

 **Parkinson's UK**
Cymru

In partnership with
TRUE GRIT
events



Pedal

Wye Valley

Sunday 20 September 2026

Are you ready to pedal?

Thank you for taking part in Pedal Wye Valley. Whether you're cycling the bronze, silver or gold route, we hope you enjoy the challenge.

From searching for a cure and campaigning for better health and care, to funding research into groundbreaking new treatments and running life-changing support services. It's all driven by one mission: improving life with Parkinson's.

We're almost 100% funded by our supporters, so every contribution, big or small, makes a real difference. Around 8,500 people have a diagnosis of Parkinson's in Wales. We're here to support every Parkinson's journey, every step of the way.



On the day

Location

Pedal Wye Valley starts and finishes in **Chepstow Race Course, St Lawrence Rd, Chepstow NP16 6EH.**

Key times

6.30am – Registration opens

7.30am – Gold route starts

8am – Silver route starts

8.30am – Bronze route starts

These times may be subject to change.

Car parking

There is plenty of free parking across the road from the race course.

Registration

Registration will be open from 6.30am, where you can pick up your race number and timing chip.

Please aim to arrive at least 15 minutes before your start time to collect your race pack.

We'll be accepting on-the-day registrations, so bring any friends or family along who want to ride.

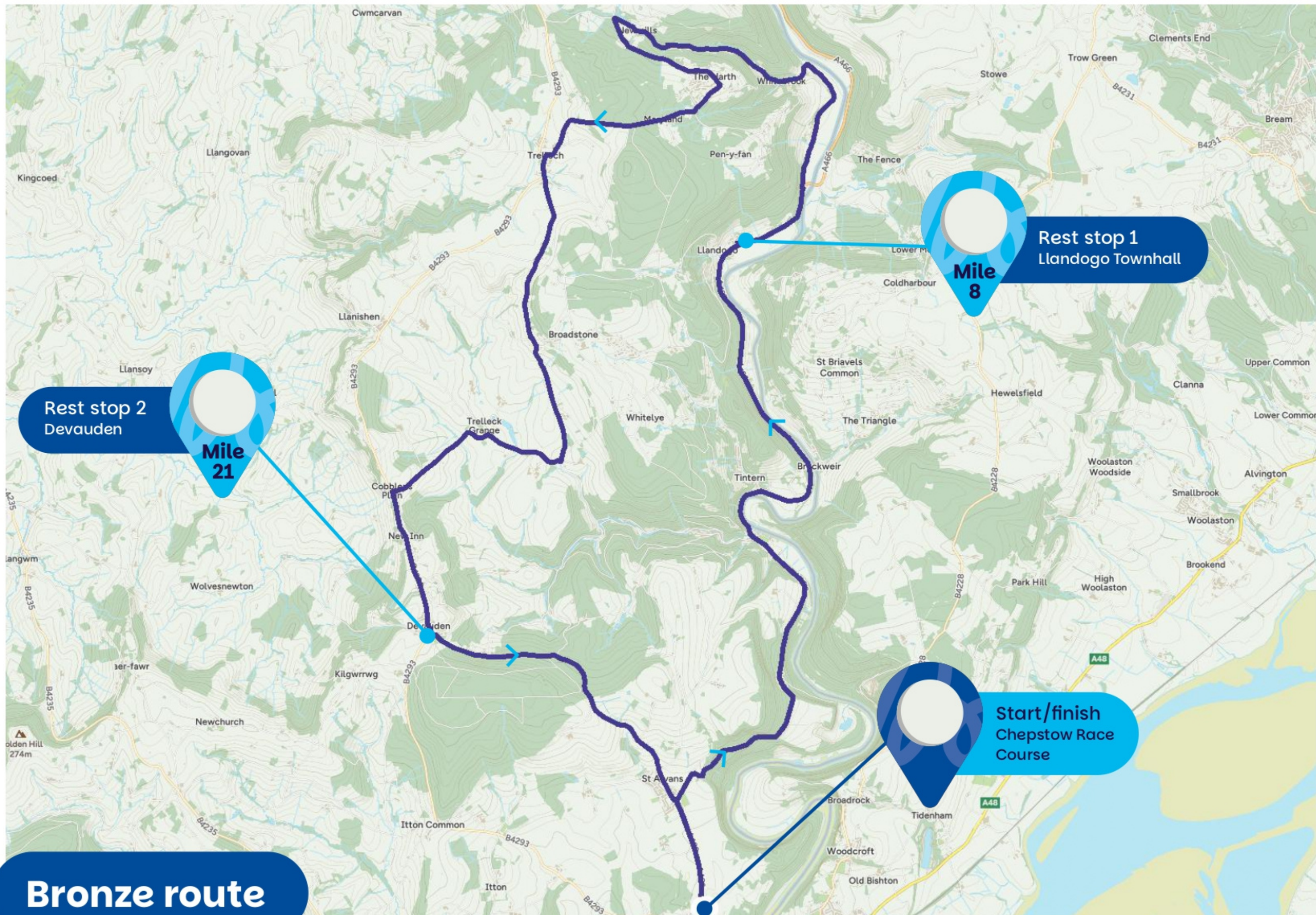
Event Control

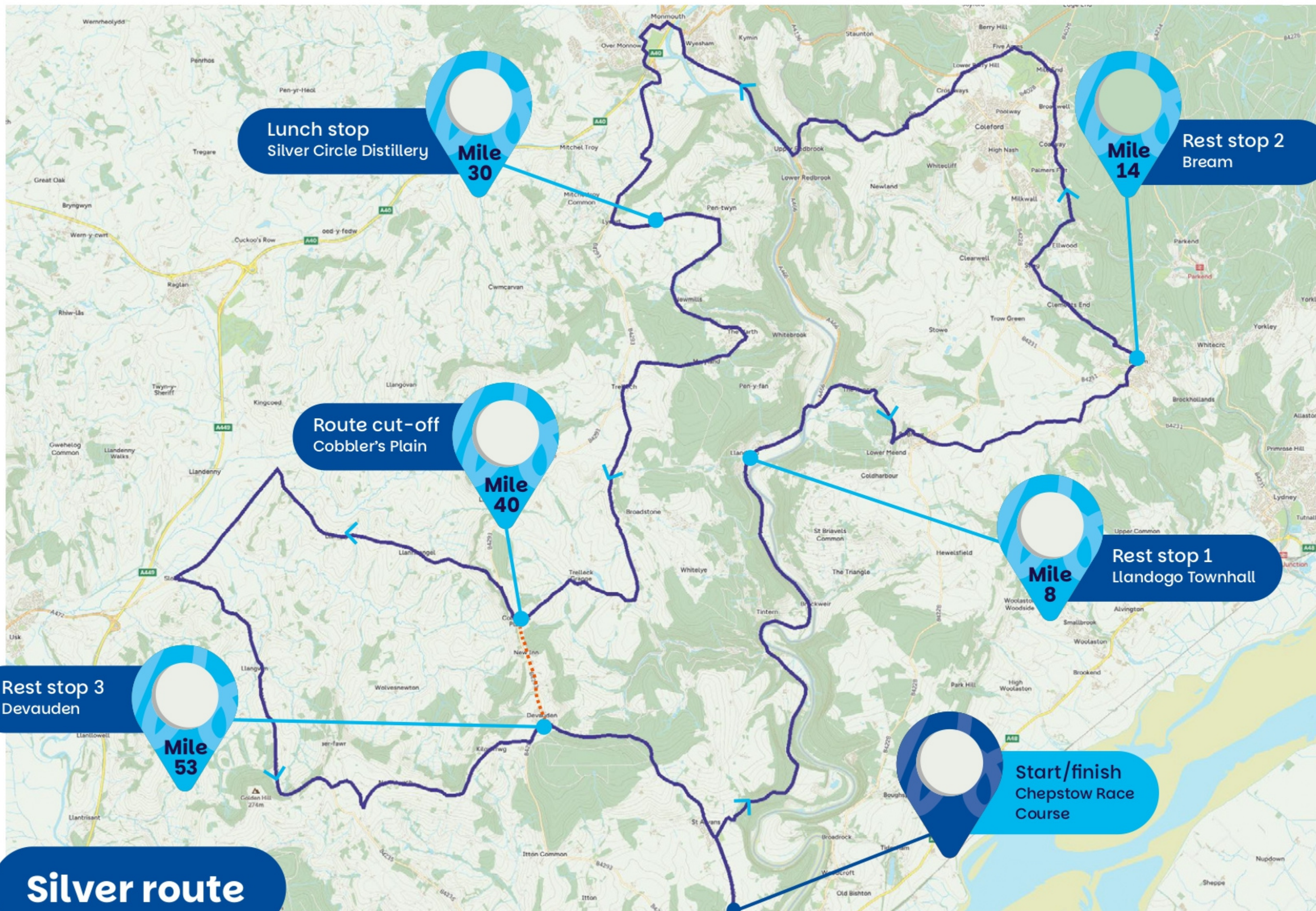
Please call Event Control on **020 3576 3219** in the event of a medical emergency or route issue. Please add this number to your mobile contacts.

