

RIDE CYMRU

TAKE ON THE WILD HEART OF WALES

A JOURNEY THROUGH WELSH HISTORY

A RIDE CYMRU SUPPORTER'S ITINERARY

Four days tracing Wales's remarkable story,
from Bronze Age mines to medieval princes
to the Industrial Revolution

BROUGHT TO YOU BY

**THRESHOLD/
MORE IS IN YOU™**

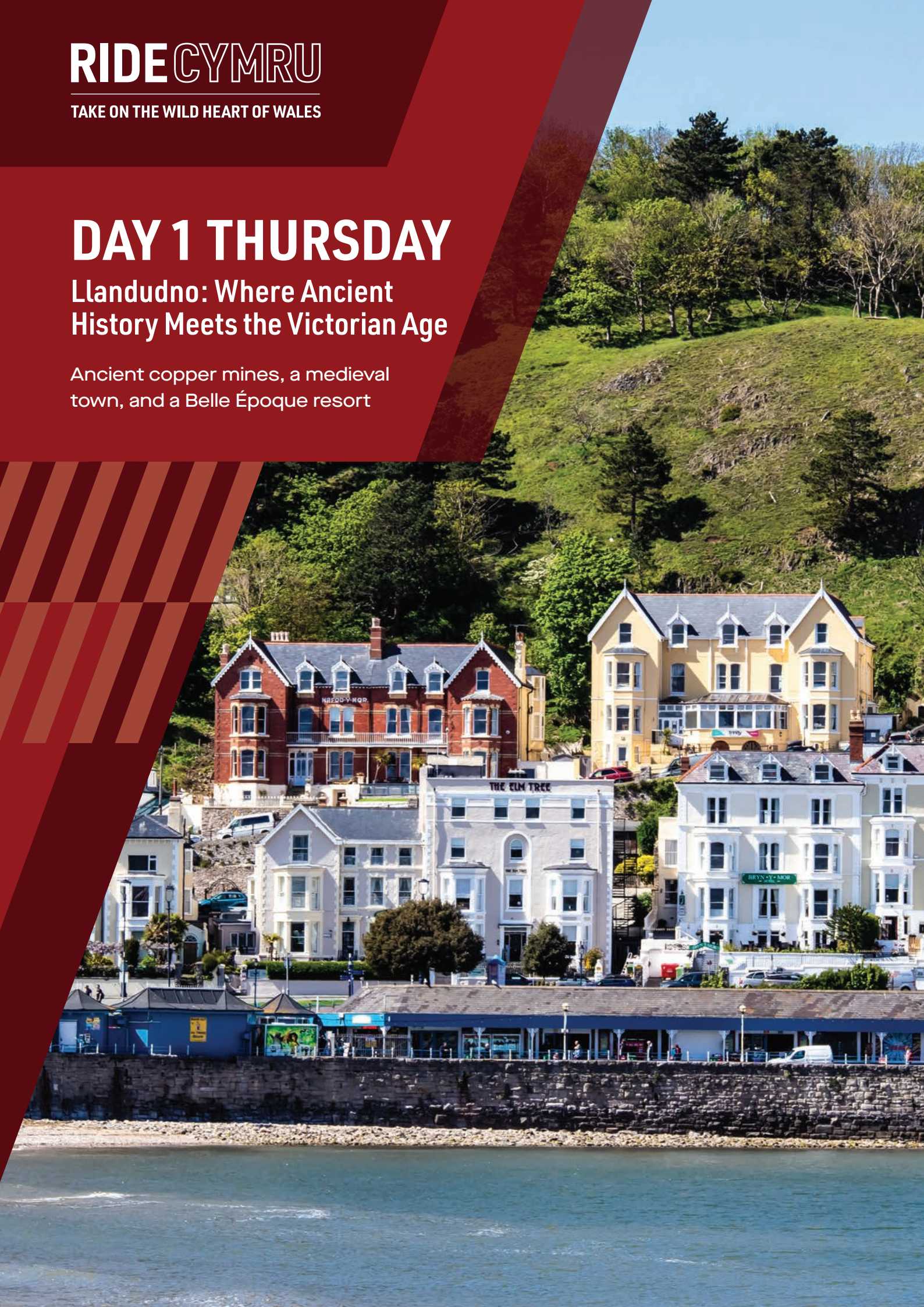
RIDECYMRU

TAKE ON THE WILD HEART OF WALES

DAY 1 THURSDAY

Llandudno: Where Ancient History Meets the Victorian Age

Ancient copper mines, a medieval town, and a Belle Époque resort



Day 1, Thursday **Llandudno**

Great Orme Bronze Age Copper Mines

Dating back 4,000 years, the Great Orme copper mines are among the most significant prehistoric industrial sites in the world. The scale of mining here, using antler and bone tools, is genuinely astonishing. Over four miles of tunnels have been discovered so far, produced from a landscape that once supplied copper to much of Bronze Age Europe. The on-site museum places all of this in its wider story.

i Open daily mid-March to end of October,
9.30am to 4.30pm last admission. Open Thursdays.

MORE INFO: [Great Orme Mines](#)

Conwy Castle and Town Walls

Built by Edward I between 1283 and 1289 as part of his iron ring of castles to control Wales, Conwy is one of Europe's finest examples of medieval military architecture. The virtually complete circuit of town walls, 1.3 km long with 21 towers, gives an unparalleled sense of life in a medieval fortified town. The Aberconwy House nearby is the only surviving medieval merchant's house in Wales.

i Open daily. Managed by Cadw.

MORE INFO: [Conwy Castle \(Cadw\)](#)

Llandudno's Victorian Heritage

Llandudno was purpose-built as a Victorian resort by the Mostyn Estate from the 1850s, and its remarkably intact streetscape tells the story of how the railway transformed 19th-century leisure. The promenade, pier from 1878, and the sweep of the bay all survive almost exactly as built. The town's connection to Lewis Carroll adds a literary layer to its history: Alice Liddell holidayed here repeatedly.

