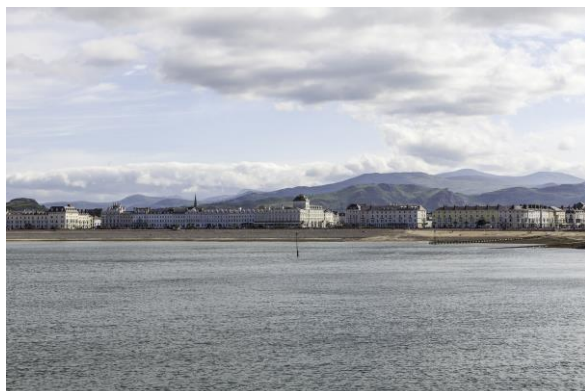
- **Llandudno Railway Station**, Augusta St, Llandudno LL30 2AF

It is a 16-minute walk from this train station to Llandudno Bay Hotel.

- **Llandudno Junction**, Conway Rd, Llandudno Junction LL31 9NB

You can get a taxi or bus from this location to Llandudno Bay Hotel.

We recommend that you are dropped off at the event by friends and family, or that you book a train. Travelling by public transport or getting your bike in a taxi can be difficult.



YOUR CHECKLIST

BEFORE THE EVENT	✓
Wear in your bike kit and train on your bike	
Get your bike serviced and fitted ASAP (factor in waiting lists & delays)	
Book transport and bike transport (if necessary)	
Ensure all emergency contact information is correct and up to date via your Let's Do This account (log in here)	
Check the kit list here	
AND FINALLY, DON'T FORGET...	✓
Your registration pack will be available for collection at Llandudno Bay Hotel on Thursday 11 th September from 3pm. Aim to arrive between 3pm-7pm, if possible.	
Book transport and bike transport (if necessary)	



KIT LIST

Please bring appropriate clothing and equipment for all conditions. As we ride through different terrains and environments, weather conditions can change throughout the detail.

CYCLING GEAR

- Bike helmet
- Front & back lights
- Cycling tops and shorts
- Waterproof cycling jacket
- Long sleeved cycle jersey
- Cycle gilet
- Cycling socks
- Arm/leg warmers
- Bike computer & charger
- Bike shoes
- Waterproof overshoes or socks
- Spare cleats/cleat covers
- Bike gloves (warm and cold)
- Cycling glasses/ sunglasses
- Buff/skullcap/headband
- Chamois cream/vaseline
- Long sleeved base layer
- Bottle cage x2 (attached to bike)
- Seat cover

CYCLING GEAR

- Multi-tool (& correct Allen keys)
- Set of tyre levers
- Mini bike pump
- Spare inner tubes x3
- Quick link/chain links
- Bike/chain lubricant
- Rear mech hanger
- Spokes
- Chain tool
- There will be mechanical support throughout the event.

MEDICAL BAG

- Regular medication
- Painkillers
- Alcohol hand gel (for cleaning small wounds)
- Chamois cream
- Vaseline/Sudocream (or similar)
- Second skin (alternative Compeed for sores)
- Fabric plasters (assorted)
- Compeed (large)
- Loperamide (Immodium)

Further information is available on the RideCymru website [here](#).

LUGGAGE

LUGGAGE

You will need to plan how you get your luggage to and from the event.

We will transport your bag for you from the start to your destination each day. Please take note of luggage allowances detailed below.

In your Registration Pack you will be given a luggage label with your participant number on it to attach to any luggage so it is easy to find at the end of the day.

Please avoid bringing valuable or fragile items. All items and luggage is left and transported at your own risk.

LUGGAGE ALLOWANCE

All luggage must fit inside your bag and any items must not be strapped to the outside of the bag.

The weight allowance is:

- **Pioneer: 10 - 15kg in one bag.**
- **One small backpack for shoes to avoid walking between hotels in cleats.**



ARRIVAL & REGISTRATION

REGISTRATION TIMINGS

Registration for riders is on Thursday 11th September from 15:00 at Llandudno Bay Hotel.

ON ARRIVAL

1. Drop off your bike at the bike racking
2. Go to the Info Desk to collect accreditation wristbands, bike tags, luggage tags and jerseys.
3. Collect your hotel room key.
4. Drop your bags and luggage into your hotel room. A member of the RideCymru team will be able to help you.

There will be dinner and a briefing the evening before the first day of riding.

