



England to Wales

with

Bainton Bikes



About Us

Bainton Bikes & Walton Street Cycles

Kevin set up Bainton Bikes back in 2009. Starting out in a garage (on Bainton Road), he started stripping bikes, getting them powder coated and rebuilding them, before turning them into a 'Bainton Bike', made available for hire.

Starting out with 1 bike, then 2, there is now a fleet of over 1,000 hire bikes across Southern England, all of which Kevin has at one point built, or repaired.

A cyclist himself, Kevin has cycled across much of the UK, and has spent many hours poring over a map to work out the best way to connect some of the beautiful sights across the UK.

Alongside Kevin, there is now a small, specialist team, providing cycle holidays across the Cotswolds, southern England and Wales. We have been welcoming guests from around the globe for over ten years, and it is our pleasure to show our visitors the very best of the UK, in the very best way – by bike!

Based in the heart of Oxford, Walton Street Cycles celebrated its 50th year in 2025. From humble beginnings, Walton Street Cycles was born from a love of cycling and a vision to bring quality bikes and expert repairs to a city where two wheels are more than just transport, they're a way of life. As the years rolled by, Walton Street Cycles became more than just a bike shop - it became part of the fabric of Oxford, a trusted partner for riders of all ages and abilities. Now, its workshop of 15 mechanics not only supports local cyclists, but also services and maintains bikes for our holiday guests.





This guided cycling holiday takes you from Gloucestershire, England, through woodland and rolling hills to the rugged coastline and tranquil waterways of Wales. Combining breath taking views of the Wye Valley, the Brecon Beacons National Park and Gower Peninsula, with castles and abbeys dating back to the eleventh century, you'll get a glimpse into both the past and present of England and Wales. Cycling on peaceful cycling paths, you'll explore places off the tourist trail, with time and space to visit historical monuments, beaches and parks, enjoying some of the finest local bars and restaurants.

holidays@baintonbikes.com
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Day 1

Gloucester to Monmouth



On your first day, you cycle in to the historic city of Gloucester, England before riding through the tranquil Forest of Dean and alongside the River Wye until reaching Monmouth, Wales.

Gloucester Cathedral is known for its Gothic architecture, some of the earliest and finest fan-vaulted ceilings in the world, medieval stained glass windows and the finest cloisters in the country. The current cathedral was predominantly built between the eleventh and fifteenth centuries.

Next, you head towards the Forest of Dean, one of England's oldest woodlands with a history dating back to prehistoric times.

You'll also cycle through the Wye Valley, straddling the border of Herefordshire, England and Monmouthshire, Wales. It is known for its dramatic limestone cliffs and river views - stop in Symonds Yat for history, refreshments...or both.



Tour Gloucester Cathedral



Visit Symonds Yat Rock and King Arthur's cave



Discover Monmouth Castle

Day 2

Monmouth to Chepstow

Today you continue to ride through the beautiful Wye Valley. In the morning, there is a chance to visit one of the most impressive Welsh castles: Raglan Castle, built in the fifteenth century. After a lunch stop in Trellech, you continue your journey towards the vibrant riverside village of Tintern. Home to the world-famous Cistercian Abbey, founded in 1131, you can wander its ruins, or stop for refreshments in the village. A steep climb leads to magnificent views across the Welsh and English landscape. Next, you're headed for Chepstow, a lively town, built around the impressive eleventh century castle.

- Explore Raglan Castle
- Stop in Trellech, have lunch and visit Harold's Stone
- Explore Tintern abbey and stop for an ice cream/drink
- Chepstow Castle



Day 3

Chepstow to Abergavenny

Following quiet country roads, today you will visit historic and rural Welsh towns, as we head for Abergavenny. You will meander through the Welsh countryside, along the Monmouthshire & Brecon Canal following the line of the Usk Valley through the Brecon Beacons National Park.

Abergavenny lies at the meeting of two rivers: the Usk and the Gavenny. The town began as the Roman fort called Gobannium, occupied roughly from AD 57-400. After the Norman conquest, a castle was built in about 1087, under whose protection a town developed. The town was once walled, with several gates. Today, it is a lively town - and with plenty of lovely pubs and restaurants, it is the perfect place for tonight's stop.



Stop at Goytre Wharf for a drink



Enjoy lunch in a traditional pub in Usk



Cycle along the Monmouth Canal

Discover Abergavenny Castle

Day 4

Abergavenny to Abercynon



Today you cycle through the market towns of South Wales, following a mix of quiet roads and off-road tracks through the valley. For lunch there is a beautiful pub in the valley which offers fantastic local food. Continuing your journey you ride deeper into the Welsh towns, along the way you will visit a historic monument commemorating the Welsh mining communities and the men who worked there.



Govilon Wharf



The Guardian of the Valleys



Stunning views across the
Welsh countryside



Hengoed Viaduct

Riding on, expect to join off road cycle paths through the Welsh countryside and over the picturesque Hengoed Viaduct. Today's tour ends at a stunning country house in South Wales – The Llechwen Hall Hotel.



Day 5

Abercynon to Swansea



This morning you will leave behind your country retreat hotel and ride through beautiful scenery, along the canal and waterways. On the way, there will be a chance to visit a brewery, where, of course, there will be both a tour and a tasting of the local beer produced by the Grey Trees brewery.

