

YN CEFNOGI  
SUPPORTING

**Alder Hey**  
CHILDREN'S CHARITY 

**FINAL INSTRUCTIONS**  
**17th August 2025**

CAMU I'R COPA  
**ALWAYS**  
**AIM HIGH**  
events 

# CROESO / WELCOME

To the 2025 Tour de Môn. This document contains all the information you'll need to have a great day and a safe ride.



## EVENT TIMETABLE

### REGISTRATION TIMES

Registration will be located in the event village on Beach Road, adjacent to Newry Beach (the event start and finish; LL65 1YD).

You must attend registration to collect your registration pack, which will include your number and timing chip. We encourage those who can to register the day before the ride, to avoid a rush on the day. You can find your number [here](#).

#### Saturday 16th August

14:00 - 17:00: Registration at the Event Village

#### Sunday 17th August

06.00 - 08:30: Registration at the Event Village

09:15 - 09:45: Teulu ride registration at the Event Village-Entries on the day.

### EVENT START TIMES

Groups of no more than 25 riders will be allowed to start together, groups will be set off in 3 minute intervals.

**07:00 - 07:45:** Tour de Môn Mawr (106 miles) starts from 07:00, riders will not be allowed to leave after 07:45

**08:00 - 08:30:** Tour de Môn Canol (77 miles) starts from 08:00, riders will not be allowed to leave after 08:30

**08:30 - 09:00:** Tour de Môn Bach (46 miles) start from 08:30, riders will not be allowed to leave after 09:00  
There will be strict cut off times in place for riders' safety.

**10:00:** Tour de Môn Teulu family ride will leave at 10:00

### BREEZE WAVE

Once again we have teamed up with British Cycling to get more women involved in cycling. The aim is to help thousands of women get on their bikes, and we're very proud to be involved. There are two specific Breeze Waves this year, one in the **Canol distance leaving at 07:55**, and one in the **Bach distance leaving at 08:45**.



# GENERAL EVENT INFORMATION

## EVENT VILLAGE

This will be located on Beach Road adjacent to Newry Beach (the event start and finish; LL65 1YD).

## ALWAYS AIM HIGH STORE

There will be a whole host of goodies for sale with lots of bargains to be had. Make sure you check out the store in the Event Village.

## PRE-ORDERED MERCHANDISE

**Pick up your pre-ordered event t-shirts and hoodies at registration. Don't forget to collect these; we are unable to post them out post-event.** If you haven't ordered one already, there will be a limited supply for sale at the Always Aim High Store over the event weekend.

## EVENT PHOTOGRAPHY

We are excited to be working with [Mel Parry Photography](#) at this years event. You'll be able to view and purchase great photos of yourself from their website after the event. You can also [pre-register with a selfie](#) to be notified when your images are uploaded!

## FOOD & DRINK

Pizza Llan & Ffika will all be located in the Event Village selling a variety of refreshments and hot food. Cuffed-In Coffee, Môn Ice and Island Bakes' shore-front cabins are also located along Beach Road, close to the event village.

## FACILITIES

There will be portaloos in the Event Village (event start/finish) and there are public toilets at RAF Valley, Moelfre (bus stop), Beaumaris, Melin Llynnon & Valley village.

# GENERAL EVENT INFORMATION

## CAR PARKING

Depending on weather and ground conditions there will be a car park on Newry Green by the Start/Finish. This will be the closest parking to the start line available. The decision on whether this will be available will be made on the weekend. There will be a £5 charge for this car park.

There is also parking available at Pay and Display car parks throughout Holyhead. Some of the car parks operate as short stay sites with a maximum parking time of 2 hours. Tour de Môn entrants can purchase a 2 hour Pay and Display ticket which we've arranged to cover you for all day parking. Failure to display a Pay and Display ticket will incur a penalty.

Please see pages 8 & 9 for more details on car parking.

## FEEDSTATIONS

The famous Tour de Môn feedstations will include fruit, bread rolls, crisps, cake and more, although we do still encourage you to be as self-sufficient as possible. You will have the opportunity to refuel in the following places;

**RAF Valley** (all distances 12 miles) – available until 10:45

**The Bulkeley Hotel Beaumaris** (Mawr approx. 45 miles) – available until 12:30

**Ysgol Gymuned Moelfre** (Mawr 65 miles and Canol 36 miles) – available until 14:00

**Melin Llynnon** (All Distances - Bach. 31 miles, Canol 62 Miles, Mawr 91.5 miles) – available until 16:30

Please be aware food at these feedstations may contain allergens.

