

TRANS CAMBRIAN

THINGS TO KNOW

fitness

The Trans Cambrian is approx. 174km in total, with day two at 74km, that makes for a lot of time in the saddle. Riders should be able to ride around 50km and around 1500m of climbing. We'd suggest getting out on a series of long, 4-6hr rides in your lead up to arriving. That way you are better prepared for your ride; it's quite different to a blast around a trail centre!

To view a map of the route with a few pointers, visit the link below:

<http://imba.org.uk/where-to-ride/trans-cambrian-way/trans-maps/>

kit list

A mountain bike that is in good order with brake pads that stop you, and a chainset that runs smoothly and quiet. Hardtails are ideal, but full sus is comfy when you are out for several hours. Spares need to be a couple of tubes, spare mech hanger, waterproof coat, warm mid layer, waterproof socks (plenty of rivers) snacks, energy gels and a bag large enough to fit it all in, and lunch!



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arrival

Riders can arrive anytime after 4pm on the Thursday evening in Knighton. Rooms are booked under Phill at MTBWales, so settle in and relax. We arrive on Friday morning at approx. 8.30am with Polly who will be taking your overnight luggage. Your overnight bag that's transferred ahead each day doesn't need your worldly possessions. Just riding kit for 3 days, wash kit, snacks, and something to wear of an evening. Bags need to be light enough for the staff to carry at each public house. On day one there are two cafe stops so no need to carry your lunch. But on day two and three we will have to order a packed lunch before leaving. Available at both public houses.

The public houses are The Horse and Jockey, Knighton; Ty Morgans, Rhayader; and The Blue Bell in Llangurig. Just in case you need to let anyone know your whereabouts on the trip. Each provider is used to our groups, and they are very friendly and keen to help, even wash kit if needed!

Cars are safe in Knighton and we always recommend parking either opposite pub (small car park) or at the train station just a few hundred meters away, both safe.

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