

RIDECYMRU

TAKE ON THE WILD HEART OF WALES

EVENT GUIDE

11 – 13 SEPTEMBER 2026
LLANDUDNO TO CARDIFF



BROUGHT TO YOU BY

THRESHOLD/
MORE IS IN YOU™

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Croeso i RideCymru

At Threshold Sports, we live for the excitement of taking people on unforgettable adventures through breathtaking landscapes.

By signing up for RideCymru, you're following in the tyre tracks of our 50 pioneers who rode over 250 miles through the wild heart of Wales last year and we can't wait to meet up on the North Coast in Llandudno for the second edition.

We'll face leg busting climbs, changing weather and long days in the saddle, but we'll face them together. This guide is a key step in preparing for the journey ahead. Read it carefully, get your admin sorted, and reach out if you have any questions.

We'd also like to extend our sincere thanks to our partners **Event Wales, Beicio Cymru, Agilis and Penderyn**, whose support and contribution ensure RideCymru is a true celebration of this wonderful country.

With Le Tour coming to Wales there has never been a better time to experience the roads first hand and it's great to see riders joining us from across Europe and as far afield as the US, Canada and Australia.

Until we meet in September, good luck with getting those final miles in. And did we mention training on the hills?! Trust us, you'll thank us.

The RideCymru Team



Gold Charity Partners



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Getting Here

Registration

**St George's Hotel,
The Promenade,
Llandudno, Conwy,
LL30 2LG**

 **what3words**

///convey.throats.aboard

We recommend that you are dropped off at the event by friends and family, or that you book a train.

Please also make sure the train you book allows for bike transport.



Getting Here by Car

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

Due to limited space in St George's Hotel, friends and family should not accompany you to Registration, but can meet you nearby.



Getting Here by Train

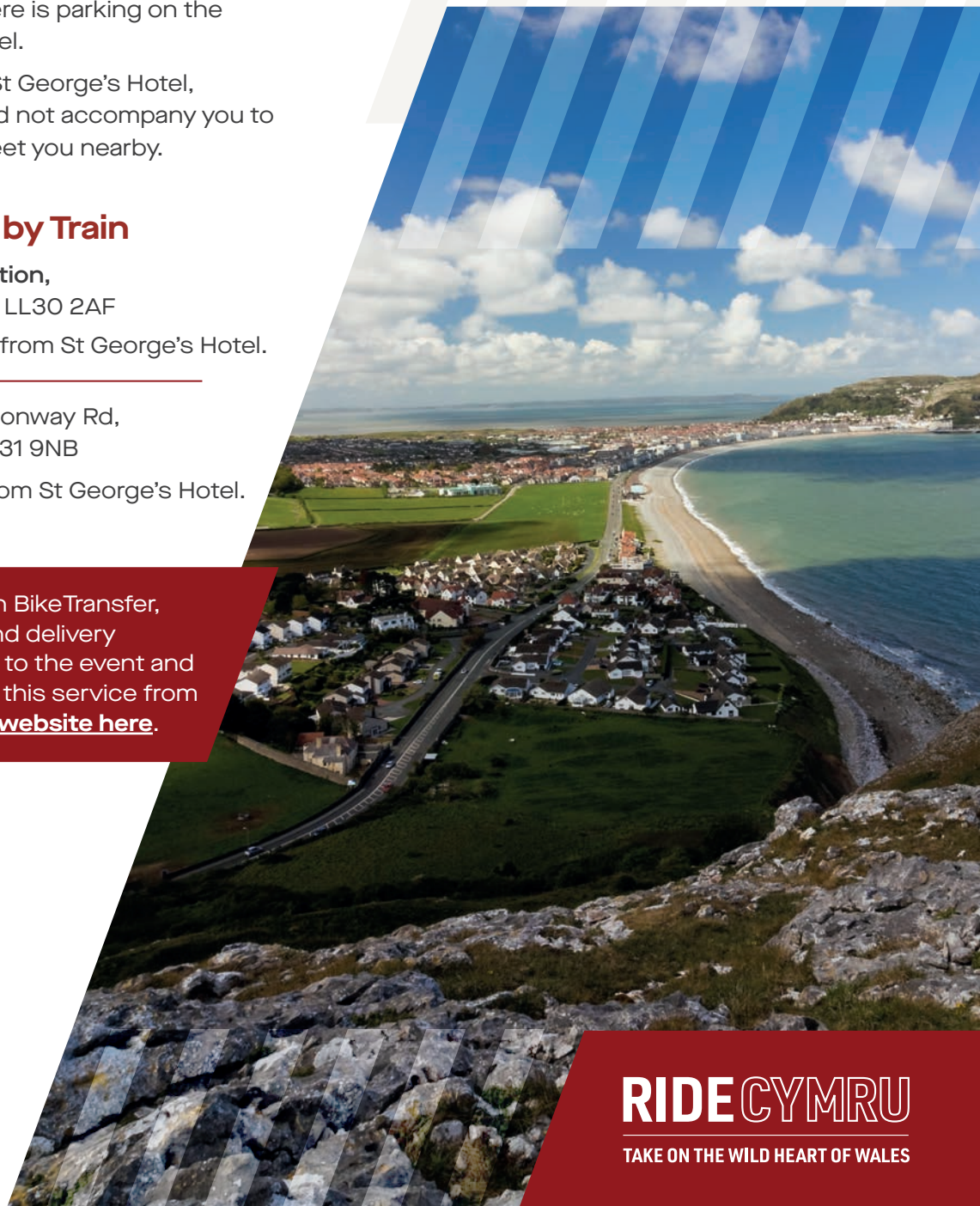
/ Llandudno Railway Station,
Augusta St, Llandudno LL30 2AF