We highly recommend you send your supporters to these locations, they can get a coffee in the local cafés whilst they wait to cheer you on! [Melin Llynnon](#) cafe is open and serving their famous Mônuts!

# GENERAL EVENT INFORMATION

## EVENT TIMING

The event will be timed using TDL Services electronic timing systems. It is compulsory for all riders to wear their timing chip, failure to do so will result in you not receiving a time. The timing chip must be secured to your ankle with the Velcro strap provided and be returned to the organisers at the finish line.

**Please make sure you return your timing chip, there is a £55 charge for lost chips.** You will also be required to fix a number to the front of your bike with the cable ties provided.

## RIDER TRACKING

Riders can be tracked as they pass certain sections of the courses using the Live Results service from our timing partner TDL. The Tour de Môn Live Results are available on event day at: <https://my.raceresult.com/354082/live>

Participants, family & friends can all use this to track you and share in the fun too!

## LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the beautiful location you are riding in and dispose of any gels or bottles responsibly. You may dispose of your litter at the designated litter points with Event Marshals along the route, and at the feed stations. Please also see specific information for the Flying Mile on page 11.

# GENERAL EVENT INFORMATION

## CUT OFF TIMES

There will be strict cut off times along the route. If you are a slower rider, please consider starting earlier within your distance's start window.

**Mawr:** Mawr riders arriving at the junction to Llanfaelog (approx. 17 miles), after 09:30 will be directed onto the Canol and Bach routes.

**Canol:** Canol riders arriving at the junction at the centre of Bodffordd, where the Canol and Bach split (approx. 23.3 miles), after 11:00 will be directed onto the Bach route.

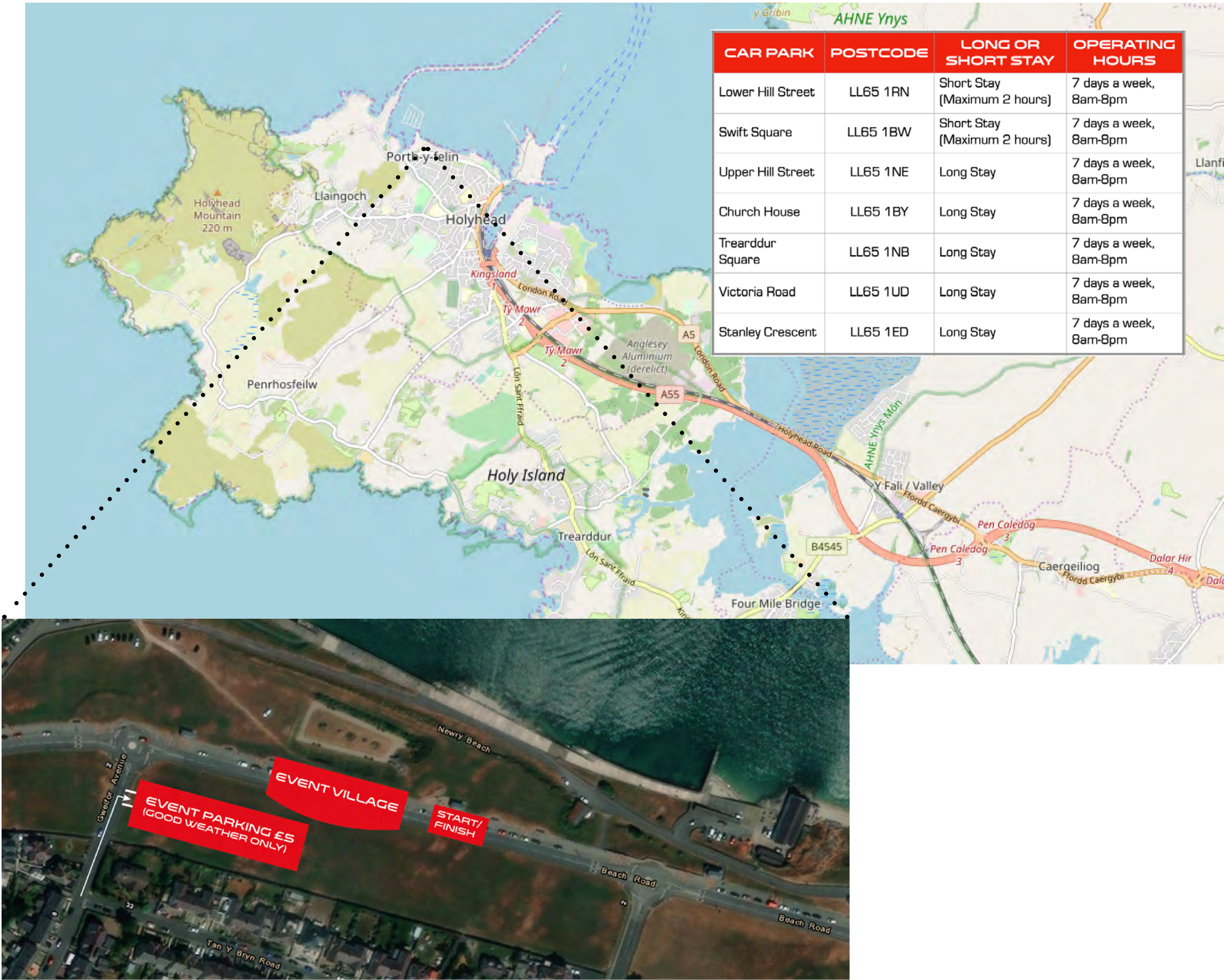
Please respect these cut off times in the interests of your safety and the safety of our volunteers.