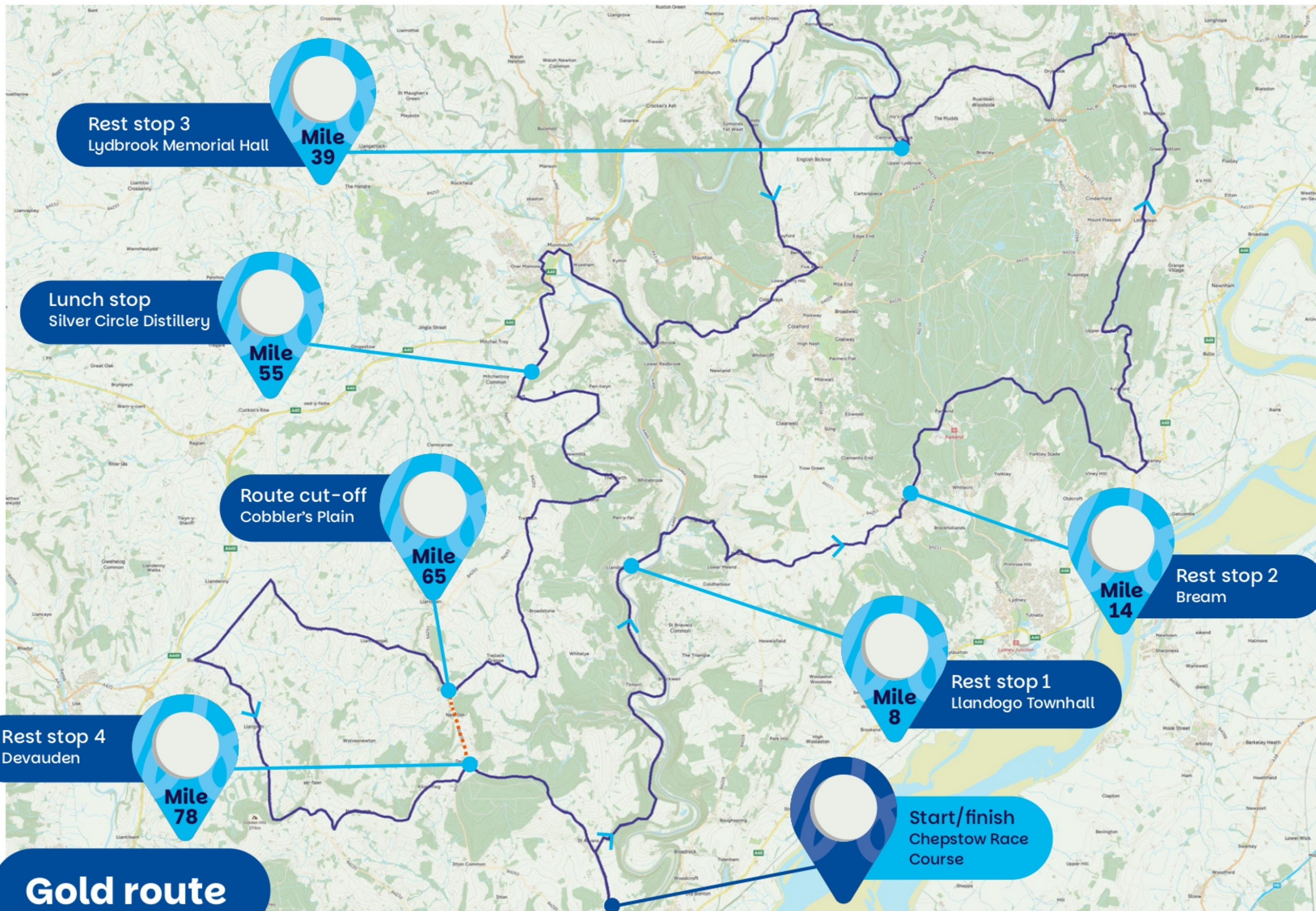
Don't forget!