Approximately 0.5 miles from St George's Hotel.

/ Llandudno Junction, Conway Rd,
Llandudno Junction LL31 9NB

Approximately 4 miles from St George's Hotel.

We have teamed up with BikeTransfer, who offer a collection and delivery service from your home to the event and back. You can purchase this service from £175, directly from their [website here](#).



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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 St George's Hotel on Thursday 10th September from 3pm. You must arrive between 3pm-7pm to register, in order to listen to the pre-ride briefing.

Book transport and **bike transport** (if necessary)



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

Kit List

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
- / Long sleeved base layer
- / Bottle cage x2 (attached to bike)
- / Seat cover

Cycling Repair Kit

- / 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

Wash Bag

- / Personal toiletries
- / Sun cream
- / Ear plugs & Eye mask
- / Hand sanitiser
- / Tissues

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)

Evening & Overnight

- / Sleeping bag*
- / Camping mat* (this will be provided)
- / Waterproof bag or waterproof liners/dry bags*
- / Headtorch and spare battery*
- / Towel(s)***
- / Shoes (non-cycling)
- / Plastic bags/dry bags for wet kit & protecting
- / Underwear
- / Pyjamas
- / Socks (non-cycling)
- / T-shirt
- / Fleece or hoodie
- / Warm down jacket
- / Warm hat
- / Tracksuit bottoms/comfy trousers
- / Flipflops/crocs
- / Mobile phone & charger**
- / Cash or credit/debit card

* Compulsory for camping package

** Save your emergency contact numbers under "NOK"/"ICE"

*** There will be drying facilities at the Basecamps.

There will be mechanical support throughout the event.

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.

Please avoid bringing valuable or fragile items. Your luggage must be waterproof. It may be held or stored in open air at Basecamps. 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:

/ 15kg in one bag.

/ One small backpack for shoes to avoid walking around in cleats.



Arrival & Registration

Registration Timings

Registration for riders is on Thursday 10th September from 15:00-19:00 at St George's Hotel.

Registration Pack

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

- / Bike seat post tag
- / Bike handlebar number
- / Helmet sticker
- / Luggage label
- / Wristband



On Arrival

1. Collect your registration pack.
2. Apply labels and stickers to your bike and helmet.
3. Check your bike in to the racking area.
4. Return for the event briefing at 20:00

Compulsory Rider Briefing

All riders must attend the event briefing at 20:00.



Key Locations

LOCATION	DATE	ADDRESS	What3words	NEAREST TRAIN STATION
START (Briefing location) Llandudno	Thurs 10 th Sept	St George's Hotel, The Promenade, Llandudno, Conwy, LL30 2LG	///situates.crest.whisker	Llandudno (0.5 miles)
START Llandudno	Fri 11 th Sept	Craig Y Don Parade, Llandudno, LL30 1BG	///clef.comedy.reviews	Llandudno (0.5 miles)
BASECAMP 1 Machynlleth	Fri 11 th Sept	Gwerniago Campsite, Pennal, Machynlleth, Powys SY20 9JX	///glory.oven.astounded	Machynlleth (0.4 miles)
BASECAMP 2 Brecon	Sat 12 th Sept	Bishops Meadow Holiday Park, Hay Road, Brecon, LD3 9SW	///albatross.runners.shutting	Abergavenny (23.6 miles)
FINISH Cardiff	Sun 13 th Sept	Cardiff City Hall Lawn, Cardiff, CF10 3ND	///score.ground.bond	Cardiff Central (0.8 miles walking)



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Daily Timings

06:00 - 07:00	Wake up
06:00 - 07:30	Breakfast
06:00 - 07:30	Drop off your luggage
07:30 - 08:00*	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
14:00**	Basecamp opens
17:00 - 20:30	Dinner
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 30 minutes from the opening time.

** If you arrive to the basecamp before 14:00, you may be asked to wait for the site to be safe and open.

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.