**Chip timing will stop at 18:00.** Should you still be on course after this time, we cannot guarantee that route signage or Marshals will be in place any longer.

Should you pull out of the ride at any time, please make sure you notify a marshal or member of staff and return your timing chip to the start/finish line, there is a £55 charge for lost or non-returned chips.



# CAR PARKING INFO & EVENT VILLAGE MAP





# SAFETY BRIEFING

## YOU MUST READ THIS SAFETY BRIEFING.

Wearing of a cycling helmet conforming to CE standards EN1078 is mandatory for all riders to start. **This is a cycle sportive not a race.** The Highway Code must be strictly obeyed.

Give way to traffic at junctions and roundabouts. You must obey all traffic lights, signals, signs and markings.

The cycle route is clearly signposted. Marshals and signs will guide you at junctions and roundabouts. Marshals are NOT there to stop traffic.

Parts of the route are on single track, two way roads, you **MUST** ride in single file on these sections of the course. Headphones must not be worn at any point during the ride.

There will be a number of feedstations along the route. These will be clearly signposted approx. 50m before on the approach.

Roving vehicles will be present during the ride to support and guide.

## BIKE BREAKDOWN

You are expected to carry tubes, all tools and kit necessary for any on-route cycle repairs and a mobile phone. There will be pick up vehicles on route who may be able to carry out very minor repairs on the route.

Emergency recovery vehicles will follow all three routes if you are unable to make it home. However, please bear in mind that if you are required to use these it may not be possible to transport you immediately back to the finish.

Should you have an issue out on the course please inform the closest Marshal and/or call the event emergency number on 07527 034 308. In the event of no phone signal, please relay any issues to the next Marshal.

# SAFETY BRIEFING

## FLYING MILE



The Kingud 'Flying Mile' or 'Milltir Mellten' as it's known locally is a timed mile section ridden in addition to the Tour de Môn course giving you the opportunity to challenge yourself in a unique closed road setting.

Supported by the staff at the prestigious RAF base, we have arranged for the Flying Mile section to be held at RAF Valley giving you the unique opportunity of cycling uninterrupted on the runway. The Kingud Flying Mile is available to all riders on the Mawr, Canol and Bach.

## KINGUD FLYING MILE SPECIFIC SAFETY

All cyclists are to ensure that any spillages (eg oil, blood) as a result of an accident while on the airfield must reported to a marshal or RAF representative.

The area around an incident (including grassed areas) in the result of a fall or collision is to be searched for bicycle parts (nuts, bolts etc), collected by the cyclist and disposed of once clear of the RAF Valley site.

The discarding of any refreshment or energy receptacles while cycling on the RAF Valley site is strictly forbidden. You must dispose of any rubbish in the covered bin provided.

The airfield will become active and flying will take place on Sunday once the Tour de Môn leaves the site. The smallest piece of debris can result in catastrophic effect such as death, fatal injury or serious damage to the multimillion pound aircraft.

