

# Bicycle Beano Cycling Holidays

– simple text-only version of our brochure–

– 2010 –

"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

Bicycle Beano cycling holidays explore the peaceful lanes of the Snowdonia National Park and Llyn Peninsula in Wales; the Welsh Borders, and the Vale of the White Horse in England.

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 rides, so you can choose to cycle 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.

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, tea and cakes after the rides, and evening meals. Home-grown organic fruit and vegetables, Fairtrade, 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).

Beans 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](http://www.bicycle-beano.co.uk)

[mail@bicycle-beano.co.uk](mailto:mail@bicycle-beano.co.uk)

# The Beanos....

## 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 local *Salopian* real-ale specially for us.

The weekend begins with dinner on Friday evening and finishes after tea and cakes on Monday afternoon. If you want to stay on for an extra night, B&B can be arranged.

**Fri 28 to Mon 31 May**

£380 per person (Late Spring Bank Holiday)

## 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 17 to Sat 24 July**

£670 per person, en-suite

£590 per person, not en-suite

## 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 converted barn across the courtyard.

The White Horse rides have been designed by Andy Key, one of our helpers. We will be riding along too of course.

The weekend begins with dinner on Friday evening, and ends after tea & cakes on Sunday afternoon. If you want to stay over on Sunday night, B&B can be arranged at the manor.

**Fri 25 to Sun 27 June**

£320 per person

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"...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

# 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. 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 we've even had someone on 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: Ellesmere Beano 10 from Wem, 13 from Gobowen, or 19 miles from Shrewsbury (plus bus); Snowdonia Beano 19 miles from Bangor (a bus comes to the venue); White Horse Beano 13 miles from Didcot or about 15 miles from Oxford station. 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.

## 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 Terms & Conditions opposite).

## 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. 2010 is our 29th 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. If sending an online reservation form, please don't send any payment until we have confirmed your reservation.

## UK Payments

We prefer payment by cheque, payable to *Bicycle Beano*. If it is inconvenient to pay by cheque, the deposit can be paid by credit or debit card via PayPal (you do not need a PayPal account) – please ask us for details. If you want to pay the remainder using PayPal, please add 3% to the balance to help cover extra costs incurred – PayPal charge us 3.4% for this service.

## Overseas Payments

The deposit can be paid by card via PayPal (you do not need a PayPal account) – please ask us for details. If you want to pay the remainder using PayPal, please add 3% to the balance to help cover extra costs incurred – PayPal charge us 3.9% for this service. This is probably the most convenient way for you to pay.

You can send a 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/](http://www.xe.net/ucc/).

## Terms & Conditions

If you cancel 42–22 days before the tour, we refund 80% of the remainder; 21–15 days, we refund 60% of remainder; 14 days or less, 0%. Travel insurance (including 3rd party) is available from the Post Office (leaflet or 0800 169 9999) or any bank etc.

In order to protect your pre-payments, in accordance with Regulation 20 of The Package Travel, Package Holidays & Package Tours Regulations 1992 (generally known as The Package Travel Regulations), a sum of money is held in trust which at all times exceeds pre-payments made for holidays not yet taken. You remain the beneficial owner of your pre-payments until completion of your holiday (unless you forfeit any pre-payments in accordance with the cancellation terms).

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## Bicycle Beano Cycling Holidays

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

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

E-mail: [mail@bicycle-beano.co.uk](mailto:mail@bicycle-beano.co.uk)

[www.bicycle-beano.co.uk](http://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