- ✓ Your race numbers with details completed on the back and attached to your handlebars and helmet (collected at registration)
- ✓ Your bike
- ✓ Cycle helmet
- ✓ A fully charged mobile phone
- ✓ Cash or card
- ✓ A water bottle or CamelBak. You should be able to carry at least 1L of water at all times (water top ups will be available at rest stops)
- ✓ Snacks (you'll be able to stock up at rest stops)
- ✓ A waterproof jacket (even if the forecast is sunny, the weather can turn quickly and unexpectedly)
- ✓ A puncture repair kit and pump as you never know when you may need it!
- ✓ Cycling sunglasses to protect your eyes from sun, wind and rain
- ✓ A zipped cycling jersey and an extra layer
- ✓ Long fingered gloves
- ✓ Bike lights. This event will take place during the day, but heavy cloud and rain can make cyclists harder to spot.









Rest stop 3
Lydbrook Memorial Hall

Mile
39

Lunch stop
Silver Circle Distillery

Mile
55

Route cut-off
Cobbler's Plain

Mile
65

Rest stop 4
Devauden

Mile
78

Gold route

Rest stop 1
Llandovery Townhall

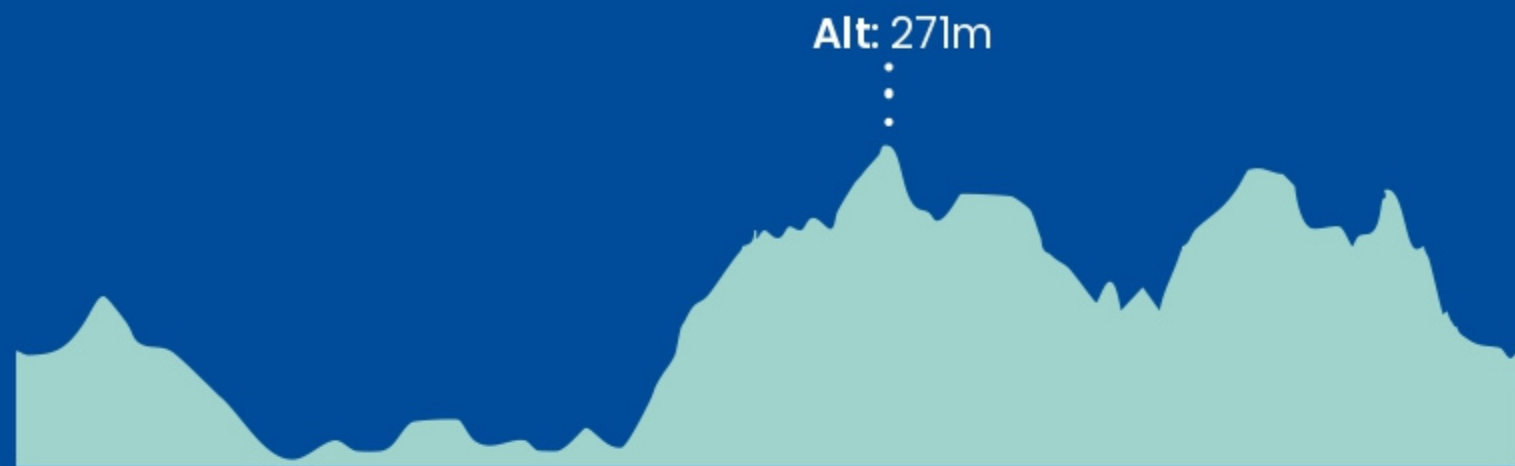
Mile
8

Rest stop 2
Bream

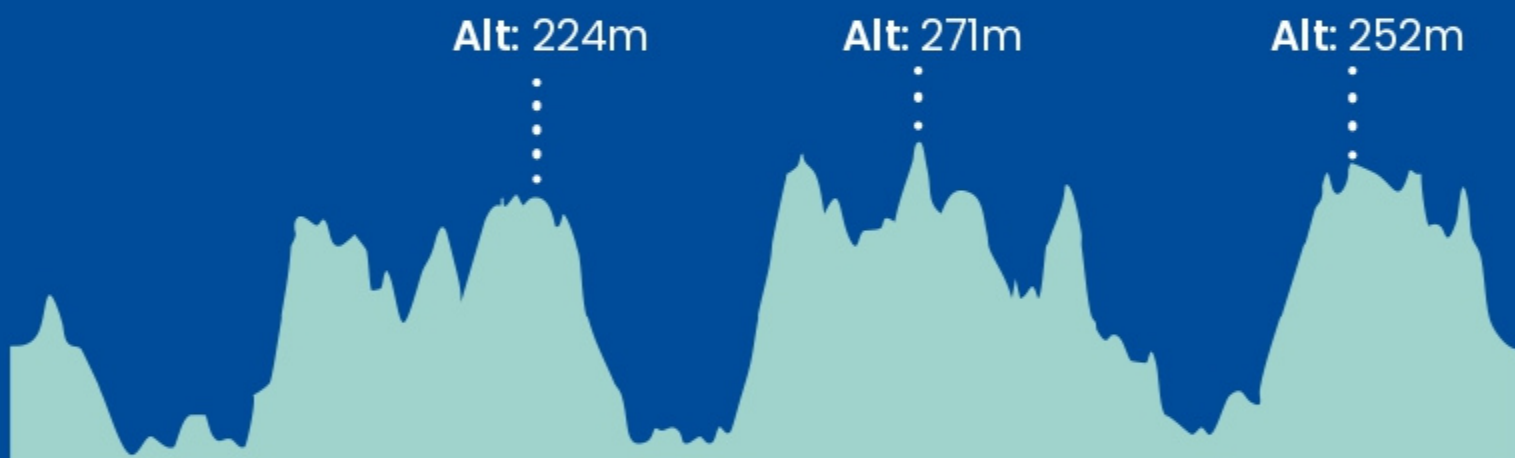
Mile
14

Start/finish
Chepstow Race
Course

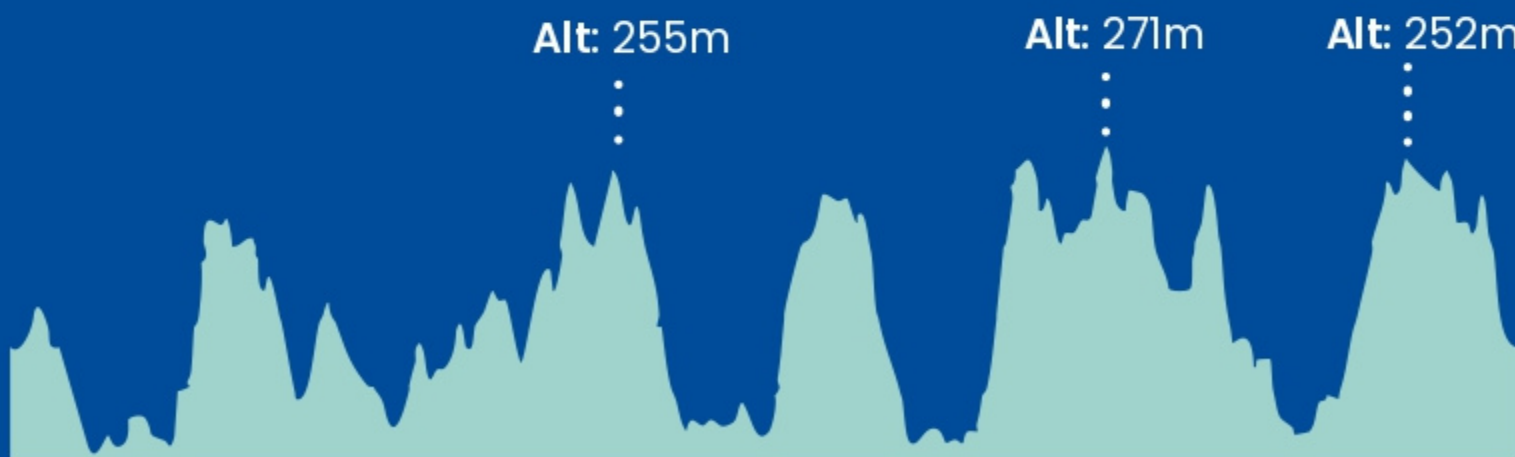
Course elevation maps



Bronze route



Silver route



Gold route

Take a break

Bronze route - 25 miles

Rest stop	Distance
Rest stop 1: Devauden (outbound)	4 miles
Rest stop 2: The Star on the Hill	7 miles
Rest stop 3: Devauden (return)	21 miles

Silver route - 57 miles

Rest stop	Distance
Rest stop 1: Bream	14 miles
