

Bicycle Beano Cycling Holidays

– simple text-only brochure pdf –

– 2008 –

“Everyone cycles at their own pace, chatting, laughing or just enjoying the sense of peace. After a day's cycling we are treated to a seemingly endless supply of vegetarian food – wholesome and filling and so delicious that the meat eaters among us don't feel we're missing a thing.”

– Healthy Eating magazine

Join us for a Bicycle Beano cycling holiday exploring peaceful lanes in some of the most glorious countryside of England and Wales. We organise on-road cycling holidays in the Snowdonia and Pembrokeshire Coast national parks, the Welsh Borders, the Vale of the White Horse, and the South Downs.

Each beano is based at a brilliant venue including a medieval manor house, a Georgian mansion, and a comfortable eco centre with its own lake and the best view from a bike shed ever!

Ace cooks provide delicious vegetarian breakfasts and evening meals. Home-grown organic fruit and vegetables, Fair Trade, and local produce are used as much as possible. You don't have to be a vegetarian to enjoy a beano, lots of non-veggies keep coming back because they like our food (meat and veggie meals are available at the lunch stops).

Each day we do a moderately-paced 35 to 40-mile main route, returning to the same venue each evening. Short cuts and longer detours are available on most of our routes, so you can choose to cycle anything from 30 to 60 miles a day depending on how you feel.

Specially designed maps and route sheets allow you to cycle at your own pace, either with a group or on your own if you prefer. We all meet up at a lunchtime hostelry; and perhaps to explore a historic site, admire a view, or go for a swim.

The beauty of a Bicycle Beano is that you don't have to think. We know all the good places to cycle. Not only do we take you to the finest views, quirkiest castles and friendliest watering holes; but we take you in the best direction at the best time of day.

Beanos are suited to everybody, vegetarians and meat eaters, singles and couples, young and old. The word *beano* means a feast, an annual holiday, and a jolly time. Bicycle Beano is all that, with a bit of cycling thrown in. It's a sociable event – there's something about cycling and eating good food together that makes a holiday really enjoyable.

– Jane Barnes & Rob Green –

www.bicycle-beano.co.uk

mail@bicycle-beano.co.uk

The Beanos....

Snowdonia Beano – 7 days

The glorious north west corner of Wales has everything – wild beaches, romantic castles, Celtic culture, and mind-blowing landscapes.

Three of our rides explore the gently undulating lanes of the Llyn Peninsula, and are rarely more than a few miles from the sea. We visit Whistling Sands, Hell's Mouth, and the "mediterranean" seaside town of Criccieth. Our other two rides dip into the western edge of the Snowdonia National Park, visiting Llanberis, Beddgelert, and the dramatic drovers' road to Prenteg.

We stay at the Trigonos Centre in the Nantlle Valley – the most fantastic setting imaginable. The views across the lake to Mount Snowdon are unsurpassed. Eighteen acres of grounds include woodlands, meadows, a stream, and organic gardens (source of our vegetables for dinner).

There are comfortable single and twin bedrooms, either en-suite or with shared facilities (plus 1 double en-suite) – please state your choice on the booking form.

Sat 19 to Sat 26 July

£620 per person, en-suite

£560 per person, not en-suite

West Coast Beano – 7 days

The Pembrokeshire Coast National Park, on the far west coast of Wales, has one of the most spectacular coastlines in Europe. An ancient and powerful landscape dotted with standing stones, and steeped in Celtic and Arthurian legend.

Tantalising glimpses of the sea are revealed as we cycle along quiet lanes to picturesque fishing harbours, sandy beaches where we can swim, and towering cliffs pounded by Atlantic breakers.

We stay at Cuffern Manor, an 18th century manor house situated just three miles inland from the vast sweep of Newgale beach. Three acres of secluded grounds, include a walled organic vegetable garden. The 3-star accommodation is in single, twin, and double bedrooms (2 en-suite). Camping in the walled garden is also available.