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Basecamp Facilities

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

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

* Additional cost



Plus Package Riders

Dedicated Plus Team

Plus participants will be looked after by a dedicated Plus crew.

- / They will coordinate your hotel and shuttle arrangements and be on hand if you need help.
- / At each Basecamp you will have a RideCymru Plus Info Desk where you can reserve your shuttle and speak to the team.

Hotels

At each overnight location, riders may be split between 2-3 hotels which maybe up to 20 mins away from the Basecamp.

- / Each hotel will organise your room allocation on arrival. They will have pre-allocated you to a specific room.
- / The list of hotels included in this Event Guide, although in the case of more than one hotel per location, you will not necessarily be told in advance which hotel you will be staying in. Please do not contact the hotels directly.

Luggage

You will bring your luggage with you on the coach shuttle services between basecamp and your hotel.

- / Each rider has a luggage limit of 16kg which must be in one bag.
- / You can also pack a small day bag of 5kg with a washing kit and a spare change of clothes if you want to shower/change at Basecamp while waiting for your hotel transfer.

Catering

On Friday and Saturday night, dinner is provided at Basecamp. Plan to have dinner at Basecamp before going to your hotel for the night. Plus Riders arriving into Basecamp before 4.00pm may have the opportunity to visit their hotel via the coach shuttle service before returning to Basecamp for dinner and the Rider Briefing, then going back to the hotel to sleep.

On Saturday and Sunday mornings, breakfast is provided at Basecamp. Plus Riders are not catered for breakfast at hotels and will be returned to Basecamp at 6.00am via the coach shuttle service to have breakfast from 6.30am.

Any food and drink consumed at the hotels, or any other expenses incurred must be paid for by Plus Riders and settled before departure.



Route & Pit Stops

GPX Files & Directions

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. The phone number will be on your bike number and rider wristband.

Timing

Times will be taken at the start, pit stops 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.

Pit stops 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 pit stops.

At each pit stop, 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 pit stop team or the chaperones.

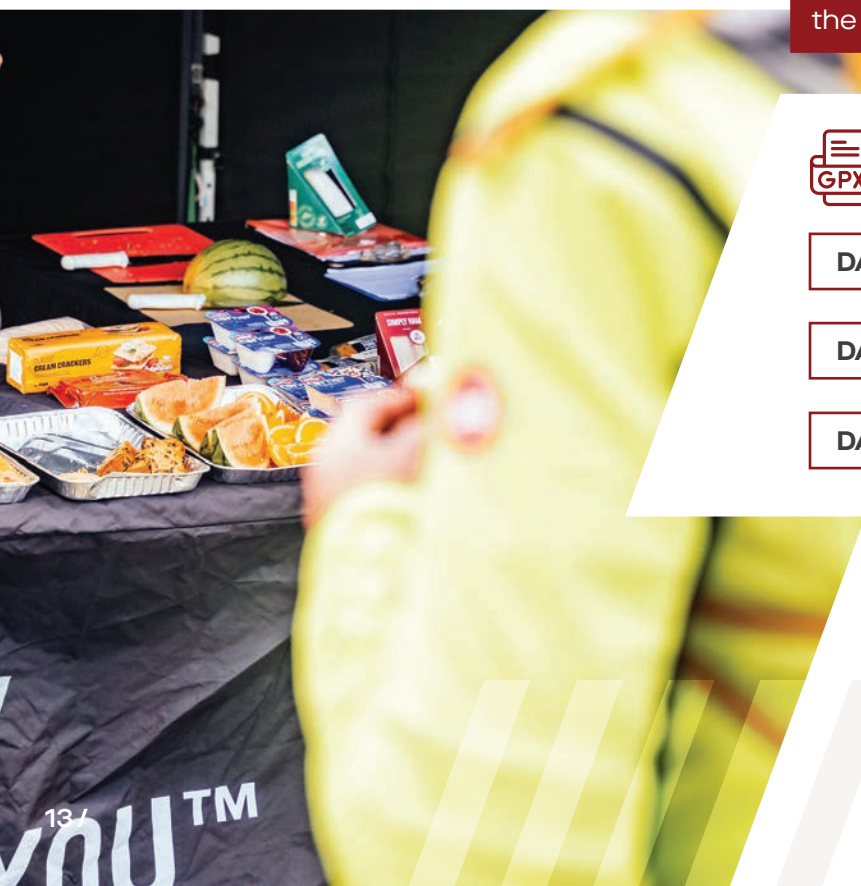


GPX Files

DAY 1 | [DOWNLOAD HERE](#) >>

DAY 2 | [DOWNLOAD HERE](#) >>

DAY 3 | [DOWNLOAD HERE](#) >>



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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 basecamp.

Cut-off Times

The route will be open for 11.5 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.

/ For minor incidents, if comfortable, apply first aid and if possible continue to the next pit stop where a medic will be available.