# COURSE SPECIFIC HAZARDS

## MAWR (M), CANOL (C) AND BACH (B) ROUTES

**Descent to Porthdafarch Beach** – Downhill section with junction on left hand side and possibility of parked cars on roadside. Slow down (M,C,B)

**Valley to outskirts of Caergeiliog** – Single track road. Take care in case of any oncoming traffic. (M,C,B)



**Right turn onto A5 at Bryngwran** - Right hand turn onto busy road. Give way to all traffic and obey the Highway Code at all times. Take care when exiting the junction. ( C, B)

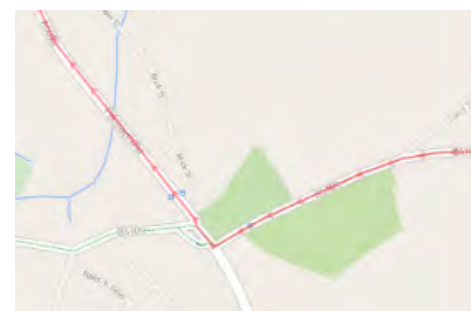
**Right Hand Turn onto A4080** - Right hand turn across busy road. Give way to all traffic and obey the Highway Code at all times. Take care when exiting the junction. (M)

**Llandegfan to Llanddona Mast** – Single track road. Be aware of oncoming traffic. (M)

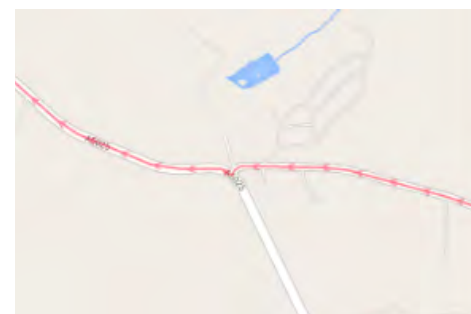
**Right Hand Turn from B5111 - Llanerchymedd** - Right hand turn across busy road. Slow down on approach, give way to all traffic and obey the Highway Code at all times. (C)

# COURSE SPECIFIC HAZARDS

**Right hand turn at Pentraeth (B5109 onto A5025)** – Right hand turn onto busy road. Give way to all traffic and obey the Highway Code at all times. Take care when exiting the junction. (M)

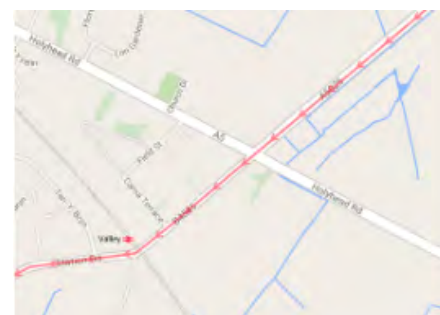


**Right hand turn toward Brynrefail (From Rhoslligwy onto A5025)** – Right hand turn onto busy road. Give way to all traffic and obey the Highway Code at all times. Take care when exiting the junction. (M,C)



**Descent from Parys Mountain** – Fast downhill left hand bend. Take Care. (M,C)

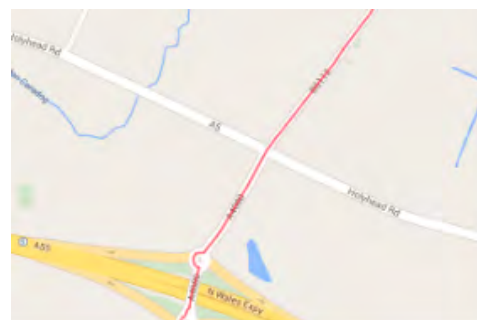
**Valley Crossroads** – Busy crossroads controlled by traffic lights. Exercise caution and obey the Highway Code at all times. (M,C,B)



# COURSE SPECIFIC HAZARDS

**Descent to Porthdafarch Beach** – Downhill section with junction on right hand side and possibility of parked cars on roadside. Slow down. (M,C,B)