For lunch, there is a lovely, family-run pub in the beautiful village of Rhigos to enjoy. The tour continues along the Neath Canal, following the beautiful waterway. Along the way, there will be fantastic pubs and cafes, and time to pause and enjoy. The hotel tonight offers great facilities including a pool, spa and other treatments (not included - advance booking required).



Grey Trees Brewery



Neath Canal waterway



Spa and treatments



Day 6

Swansea to Mumbles

Today, you head towards the Mumbles, arriving into the Clyne Gardens, a specialist botanical park, spanning 50 acres sweeping up from the Swansea Bay.

You briefly ride inland until reaching your lunch destination within the stunning Gower Peninsula. After lunch, venture down to the beach at the Three Cliffs Bay.

Returning into the Mumbles, your accommodation for tonight has views across the sea. End the day with a well-deserved three course dinner and drinks.



Clyne Gardens



Three Cliffs Bay and heritage centre



Route Overview

7 nights, 7 days cycling, guided

On this guided tour, you will cycle from beautiful Gloucestershire in England, through forests and rolling hills to the rugged coastline and tranquil waterways of Wales.

This cycle tour combines spectacular views of the Wye Valley, Brecon Beacons National Park, the Gower Peninsula, and visits to castles and monasteries dating back to the 11th century – giving you a unique insight into both the past and present of England and Wales.

On peaceful cycle paths, you'll explore places off the beaten track, with time and space to visit historic monuments, beaches and parks, and enjoy some of the finest local bars and restaurants.

The route is designed to be enjoyed at a relaxed pace, with time to stop and enjoy points of interest along the way.

Touring, gravel or electric bikes or hybrid bikes are available for this cycling holiday.

Day 1

Distance: 35 miles/56km
Elevation: 2399ft/731m
Difficulty: Medium

Day 2

Distance: 27 miles/43km
Elevation: 2571ft/783m
Difficulty: Medium/Hard

Day 3

Distance: 31 miles/49km
Elevation: 2161ft/658m
Difficulty: Medium

Day 4

Distance: 30 miles/48km
Elevation: 2496ft/760m
Difficulty: Medium/Hard

Day 5

Distance: 34 miles/54km
Elevation: 1188ft/362m
Difficulty: Easy/Medium

Day 6

Distance: 25 miles/40km
Elevation: 1349ft /411m
Difficulty: Easy/Medium

Key Information

Your safety and comfort is our priority. Our fleet of high quality bikes, and our dedicated workshop ensure all bikes are fully serviced.

We take time and care to fit your bikes to you personally, and are always on-hand to help with any queries or adjustments.

Touring bikes are available as standard for this trip. Electric bikes are also available*.

*supplement price for electric bike.

BIKES & EQUIPMENT:

Our standard bikes are lightweight aluminium touring bikes fitted with hydraulic disc brakes, short travel suspension, phone holders, water bottle cages, mudguards, rear rack and lights.

We also provide the following equipment as standard: Ortlieb pannier bags, Altura rack pack (containing basic tool kit with pump, inner tubes etc), and power banks.

ROUTE, ACCOMMODATION & PLANNING:

- Fully serviced bikes
- High standard hotel accommodation - always ensuite and including breakfast
- Safe, secure luggage transfers
- Route and travel guide within dedicated GPS App
- Welcome pack delivered to your hotel with detailed travel information for your route including points of interest, restaurants, cafes etc
- Meet & greet - in-person welcome meeting to fit you to your bikes and ensure you are all set to start your holiday



Key Information

As this is a guided trip, the following are also included:

- Experienced tour guide for duration of trip
- Mechanic and support vehicle for the duration of trip
- Bicycle equipment – pannier bags, rack pack, phone holder, water bottle holder, power bank, basic tool kits
- Bike fitting – we meet you in person to set up the bikes for you, ensuring your comfort and safety
- Route guide – never get lost with our detailed route, available to follow in an easy-to-use app
- Lunches every day
- First night and last night dinner
- Guided tour of Gloucester Cathedral
- Brewery tour
- Meet and talk with local guide, sharing insights to the Welsh history, culture and unique language



Booking Information

We would be delighted to welcome you on this cycling trip.

For further information or to book your trip, please email us at holidays@baintonbikes.com. Please include the following information:

- Preferred dates for your trip
- The number of guests, and how you will be allocated across rooms (single, double, twin)
- Your heights - so we can reserve the best bike for you
- Your choice of touring or electric bike

As an independent company, we provide a bespoke service and do our very best to accommodate any preferences our guests have - so please don't hesitate to let us know of any requirements before you book.

BEST TIMES TO VISIT:

All of our holiday routes and self-guided tours have built, tried and tested by our team. While the area is beautiful all year round, the following information might help you decide when is best for your trip:

MARCH - MAY

During spring, the days are getting longer (it is light until around 8pm when British Summer Time begins at the end of March). Spring flowers will be in bloom and temperatures range from an average high of around 12°C (March and April) to around 20°C in May. Weather can be changeable - bring layers and waterproofs.

JUNE - AUGUST

British summer time brings long, warm days (average highs around mid-20s°C). The countryside will be green and summer flowers will be in bloom. Expect blue skies and sunshine - but also be prepared for showers and cooler spells or cooler mornings/evenings.

SEPTEMBER - OCTOBER

While September can still be summery, mornings and evenings are cooler and the light fades sooner (7pm by the end of the month). Autumn in the Cotswolds is beautiful with leaves changing from green to golden shades of yellows and reds. Bring waterproofs and layers.