On our bike-free day you could visit the mediaeval cathedral village of St. David's, take a boat trip around the RSPB wildlife reserve of Ramsey Island, walk the coastal path, or spend the day on Newgale beach.

Sat 9 to Sat 16 August

£640 per person

(camping also available, £490)

Ellesmere Beano – 3 days

A long weekend exploring the canals, meres and timeless pastures of north Shropshire and south Cheshire.

This peaceful backwater has a rich history and diverse wildlife. Retreating Ice Age glaciers left behind a series of pools, or meres, which now provide habitat for a variety of kingfishers, herons, grebe, coots and moorhens.

We stay at The Grange, a Georgian mansion just outside the tiny market town of Ellesmere. This grade II listed house is a real treasure with its oak-panelled dining room, turf labyrinth, wildflower meadows and croquet lawn. The walled garden and Victorian glass houses provide most of our organic fruit and vegetables.

There are twin and double en-suite bedrooms; plus 1

en-suite single and 2 not en-suite singles. The Grange (3-diamonds B&B) is licenced to sell wine, and gets in a barrel of locally-brewed Salopian real-ale specially for us.

Fri 23 to Mon 26 May

£340 per person (Late Spring Bank Holiday)

White Horse Beano – 2 days

The Vale of the White Horse is a timeless place – a gently undulating plain nestling between the Marlborough Downs and the Cotswolds. The White Horse itself, a great image cut into the chalk of the hillside, has watched over the farmers of the vale for more than three thousand years.

We criss-cross the vale, climbing White Horse Hill, admiring the spot where St George fought the dragon (so they say!), with a detour to the prehistoric Ridgeway and Megalithic long barrow of Wayland's Smithy. We also touch on the edge of the Cotswolds, passing through picture-postcard country estates. On the Sunday, we visit secluded villages and half-forgotten lanes in the upper Thames valley.

We stay at Charney Manor, a beautiful mediaeval house dating from the 13th century – one of the oldest inhabited houses in Britain. Accommodation is in twin and single en-suite bedrooms, either in the manor house itself or in the renovated barn across the courtyard.

Fri 1 to Sun 3 August

£290 per person

Downland Beano – 3 days

The western end of the South Downs is a forgotten corner of southern England. Barely changed since the days of famous locals such as Jane Austen, Izaak Walton, and the Rev. Gilbert White; it is a scattering of Saxon churches, sparkling streams, watercress beds, and gently rolling chalk downs.

We pass through villages rich in stories of fugitive kings, powerful bishops, selfish lords and family curses. En-route we visit the beautiful Meon Valley, beloved by "The Compleat Angler" Izaak Walton for its trout-filled streams; the historic market town of Alresford with its Watercress Line steam railway; Hambledon, birthplace of modern cricket; and much more.

We stay at the Wetherdown Hostel, part of the Sustainability Centre run by the Earthworks Trust. The Trust has transformed this ex-MoD property into a haven for wildlife and green development – even the water is heated from local, renewable sources.

Set amongst 55 acres of woodland and natural chalk downland, the hostel has been refurbished using sustainable building materials. Bedrooms are simple but comfortable twin or single rooms. We have exclusive use of the hostel.

Fri 2 to Mon 5 May

£330 per person

Information

We provide

Delicious vegetarian meals – buffet breakfast, evening meal, and tea & cakes after the ride. Accommodation. Detailed daily route sheets including specially designed maps and written instructions. Cycling guide and back-up. Evening diversions such as juggling balls, Jenga, volley ball, table-tennis etc (depending upon space available). Bike repair tools and basic spares. Plus more.

Who comes on Beanos?

There are usually 16 to 28 people – a mixture of singles and couples. On average there are equal numbers of women and men. Most people bring their own bikes – touring bikes, mountain bikes, hybrids, tandems, recumbents, and even a unicycle. As long as you can cycle a minimum of 30 miles a day without falling apart, you will enjoy a Beano.

