

# Bicycle Beano Cycling Holidays

– simple text-only brochure pdf –

– 2012 –

"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 are a fine blend of delicious vegetarian cuisine (enjoyed by veggies and meat-eaters alike), friendly groups, and brilliant cycling on idyllic country lanes in Wales and the Welsh Borders. There's more to cycling holidays than just riding a bike!

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.

Bicycle Beano cycling holidays are based at brilliant venues – gorgeous Georgian mansions in Shropshire and Pembrokeshire, and a comfortable Snowdonia eco-centre with its own lake and the best view from a bike shed ever!

Ace cooks provide delicious vegetarian cuisine, using home-grown organic fruit and vegetables whenever possible. You don't have to be a vegetarian to enjoy a beano, lots of non-veggies keep coming back because they enjoy 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 2012 Beanos....

## Ellesmere Beano – 4 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.

The government has moved the Spring Bank Holiday from the end of May to Monday 4 June, and added an extra bank holiday on Tuesday 5 June to celebrate the Queen's Diamond Jubilee. This will create a 4-day weekend. Perfect!

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

**Friday 1 to Tuesday 5 June**

£490 per person

## 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.

**Saturday 7 to Saturday 14 July**

£730 per person, en-suite

£640 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.

**Saturday 1 to Saturday 8 September**

£730 per person

£580 per person camping

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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. 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 20 miles from Bangor (a bus comes to the venue); West Coast Beano 7 miles from Haverfordwest. 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. 2012 is our 31st 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 via PayPal, please add 3.5% to the balance to help cover extra costs incurred.

## 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 via PayPal, please add 4% to the balance to help cover extra costs incurred. 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 £25 to help cover bank charges.

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