The Hotel will be available to check in on Thursday. The key timings are:

- **15:00:** Info Desk open
- **17:30 - 20:30:** Dinner
- **20:00:** Compulsory rider briefing



REGISTRATION PACK

You will need to collect your Registration Pack from the Registration Desk upon arriving at Llandudno Bay Hotel.

Your pack will include the following items with clear instructions on what to do:

- **Bike number and cable ties**
- **Luggage label**
- **Accreditation wristband**

In addition to Registration pack, the items below will be given to you upon arrival:

- **RideCymru Pioneer jersey**
- **Hotel room key**
- **GPS tracker**



KEY LOCATIONS

LOCATION	DATE	ADDRESS	What3words	NEAREST TRAIN STATION
Llandudno	Thurs 11 th Sept	Llandudno Bay Hotel, East Parade, The Promenade, Llandudno LL30 1BE	///convey.throat s.aboard	Llandudno (0.7 miles)
Machynlleth	Fri 12 th Sept	The Wynnstay, Heol Maengwyn, Machynlleth SY20 8AE	///sunbeam.amuses.weekday	Machynlleth (0.4 miles)
Brecon	Sat 13 th Sept	Beacons Guest House, 16 Bridge St, Llanfaes, Brecon LD3 8AH	///writing.charts.driving	Abergavenny (23.6 miles)
Cardiff	Sun 14 th Sept	Cardiff City Hall Lawn, Cardiff CF10 3ND	///score.ground.bond	Cardiff Central (0.8 miles walking)

Please note this is the Start/Finish location for each stage. There are multiple hotel locations at Machynlleth and Brecon.

HOTEL LOCATIONS

LOCATION	DATE	ADDRESS	WHAT3WORDS
Llandudno	Thurs 11 th Sept	Llandudno Bay Hotel, East Parade, The Promenade, Llandudno LL30 1BE	///convey.throats.aboard
Machynlleth	Fri 12 th Sept	Hotel 1 The Wynnstay, Heol Maengwyn, Machynlleth SY20 8AE	Hotel 1 ///sunbeam.amuses.weekday
		Hotel 2 The White Lion Hotel, 10 Pentrerhedyn St, Machynlleth SY20 8DN	Hotel 2 ///bumpy.removal.screaming
		Hotel 3 Maenllwyd Guest House, Newtown Rd, Machynlleth SY20 8EY	Hotel 3 ///idea.growth.handbook
Brecon	Sat 13 th Sept	Hotel 1 The Castle of Brecon Hotel, Castle Square, Brecon LD3 9DB	Hotel 1 ///lavished.even.zeal
		Hotel 2 Beacons Guest House, 16 Bridge St, Llanfaes, Brecon LD3 8AH	Hotel 2 ///writing.charts.driving

You will be preassigned a hotel on each night, which will be communicated to you on the day of each ride, and your bags will be dropped at your specific hotel.

DAILY TIMINGS

Start times will vary each day and will be communicated at each evening briefing. We strongly recommend slower riders set off as soon as the start line opens.

06:00 - 07:00	Wake up
06:30 – 07:30	Breakfast
07:00 – 08.30	Drop off your luggage
07:30 - 08:30*	Start line open - times will vary depending on the day/route/terrain Short rider briefing before each wave starts
Varies daily	Pit stop 1 open
Varies daily	Pit stop 2 open
14:30**	Hotels open for riders to check into the rooms
17:30 – 20:00	2 Course Dinner available at the main hotel (this will be made clear from crew)
19:00	Route Closed
20:00	Rider Briefing in main dining area

*Daily timings subject to change. This will be communicated on the ride. The start line will be open for one hour from the opening time.

**If you arrive to the hotel before this time and your assigned room is ready, we will check you in.



FACILITIES

The below table shows the facilities and support available at each area across the event.

FACILITIES	PIT STOPS	HOTELS	FINISH
Toilets	✓	✓	✓
Showers		✓	✓
Changing Facilities		✓	✓
Stretching Area		✓	
Medics	✓	✓	✓
Mechanical Services	✓	✓	✓
Snacks	✓		✓
Hot Food		✓	✓
Bar*		✓	
Charging Points		✓	
Secure Bike Racking		✓	✓

*Additional cost

EVENT FACILITIES

CHARGING FACILITIES

Plug sockets will be available in the hotel rooms to charge items.

There will also be a charging area specifically for charging items attached to your bike within the bike storage, however if you can charge items in your room, we advise that.