i **MORE INFO:** [Visit Llandudno](#)

RIDECYMRU

TAKE ON THE WILD HEART OF WALES

DAY 2 FRIDAY

The Heart of Medieval Wales

Owain Glyndwr's capital and the
castles of the Cambrian Coast



Day 2, Friday En route to Machynlleth

Machynlleth: Parliament House of Owain Glyndwr

Machynlleth holds a uniquely significant place in Welsh history as the site where Owain Glyndwr was crowned Prince of Wales in 1404 and held his parliament. He was the last Welsh prince to be recognised as such by the wider world. The Parliament House, a Grade I listed medieval hall-house, now hosts a free heritage centre telling the story of his remarkable uprising and his vision of an independent Wales with its own universities and church. His disappearance in 1415, never captured and never betrayed, remains one of history's great mysteries.

i Open Wednesday, Friday and Saturday only, 10.30am to 3.30pm.
Day 2 falls on a Friday so you are good to visit.

MORE INFO: [Owain Glyndwr Parliament House](#)

MOMA Machynlleth

Adjacent to the Parliament House, MOMA Machynlleth is housed in a beautifully converted Victorian Wesleyan chapel. It presents a changing programme of contemporary art exhibitions with a strong Welsh identity, offering a thought-provoking counterpoint to the castle trail and a reminder that Welsh culture has always looked forward as well as back.

i Open Tuesday to Saturday. Open on Fridays.

MORE INFO: [MOMA Machynlleth](#)

Harlech Castle

A short detour from the route, Harlech Castle is perched on a spectacular crag above Cardigan Bay and is arguably the most dramatically sited castle in Wales. Built by Edward I in 1289, it was seized by Owain Glyndwr and used as his headquarters. Its seven-year siege during the Wars of the Roses is said to have inspired the anthem Men of Harlech. It is a UNESCO World Heritage Site.

i Open daily April to October, 10am to 5pm.

