

BIKEPACKING WALES

A 230-Mile, 7-Day Ride Through the Old World

May 16-23, 2026



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LOST

TRAVEL



THE EXPERIENCE

Bikepacking Wales

Backcountry Edition | May 16-23, 2026

This isn't your average ride. It's a full-on journey through the bones of Wales. You'll pedal across the ancient Cambrian Mountains, said to be some of the oldest in the world.

The landscape shifts constantly: mist rolling over ridgelines, slate-gray lakes tucked between valleys, and villages that feel frozen in time. One moment you're on smooth tarmac, the next you're dodging sheep on a dirt track that may or may not qualify as a road.

Expect a 60/40 mix of paved and unpaved terrain — single track, double track, fire roads, forests, and the occasional bog that'll have you questioning your life choices. This is Wales in all its raw, weather-beaten glory.



Watch the teaser here!



What to Expect

- 7-day guided ride through the Cambrian Mountains and Eryri
- Mountain bike or e-MTB rental included
- Lodging in rustic inns and local guesthouses
- Daily mileage averaging 30–40 miles of mixed terrain
- Mid-day meet-ups with support van and mechanic checks
- Morning briefings and route options tailored to skill level
- Daily luggage transfers between accommodations
- Evenings spent in small villages and traditional pubs



DIFFICULTY

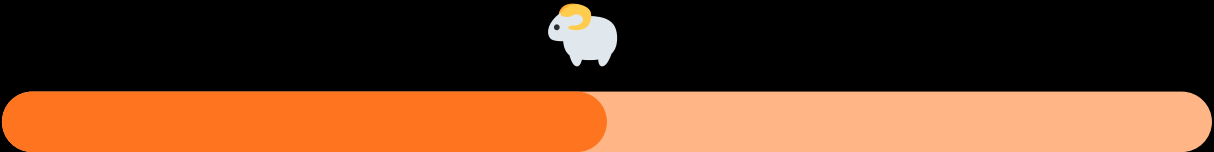


How Tough Is It, Really?

Whether you're an experienced cyclist or just doing it for fun, there's room for all levels. E-bikes make the adventure accessible for most riders, while the purists on mountain bikes can dig in and take the full challenge head-on.

**Routes are tailored to your skill level.*

E-bike

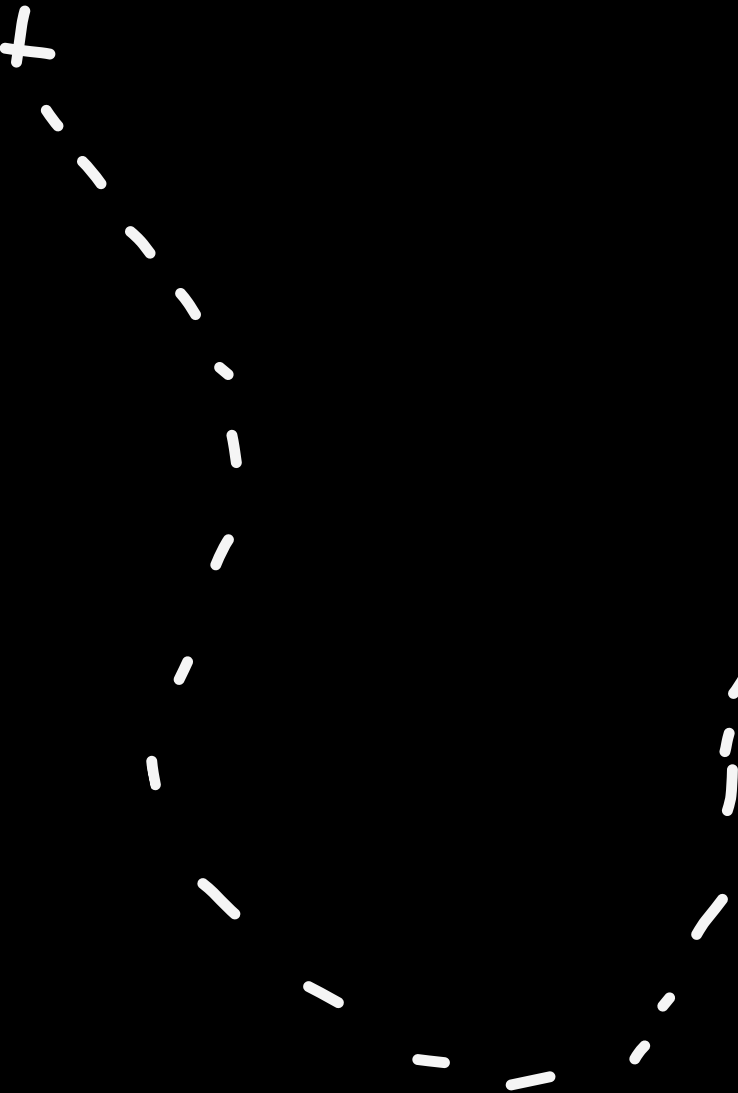


Easy to Moderate

Mountain Bike



Hard



THE DETAILS

Pricing & Inclusions

\$3750

Pay in Full

\$500

To Reserve
Your Spot

- 7 nights accommodation
- Mountain bike / E-MTB rental
- Mechanic & Lost support van
- Guided route + local insights
- Gear setup assistance



General Itinerary

1. Arrival (5.15)

We'd recommend flying into either Birmingham, Manchester or even London airport.

Knighton is straightforward to get to from Birmingham which is a 1 hour train ride from central London.