Bikes must not be brought into the dining area or hotel rooms.

GETTING ONLINE

There will be Wi-Fi network at each hotel, you will be shared this password on arrival when checking into your room.

LOST PROPERTY

If anything is lost, it will be handed in to the Info Desk.

Clearly label your belongings with your name and rider number.

We will keep the items for the duration of the event, but items not claimed within 2 weeks after the event will be given to charity.

SECURITY

Site stewards are present around the bike storage looking after all participants, equipment onsite and ensuring the bike storage is secure.

You are responsible for all your personal belongings. Threshold Sports cannot take responsibility for missing or lost items.



ROUTE & PIT STOPS

CHAPERONE LEAD

The route will be led by chaperones, and there will be groups created depending on speed.

You will be shared the gpx files before each day which can also be used for navigation. If you lose your group and are lost, you should call Event Control (see page 15). The phone number will be on your bike number and rider wristband.

TIMING

Times will be taken at the start, pitstops and finish of each day and will be available online. You will need to collect your GPS trackers at Registration.

NAVIGATIONAL DEVICES

Our route distances are gathered by the Route Director using an electronic mapping system. This is as accurate as possible, but discrepancies can occur between the use of different GPS computers, the position on the route and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

RUBBISH

We ask all participants to keep hold of their rubbish until they reach the next pit stop, where there will be plenty of bins available.



PIT STOPS

You must stop at the two daily pit stops so that your time is logged and we know where you are.

There are generally 2 pit stops a day. These will be at regular intervals and will give you a chance to refresh and recharge for the next stage and check in with the medics or mechanics if you need to. We recommend a quick turnaround to get back on the route as quickly as possible.

Pitstops will be well stocked across the event and will vary slightly at each pit stop but remain consistent with the same types of foods.

Pit-stop refreshments will include:

- Squash and water
- Fruit
- Chocolate and sweets
- Crisps and other savoury snacks

Please ensure you bring your own water bottle to refill at these pitstops.

At each pitstop, information sheets will give a description of the upcoming section of route and indicate how challenging it is. If in doubt about your readiness for the next section of route, please speak to the pitstop team or the chaperones.

GPX FILES

- Day 1 – [download here](#)
- Day 2 – [download here](#)
- Day 3 – [download here](#)
- Full route – [download here](#)

BROOM WAGON & CUT-OFF TIMES

We want everyone to finish every mile of the ride they have signed up for between Llandudno and Cardiff. However, this should never be at the expense of anyone's safety.

Our support systems are designed to look after riders within a specific spectrum of speeds and positions on the road. If we extend this spread to look after people who fall behind our stated cut-off times, we put riders, crew and other road users at increased risk.

BROOM WAGON

We operate a 'broom-wagon' vehicle that will follow the route at the back behind the last participant.

- The broom wagon will leave the start after the last participant each day.
- The broom wagon will pick people up if they fall behind the pit stop cut-off times and/or route closing time, or people who become injured/medically unable to continue.
- Once you are in the broom wagon you will not be able to get back on to the route and will be transported on to the next hotel.

CUT-OFF TIMES

The route will be open for 12 hours per day and each pit stop and the finish line will have a cut-off time based on each day's mileage and terrain. These will be publicised before the event and reiterated each day.

We reserve the right to alter these cut-off times due to extenuating circumstances such as weather or other issues that may affect rider safety.

All riders must be clear of the pit stops and cross the finish line each day within the route operating window.



SAFETY ON THE ROUTE

SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you reach the finish line as safely as possible.

EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the event which will go through to our central Event Control team.

These will be clearly marked on the front of your bike number & wristband.

- Please make sure you add these numbers to your mobile contacts list.

WHILE ON THE ROUTE

- Follow ALL directions and follow the Chaperones
- Follow the Highway Code when cycling on roads.
- Please stop at pit stops and don't get waylaid in local pubs & cafes.
- Inform Event Control if you leave the event for any reason.

CASUALTY PROCEDURE

If you have an accident or come across one: call 999 directly if it is a critical medical emergency.

- If a minor incident, apply First Aid and if possible make your way to the next pit stop where a medic will be on hand.
- If you cannot make it to the pit stop call Event Control.

EVACUATION FROM THE ROUTE

In the case of a serious medical emergency, we will arrange evacuation for any participant from the route. However, if you are just having trouble completing the distance, try to get to the next pit stop where we will arrange for the broom wagon to collect you. If you cannot get to the next pit stop, call Event Control who will arrange for collection by the broom wagon from your location.