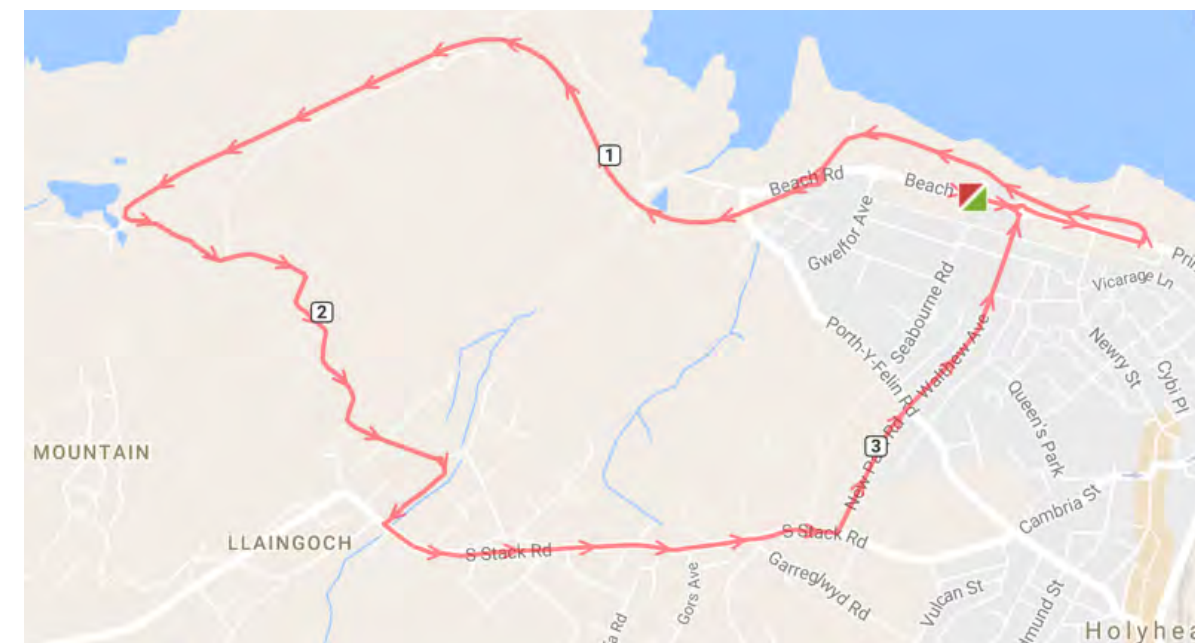
**Crossing A5 at Bwlcyn** – Traffic approaching from both directions. Take care. (C,B)



**Crossing B5109 at Trefor** - Traffic approaching from both directions. Take care. (C)



# TEULU RIDE



The Tour de Teulu is a beautiful family ride suitable for children who are accompanied by parents or guardians. The event will start and finish at the main Event Village where you'll be inspired by the big event atmosphere. We are proud to be supporting local young champions of the future and hope that the Tour de Teulu will inspire you to keep fit and healthy and to enjoy the stunning outdoors as a family. Younger children are welcome to join in on bike seats and in trailers, unfortunately we are unable to allow balance bikes on the course.

The ride will take in the beautiful coastline of Holyhead, before returning along quiet open roads to the main finish line. The ride is approximately 3.5 miles. Marshals will be stationed at major points along the route.

Please note - The ride is on roads open to traffic, and as a consequence any child under the age of 12 must be accompanied by at least 1 adult. Children ages 13 and over must be accompanied at a ratio of 1 adult for every 2 children. Teulu riders will get to choose a medal from our recycled medal muddle.

**09:15 – 09:45:** Teulu Ride Registration at the Event Village

**10:00:** Tour de Môn Teulu ride leaves

£6.50 suggested donation - entries will be taken on the day. All proceeds to local causes.



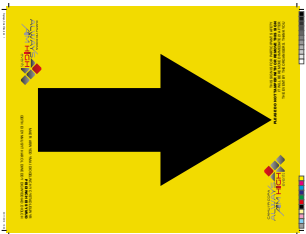
# EVENT SIGNAGE

Please pay attention to the following sign colourings:

- Green = Event Village signage
- Yellow = Ride course signage

Green signs will guide you around the Event Village. Once on the course, look out for yellow signs which will show you the way, warn of hazards or identify junctions where the routes go in different directions.

A GPX file of the routes are available on [each individual distance webpage](#), via the interactive Plotaroute map.



## SAVE THE DATE!

The provisional date for the Tour de Môn 2026 is the 16th of August next year.

If you enjoyed your ride, why not take advantage of our Early-Bird pricing. You can pre-register online for exclusive access to the very best pricing for 2026; we'd love to see you there!

**PREREGISTER NOW**



[WWW.ALWAYS AIM HIGH EVENTS.COM](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