MORE INFO: [Harlech Castle \(Cadw\)](#)

RIDECYMRU

TAKE ON THE WILD HEART OF WALES

DAY 3 SATURDAY

Brecon and the Black Mountains

Roman forts, medieval priories and
the story of the Welsh Marches



Day 3, Saturday Machynlleth to Brecon

Brecon Cathedral and Priory

The Cathedral Church of St John the Evangelist in Brecon was originally a Benedictine priory founded in 1093, and it is one of the most complete medieval priory churches in Wales. The Heritage Centre explores the history of the Brecon Beacons from prehistoric times and holds a remarkable collection of Roman finds from the nearby Y Gaer fort.

i Open daily.

MORE INFO: [Brecon Cathedral](#)

Y Gaer: Roman Fort and Museum, Brecon

Just outside Brecon, Y Gaer Roman fort was established around AD 75 to house cavalry units from Spain and Belgium. It guarded the confluence of three rivers and was strategically vital to Roman control of the region. The adjacent Y Gaer Museum holds nationally important collections including Roman tombstones, prehistoric artefacts, and a remarkable log boat from Llangorse Lake.

i Y Gaer Museum open Saturday 10am to 3.30pm (last entry 3pm).
Plan to arrive before 3pm.

MORE INFO: [Y Gaer Museum](#)

Tretower Court and Castle

Tretower, in the Usk Valley near Crickhowell, offers an extraordinarily complete picture of how Wales was settled and defended over 600 years. The Norman round tower from the 12th century stands alongside one of the finest surviving medieval manor houses in Britain from the 14th and 15th centuries, where the poet Henry Vaughan once lived. Note that the on-site café is currently closed. Bring a packed lunch or stop in Crickhowell, five minutes away.

i Open daily April to October. Café closed until further notice.
Refreshments available in Crickhowell.

MORE INFO: [Tretower Court \(Cadw\)](#)

RIDECYMRU

TAKE ON THE WILD HEART OF WALES

DAY 4 SUNDAY

Cardiff: Capital of a Nation

Roman walls, a royal castle, and the story of Welsh identity



Day 4, Sunday Brecon to Cardiff

Cardiff Castle: 2,000 Years of History

Cardiff Castle sits on the site of a Roman fort established around AD 75, and every subsequent age has left its mark. The Norman motte, the 13th-century Black Tower, and the extraordinary Victorian Gothic apartments built for the Marquess of Bute by William Burges are all here. The Interpretation Centre tells the full 2,000-year story in one remarkable walk.

i Open daily including Sundays.

MORE INFO: [Cardiff Castle](#)

Castell Coch: Gothic Fantasy

Just north of Cardiff, Castell Coch (Red Castle) is one of the most extraordinary buildings in Wales. A fairy-tale Victorian Gothic castle designed by William Burges for the third Marquess of Bute, it was built on the foundations of a genuine 13th-century castle. The interiors are astonishingly lavish, with murals, painted ceilings and carved stonework throughout. The on-site café is currently closed for conservation works, but the castle itself is fully open.

i Open daily including Sundays. On-site café currently closed.
Cafés available in nearby Tongwynlais village.

MORE INFO: [Castell Coch \(Cadw\)](#)

St Fagans National Museum of History

St Fagans is one of Europe's finest open-air museums. Over 40 original buildings from across Wales, including farmhouses, chapels, a Celtic village, a Victorian school and a workmen's institute, have been carefully relocated and rebuilt in a beautiful parkland setting. Walking through 2,000 years of Welsh life in a single afternoon is a genuinely moving experience. Entry is free.

i Free entry. Open daily including Sundays.

MORE INFO: [St Fagans](#)

i **Tip:** St Fagans is 20 minutes west of Cardiff city centre. Visit in the morning, then head into town in the early afternoon to find a good spot to cheer your cyclists home.

RIDE CYMRU

TAKE ON THE WILD HEART OF WALES

RIDECYMRU

TAKE ON THE WILD HEART OF WALES

**GOOD LUCK,
ENJOY THE
WELSH HISTORY**



BROUGHT TO YOU BY

**THRESHOLD/
MORE IS IN YOU™**