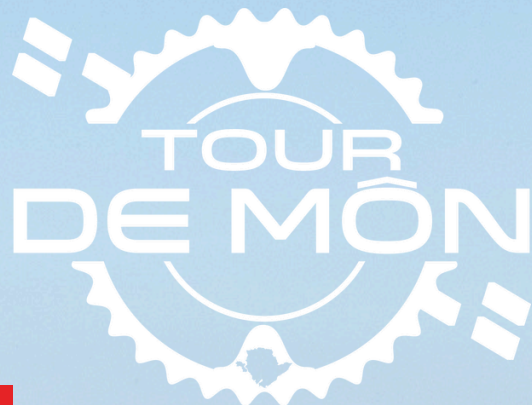




23RD AUGUST 2026

YN CEFNOGI
SUPPORTING

Alder Hey
CHILDREN'S CHARITY

FINAL INSTRUCTIONS



CAMU'R COPA
ALWAYS
AIM HIGH
events

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REGISTRATION

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

SATURDAY 22nd AUGUST

14:00-17:00

SUNDAY 23rd 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)

REGISTRATION PACK COLLECTION

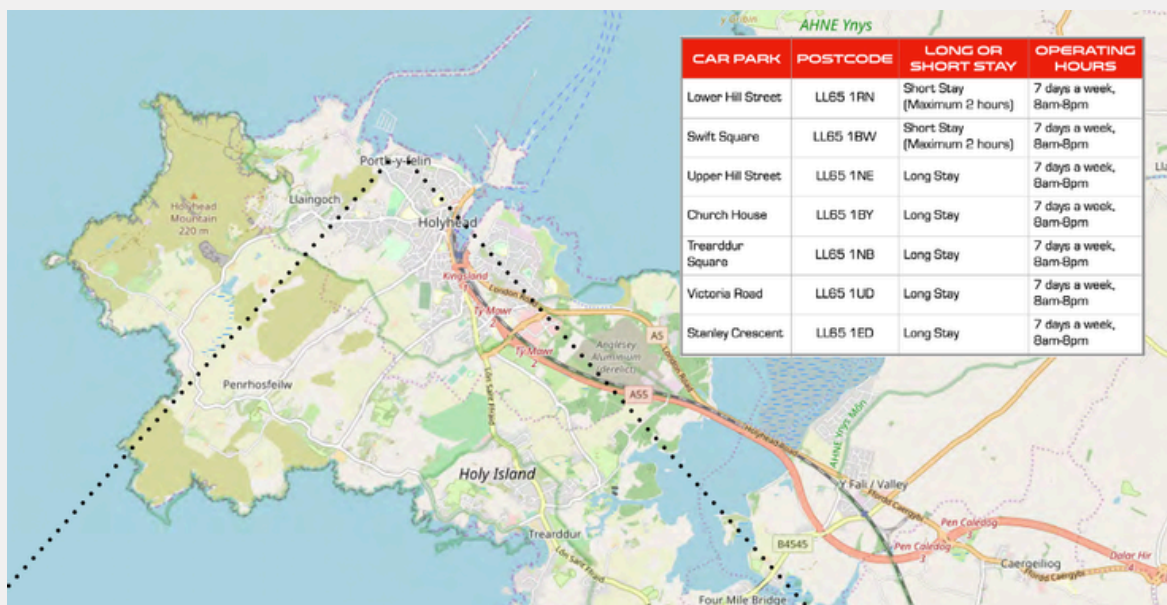
You must attend registration to collect your registration pack, which will include your bike plate and timing chip. We encourage those who can to register the day before the ride, to avoid a rush on the day.

Find your bib number [HERE](#). Please search your name to find your 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.



WHAT'S IN MY REGISTRATION PACK?

- BIKE PLATE** - Attached to the front of your bike, cable ties will be provided in the pack to do this.
- TIMING CHIP** - Secured to your left ankle with the Velcro strap. Please make sure you return your timing chip; there is a £55 charge for lost chips.
- BIKE FLAG** - To be attached around the seatpost of your bike.

EVENT VILLAGE

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

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. There will also be portaloos at each feed station.

BAG DROP

There will be an un-staffed bag drop where you may leave belongings during the event. All items will be left at your own risk.

MERCHANDISE

Pre-ordered merchandise has been sent out ahead of the event. If you haven't ordered one already, there will be a limited supply of cycle jerseys, t-shirts and hoodies available in the Scimitar store on the day too!

EVENT PHOTOGRAPHY

We are excited to be working with Mel Parry Photography at this year's 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!