Lunch stop: Silver Circle Distillery	30 miles
Route cut-off: Cobbler's Plain Riders reaching this point after 1.40pm will be diverted 1.5 miles to the next rest stop.	40 miles
Rest stop 2: Devauden	53 miles

Gold route - 82 miles

Rest stop	Distance
Rest stop 1: Bream	14 miles
Rest stop 2: Lydbrook Memorial Hall	39 miles
Rest stop 2: Silver Circle Distillery	55 miles
Route cut-off: Cobbler's Plain Riders reaching this point after 1.40pm will be diverted 1.5 miles to the next rest stop.	65 miles
Rest stop 3: Devauden	78 miles

Keeping you safe

Event safety

Although Pedal Wye Valley is designed to be accessible for a wide range of abilities, participants should be aware that the event remains physically demanding and includes challenging sections throughout the route.

- This is an open-road event. All participants must follow the Highway Code at all times and ride responsibly in accordance with prevailing road and weather conditions. Ride within own ability and take extra care on descents, at junctions, and in areas of live traffic.
- The route is fully arrowed using official event arrows. Riders should follow all event arrows throughout the course.
- If your GPX route differs from the signed route, follow our event arrows as last-minute route changes are sometimes necessary.
- If you need to change to a lower distance route during the event, please stop at a rest stop and tell staff.

- Please only stop at designated rest stops. If you go off route we may lose you!
- Inform Event Control if you have any issues or if you're leaving the event.

Emergency procedure

If you have an accident, or come across someone who has had one, please follow this procedure:

- If it's a critical medical emergency, call 999 directly.
- If you can carry on with the ride, please continue on to the nearest rest stop where you can receive medical attention.
- If you can't make it to the rest stop, please call Event Control and wait for medical help.
- If you're in doubt about your ability to carry on, please call Event Control for medical help and advice.
- If someone else is hurt and cannot make it to the nearest rest stop, please call Event Control and stay with them until help arrives.

Event control

Please call Event Control in the event of a medical emergency or route issue. Please add this number to your mobile phone: **020 3576 3219**.

If at any time you think you're lost, please:

- Stop, check your map and try to work out where you are using reference points.
- Make your way back to your last known point or arrow.
- If you're still lost, stay where you are and call Event Control who'll be able to assist you.



Event Control contact number
020 3576 3219

We're Parkinson's UK,
the charity that's
here to support every
Parkinson's journey.
Every step of the way.

For more about our events:

020 7963 3935

events@parkinsons.org.uk | parkinsons.org.uk/events

For general information and support:

Free confidential helpline **0808 800 0303**

hello@parkinsons.org.uk | parkinsons.org.uk

Parkinson's UK, 50 Broadway, London SW1H 0DB



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).
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