Travelling to the Beanos

We send information. If you are coming by car and can give a cyclist a lift, please let us know. Venues are within cycling distance of a railway station: White Horse 15 miles; Ellesmere 10, 13 or 19 miles (plus bus); Snowdonia 19 miles (plus bus); West Coast 6 miles. Some taxis carry bikes. Fellow Beanoers usually offer lifts to the station after the Beano.

Children

Under 18's must be accompanied by a parent and have good road sense. Under 10's should be attached to an adult's bike. Discounts if sharing parents' bedroom: babies free; 60% off for 3 to 5's; 20% off for 6 to 12's.

Weekend Notes

The weekends begin with dinner on Friday evening and finish after tea and cakes either on Monday afternoon (Ellesmere and Downland) or Sunday afternoon (White Horse).

If you want to stay on for an extra night, B&B can be arranged at the venue.

Safety first

We do all we can to make our routes safe. However, you cycle at your own risk. We cannot be held responsible for the condition of the roads or participants' bikes; nor for injury, loss or damage. You must obey the Highway Code, cycle in a safe & responsible manner, and ensure that your bike is roadworthy. All cyclists should have 3rd party insurance (see booking info).

Who is Bicycle Beano?

We are Jane Barnes & Rob Green. Both long-standing environmentalists, we started organising cycling holidays in 1982 after working for Friends of the Earth etc. Rob is co-author of a *Phillips Cycle Tours* book. We cycle along on all beanos, and our cycling helper provides back-up and basic mechanics. 2008 is our 27th season.

Booking Information

Please send the booking form (on page 4) with a deposit of £50 per person (returned if your chosen tour is full). The deposit will be deducted from the total price. The remainder is payable 6 weeks before the tour. We will confirm your reservation and send travel info etc.

Overseas payments can be by cheque (check) made out in your own national currency, for the equivalent of GBP (UK Pounds, £); please add £20 to help cover bank charges. Or you can airmail us a bank draft/check which is made out in GB Pounds (£). However, you may need to airmail it as a special delivery to protect your money (ask your bank if this is necessary). To convert GBP (UK pounds) to your national currency, go to Universal Currency Convert at www.xe.net/ucc/.

Pre-payments are held in trust until after your tour. If you cancel, the deposit is not refundable. If you cancel 42–22 days before the tour, we refund 90% of the remainder; 21–9 days, we refund 75% of remainder; 8 days or less, 0%. Travel insurance (including 3rd party) is available from the Post Office (leaflet or 0800 169 9999), any bank, etc.

"...loads of jolly good vegetarian organic food...with the highly recommended Bicycle Beano."

– The Guardian

"Great cycling country and Bicycle Beano are warmly recommended for value for money fun."

– Cycling Plus magazine

Bicycle Beano Cycling Holidays

Phone: 01982 560471 (phone any day, 9am to 9pm)

Post: Bicycle Beano, Erwood, Builth Wells, Powys, LD2 3PQ, UK.

e-mail: mail@bicycle-beano.co.uk or mail@bikebeano.co.uk

www.bicycle-beano.co.uk

BOOKING FORM

Yes I want to come on a Bicycle Beano Cycling Holiday

PLEASE USE CAPITAL LETTERS

NAME: _____

ADDRESS: _____

Please
include
postcode

PHONE: _____

E-MAIL: _____

NAME OF BEANO: _____

DATES: from _____ to _____

NUMBER of places: _____

DEPOSIT enclosed: £ _____

- £50 per person (deducted from total price).
- Cheques payable to Bicycle Beano.

NAMES of
any others
in your party:

OTHER INFO:
(accommodation
requirements etc)

SIGNED: _____ DATE: _____

How did you find out about Bicycle Beano? _____

Send to:-

Bicycle Beano, Erwood, Builth Wells, Powys, LD2 3PQ, UK

"Bicycle Beano holidays are cycling idealism come true – the tours combine the best countryside in Wales, the quietest roads, gorgeous accommodation and a superb bounty of home-made vegetarian food."

– The Sunday Times