This is a cupless event, there are no plastic or paper cups on the course. Please bring your own collapsable cup or reusable bottle/ bladder to carry during the event.

EVENT VILLAGE

WHAT'S HAPPENING?

There will be exhibits and opportunities to purchase from these great local companies and event partners:

Scimitar

Selling official event merchandise

Alder Hey Children's Charity

A charity funding hospital care for children, come and say hello!

Breeze

An initiative of British Triathlon to encourage more women to get into cycling

Coffi Dre

Coffee and great cakes!

Pizza Llan

You have to try Al's Pizza!

Cuffed-In Coffee, Môn Ice and Island Bakes' shore-front cabins are also located along Beach Road, close to the event village.



RACE INFORMATION

BACH

RACE DAY TIMINGS

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.

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. You can also
call the event phone number on the back of
your bike plate.

FEED STATIONS

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

Melin Llynnon (31 miles) – available until 16:30

Please be aware food at these feedstations may
contain allergens.

CUT OFF TIMES

18:00 at the finish line.

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

It is the race organisers discretion to disallow a
competitor to continue at any stage should it be
deemed unsafe to do so.

THE COURSE

CYCLE: 46 Miles

See route maps [here](#)



COURSE-SPECIFIC HAZARDS

BACH

Descent to Porthdafarch Beach – Downhill section with junction on left hand side and possibility of parked cars on roadside. Slow down (you will ride this on the way out and the way back)

Valley to outskirts of Caergeiliog – Single track road. Take care in case of any oncoming traffic.

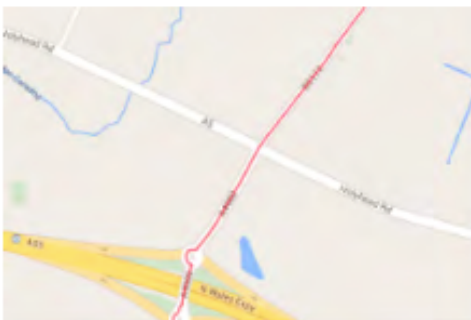


Right turn onto A5 at Bryngwran - Right hand turn onto busy road. Give way to all traffic and obey the Highway Code at all times. Take care when exiting the junction.

Valley Crossroads – Busy crossroads controlled by traffic lights. Exercise caution and obey the Highway Code at all times.



Crossing A5 at Bwlcyn – Traffic approaching from both directions. Take care.



RACE INFORMATION

CANOL

RACE DAY TIMINGS

08:00 - 08:30: Tour de Môn Canol (77 miles) starts from 08:00

Riders will not be allowed to leave after 08:30

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. You can also call the event phone number on the back of your bike plate.

FEED STATIONS

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

Ysgol Gymuned Moelfre (36 miles) – available until 14:00

Melin Llynnon (62 Miles) – available until 16:30

Please be aware food at these feedstations may contain allergens.

CUT OFF TIMES

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 on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

THE COURSE

CYCLE: 77 Miles

See route maps [here](#)



COURSE-SPECIFIC HAZARDS

CANOL

Descent to Porthdafarch Beach – Downhill section with junction on left hand side and possibility of parked cars on roadside. Slow down. (You will ride this on the way out and the way back)

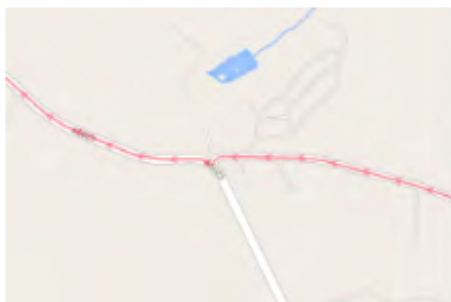
Valley to outskirts of Caergeiliog – Single track road. Take care in case of any oncoming traffic.



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.

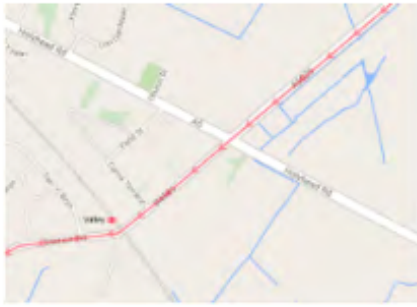
Right Hand Turn from B5111 - Llanerchymedd - Right hand turn across busy road. Slow down on approach, give way to all traffic and obey the Highway Code at all times.

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.



Descent from Parys Mountain – Fast downhill left hand bend. Take Care.

Valley Crossroads – Busy crossroads controlled by traffic lights. Exercise caution and obey the Highway Code at all times.