/ 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.

Basecamps

- / 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.
- / 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 basecamp. 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 basecamps 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.



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Friends & Family

At Basecamp

Friends and family are welcome to wave you off at the start and cheer you in at the Basecamp each day. Please note however that the food in the catering area is for riders only. Friends and family are welcome to purchase drinks from the Basecamp bars, but will need to find food off site. All non-participants and vehicles must be off site by 20:00.

On the Route & Pit Stops

Your friends and family are welcome to come and see you along the route, but they will not be permitted entry to pit stops as these areas are for participants only.

When finding spots along the route, please be considerate to local people, the safety of all road users and ensure that vehicles are parked in designated areas only.

At Cardiff City Hall

Friends and family are welcome to cheer in riders at the finish line. Please travel by public transport if you can or if driving, please use nearby car parks that are a short walk from City Hall. Food and drink at the finish line is for participants only, but there are many options in nearby Cardiff City Centre where supporters can buy hot food and drinks.



Your Responsibilities

We want RideCymru 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 basecamps 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.



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Top Tips from Previous Riders

What Not to Bring

/ **Additional food:** All food and sports nutrition is provided on the event and there will be plenty of snack bars/sweets etc. that you can take from pit stops to fuel you throughout the day.

/ **Sports nutrition:** We provide **HIGH5** sports nutrition on the event. If you are used to training on a different product and would prefer this, you can bring your own.

/ **Trainers:** They are slow to dry and will smell out your kit bag if they get wet.

/ **Bike lock:** We have bike racking with security.

Please Consider

/ **Aero bars:** These are not permitted on the ride for safety reasons, to ensure riders are able to be fully responsive to changing circumstances on the Ride.

/ **Mud guards:** These are not compulsory, but are considered good group riding etiquette.



The Happy Camper

/ Ensure you **LABEL** everything with your rider number, including charging cables/phones and clothes.

/ Want a good night's sleep & short on bag space? **Bring a pillowcase** & stuff it with your clothes at night to use a pillow.

/ Embrace the **bum bag/musette/handbag** to help you to keep all of your essentials close and reduce your walking around basecamp!

/ Remember your **ear plugs** if you are a light sleeper.

/ Keep your **kit bag** organised by using packing cubes or sectioning off clothes into different smaller bags.

/ Bring a **bin liner** to put over the bottom of your sleeping bag so it doesn't get wet when touching the side of the tent at night.

/ A **head torch** is compulsory to help you get around basecamp at night and early morning.

/ Take your **toothbrush** with you in your bum bag to breakfast – this means you can brush your teeth straight from breakfast without having to go back to your tent first.

/ Purchase a **waterproof kit bag** or make sure all your belongings are wrapped in bin liners.



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Volunteering

We are looking for amazing people to join our world-class volunteer team to support participants taking part in our Threshold Trail Series.

Walk, jog or run, it's up to the participants to decide but nothing is possible without the undying support of those on the sidelines. As a member of our brilliant volunteer team, you will be a key part of these inspirational individuals' success.

We're looking for enthusiastic, proactive, and practical individuals to help us make this a memorable weekend by taking on a variety of roles, such as:

- / Welcoming participants to the event sites.
- / Helping at registration and assisting with participant queries.
- / Joining the teams at the Pit Stops along the route.
- / Helping at tent allocation and other Basecamp roles.
- / Cheering participants over the Finish line and handing out medals.

Volunteering is an excellent opportunity to enjoy the people around you and take in the beautiful surroundings.

If you're a people person with a passion for the great outdoors, you could be the perfect Threshold volunteer.

Click [here](#) if you're interested to hear more!



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Secure Your Spot In 2027

ENDURE²⁴ READING

4th – 6th June 2027 / Wasing Park, Reading

Our 8km trail features exciting landmarks and enchanting natural wonders, including the 15th century Church of St Nicholas and the mesmerising Wasing Wood. After conquering the infamous 'Heartbreak Hill', take in the stunning panoramic views of Paices Wood lake.

Click [here](#) to register interest for 2027.

ENDURE²⁴ LEEDS

2nd – 4th July 2027 / Bramham Park, Leeds

Experience 8km of scenic beauty with fellow thrill-seekers. Along the course, catch sights of landmarks like the Lead Lads Temple, Roundhouse, and the historic Bramham Park Estate. The festival atmosphere will accompany you throughout the race.

Click [here](#) to explore!

RACE TO THE STONES

10th – 11th July 2027 / Lewknor to Avebury

Traverse the Ridgeway as you race towards the 5000-year-old Avebury Standing Stones, a UNESCO World Heritage site.

Click [here](#) to explore!

Watch out for new events coming in 2027! Register online for priority access to secure your place on the start line.

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GOOD LUCK, ENJOY THE RIDE

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

We can't wait to welcome
you on RideCymru!

Good luck...

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