2. Launch Party (5.16): Knighton

Get ready to celebrate the upcoming excursion with the official Launch Ceremony & Party!

3. Start Line (5.17)

Ready to pedal your way into glory? Strap in for the bikepacking madness—your legs might hate you, but your sense of adventure will thank you!



4. Day 1: Rhayader

The Gateway to the Elan Valley, some of Wales's most premium reservoirs that the Welsh kindly, but begrudgingly use to give all of their delicious water to the English. At least it's nice to know that there's always a bit of Welsh in most English people. For those of an ornithological bent, keep an eye out for Red Kites. This bird of prey almost went extinct but we reintroduced about 20 years ago and is thriving.

5. Day 2: Llangurig

Not really sure what's to say about this little town, I stopped there once, 2 pubs, a shop and a post office (conveniently in the same building). Expect kind locals and whatever the Welsh equivalent of duelling banjos is.

6. Mid-Week Meetup (5.19): Machynlleth

Halfway there! Time to regroup in Machynlleth—where the hills are steep, but the company (and the Welsh cakes) make it all worthwhile!

This little town nestled in the Dyfi Valley's most notable claim to fame is that it is the ancient capital of Wales, being home to Owain Glyndŵr's senedd-dŷ (parliament building). Don't know who Owain Glyndwr is? Google him, he's kind of a big deal, think Welsh Braveheart minus Mel Gibson.





7. Day 4: Dolgellau

Y Sesiwn Fawr (the big session) and Cader Idris are some of Dolgellau's main attractions - but there's more to Dolgellau than music and mountains. Dolgellau has more heritage buildings than any other town in Wales, so think oldy worldy pretty.

8. Day 5: Betws-y-Coed

You're deep in the mountains here, the little town (are you seeing a trend here) is famous for incredible mountain bike trails, waterfalls, rapids and bridges. There's a railway that runs on really tiny rails, imagine halfway between a 'normal' train and a child's cho-cho set. Expect to see lots of elderly people, mostly from Engand, shuffling around during the day buying nick-nacks to take home, thereby doing their job to prop up the Welsh economy.

9. Finish Line (5.22): Conwy

Congrats, you made it to Conwy! Now, let's celebrate—legs of steel, hearts full of adventure, and maybe a pint or two to ease the pain!

Conwy, or Conway as the English lazily call it, is a walled market town right up North, it's got a little harbour, a gigantic bloody castle, and is home to the UK's narrowest house, how narrow you ask? I guess you'll find out when you get there.



ACCOMMODATION

Where Will You Be Staying?

After each day of exploring Wales, you'll unwind in a comfortable mix of boutique hotels, traditional inns, and one unforgettable night under the stars. Each stop has been hand-picked for comfort, character, and a taste of local life along the Traws Cymru route.

Night 1: Knighton

The Knighton Hotel

Begin your journey at a charming Victorian hotel in the historic border town of Knighton, the official starting point of the route. Guests enjoy comfortable rooms, hearty meals, and a warm, welcoming atmosphere.

Night 2: Rhaeadr

Cwm Clyd Longhouse

They offer three bedrooms, a shared bathroom, a dining area, and a cozy living space. Guests can enjoy mountain views and evenings by the outdoor fireplace, with plenty of nearby opportunities for outdoor activities.



Night 3: Llangurig

The Blue Bell Inn

Located in the highest village in Mid Wales, this Grade II-listed 16th-century inn combines history with comfort. Guests can enjoy traditional pub meals, local ales, and the charm of a classic Welsh setting.



Night 4: Machynlleth

The Wynnstay Hotel

The Wynnstay offers classic Welsh hospitality, comfortable rooms, and local cuisine in a relaxed and welcoming environment.



Night 5: Dolgellau

Torrent Walk Campsite & Bunkhouse (Tentative)

Set in the heart of Snowdonia, this simple and well-maintained bunkhouse provides clean and comfortable accommodations surrounded by scenic mountain views.



Night 6: Betws-y-Coed

Glan Aber Hotel

This friendly hotel features spacious rooms, hearty meals, and a lively pub atmosphere—an ideal place to unwind after a day of cycling.



Night 7: Conwy

The Quay Hotel & Spa

Your final evening will be spent at this modern waterfront hotel overlooking the Conwy Marina. Guests can enjoy spa amenities, fine dining, and a celebratory dinner to close out the week's adventure.



What Makes It Great



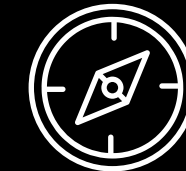
Wales' Ultimate Bikepacking Guides

Meet Tom and Kev, your Welsh duo, part adventure junkies, part mechanics, and full-time storytellers. You'll follow their lead through the best (and steepest) parts of the country, learning bits of Welsh slang, hearing tall tales, and maybe discovering the secret to the perfect pint.



The Road Less Traveled

The route winds through forgotten valleys, forest paths, coastal climbs, and untouched villages. The terrain changes as fast as the weather: one minute, you're coasting through a pine-lined descent; the next, you're trudging up a hill surrounded by nothing but wind and sheep.



Welsh Ales & Tales

In Wales, the beer flows and the stories run even longer. You'll find yourself sharing a pint with locals who have lived in the same village for generations, listening to tales that blur the line between history and myth.

Your Next Great Story Starts Here

Only 12 spots are open for this once-a-year adventure.

Reserve Your Spot For \$500

Visit lost.travel/Wales or scan QR code



Have Any Questions?

If you have any questions, suggestions, or need assistance, please don't hesitate to reach out.



Check out our video recap
for Lost in Wales 2025!



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