Event Control: 0330 223 2849



MECHANICAL SUPPORT

GENERAL

Our mechanics' aim is to look after your bike and to keep you moving.

HOTELS

- Mechanics will be available each morning for minor tweaking before you ride.
- They will be open during the afternoon/evening for any issues during the day.

ON THE ROAD

- Mechanics will be in support vehicles to respond on the road.
- They will be at the pit stops to assist as well.

BIKE REPAIRS

- You **MUST** fix your own punctures.
- If you'd rather adjust your own bike, you can use the stand and tools, but these cannot be taken away from the mechanic area.
- Feel free to ask any advice and if your bike needs attention, seek help as soon as possible.

LOAN BIKES

- If you have a serious problem with your bike, our mechanics will have a range of spares they can lend you.
- You will be able to borrow a bike for a 24-hour period.
- This is subject to availability.

PARTS STOCK

Our mechanics will carry a stock of basics, e.g. tubes, tyres, chains, brake pads etc.

They will also carry a wide range of parts that will fix most problems you may encounter during the ride. This includes wheels, bearings, shifters etc.

- You will be charged for any parts that you purchase but fittings are free of charge.
- Our mechanics operate a **REPLACE NOT REPAIR** policy, as this is the most efficient way of supporting people.
- If we can easily source a replacement part, which our mechanics do not carry, we will do so.

All parts must be paid for at the time of repair and you will be charged the RRP. If you believe you can find the part cheaper elsewhere, you must arrange purchase and delivery of this part to the next or future hotel. You must inform the Info Desk team about this delivery, but we cannot be responsible for any loss or damage to the part during delivery or late delivery of the item.

Please note, mechanics will **NOT** carry spare spokes or rear mech hangers due to different types of frames. You will need to bring your own spare spokes and replacement rear mech hanger. If in doubt about this, ask your local bike shop or manufacturer.

MEDICAL SUPPORT

We will have medics at the pit stops and hotels each day. There will also be emergency medical care available on the route for the duration of the event.

TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. If your body is not used to energy drinks or gels, don't overdo them, as they can cause nausea/diarrhoea.

ADDRESS AN ISSUE IMMEDIATELY

- A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.



A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative but, whilst very useful, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if the athlete is already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems, we would strongly advise avoiding NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries on the event. Use your experience from training to learn where your weaknesses are and predict what problems may arise

PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged.

YOUR RESPONSIBILITIES

We want the RideCymru Pioneer Ride to exceed all of your expectations before, during and after the event.

To enable this, we recommend you make note of your responsibilities below:

YOUR PERFORMANCE

- Do the necessary training to complete the Ride.
- Be honest with yourself if you can't complete it and flag your condition to the team. There is no shame in pulling out, but if you don't tell anyone you can put undue strain on yourself and the medical team.

KIT

- Prepare for wet weather. Even if it turns out to be completely dry, it is always better to be prepared, just in case.
- Take care of your belongings during the event, we can't keep an eye on everything.

HYGIENE

- Respect the hygiene policy and use the hand sanitiser at pit stops and after you use the loos, and before you eat.
- Make sure your bike bottles are cleaned each day and filled ready for each morning's start.

- Look after your litter, at the hotels and on the route, keep it with you or put it in a bin.
- Use the allocated toilets, not the countryside, to go to the loo.
- Let the medics know if you are suffering from any D&V symptoms.

ROUTE ETIQUETTE

- Be ready at the start line each morning on time to begin your day's cycling.
- Take the correct kit with you on the route so as not to be caught out by weather or getting cold while fixing punctures or mechanical issues.
- Ride into each and every pit stop (to refuel and so we know where you are).

INSURANCE

As stated in the Terms & Conditions (point 6.13.23) it is your responsibility to take out an insurance policy.

This should cover:

- Public liability.
- Travel insurance that covers personal travel plans.
- Insurance that covers personal belongings, including your bike.
- Please note, we are unable to recommend insurance policies. We advise contacting your current insurers and explaining the nature of the event.

GOOD LUCK, ENJOY THE RIDE!

For any other questions, visit our [FAQs page](#) and [Rider Hub](#).

We can't wait to welcome you on the trails at RideCymru: Pioneer Ride!

Good luck...

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MORE IS IN YOU™**