Crossing A5 at Bwlcyn – Traffic approaching from both directions. Take care.



Crossing B5109 at Trefor - Traffic approaching from both directions. Take care.

RACE INFORMATION

MAWR

RACE DAY TIMINGS

07:00 - 07:45: Tour de Môn Mawr (106 miles) starts from 07:00

Riders will not be allowed to leave after 07:45

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. You can also call the event phone number on the back of your bike plate.

FEED STATIONS

RAF Valley (12 miles) – available until 10:45
Car Park as you enter Llanfairpwll (approx. 35 miles) – available until 12:30
Ysgol Gymuned Moelfre (65 miles) – available until 14:00
Melin Llynnon (91.5 miles) – available until 16:30

Please be aware food at these feedstations may contain allergens.

CUT OFF TIMES

Mawr riders arriving at the junction to Llanfaelog (approx. 14 miles), after 09:30 will be directed onto the Canol and Bach routes.

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

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

THE COURSE

CYCLE: 106 Miles

See route maps [here](#)



COURSE-SPECIFIC HAZARDS

MAWR

Descent to Porthdafarch Beach – Downhill section with junction on left hand side and possibility of parked cars on roadside. Slow down. . (You will ride this on the way out and the way back)

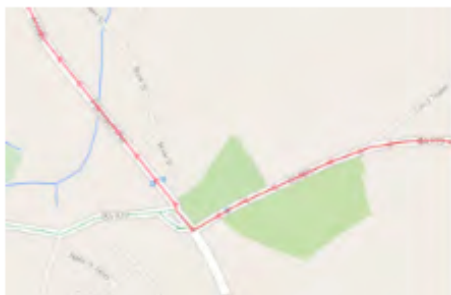
Valley to outskirts of Caergeiliog – Single track road. Take care in case of any oncoming traffic.



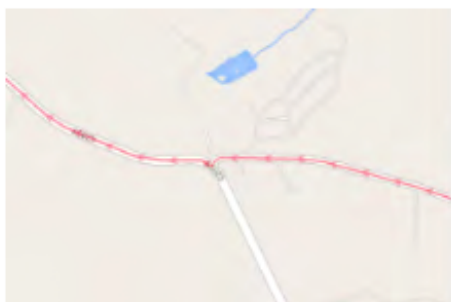
Right Hand Turn onto A4080 - Right hand turn across busy road. Give way to all traffic and obey the Highway Code at all times. Take care when exiting the junction.

Llandegfan to Llanddona Mast – Single track road. Be aware of oncoming traffic.

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.



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.



Descent from Parys Mountain – Fast downhill left hand bend. Take Care.

Valley Crossroads – Busy crossroads controlled by traffic lights. Exercise caution and obey the Highway Code at all times.



TEULU RIDE

APPROX. 2.85 MILES



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 before returning along quiet open roads to the finish line. The ride is approximately 3 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.

TIMINGS

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.

WOMENS- ONLY WAVE

Once again, we're proud to be teaming up with British Cycling and Women Cycling Together to encourage more women to get involved in cycling. Together, the initiative aims to inspire thousands of women to get on their bikes, build confidence and enjoy everything cycling has to offer.

This year, there are three dedicated Waves:

Mawr distance: leaving at 07:15

Canol distance: leaving at 07:55

Bach distance: leaving at 08:45.

FEED STATIONS

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

Car Park as you enter Llanfairpwll

(Mawr approx. 35 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 feed stations 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!





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.

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

You will pass through a number of busy tourist villages including: Beaumaris, Menai Bridge and Trearddur Bay, ride slowly and look out for pedestrians and traffic, particularly at crossings and when passing parked cars.

BIKE MECHANICALS

You are expected to carry tubes, all tools and kit necessary for any on-route cycle repairs and a mobile phone.

Response vehicles will follow all three routes if you are unable to make it back to the event village. 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 control telephone number on 07527 034 308. This number is printed on the back of your bike plate. In the event of no phone signal, please relay any issues to the next Marshal.



SAFETY BRIEFING

FLYING MILE

The 'Flying Mile' or 'Miltir Melten' as it's known locally is a timed-mile section ridden along the runway of the prestigious RAF Valley base. This gives you the opportunity to challenge yourself in a totally unique closed-road setting. The Flying Mile is available to all riders on the Mawr, Canol and Bach routes.

There will be a prize for the fastest male & female rider, this will be presented to the winners at the finish.

Please note that the feed station has now moved inside RAF Valley; you may only access this AFTER completing the Flying Mile.

FLYING MILE SPECIFIC SAFETY

On approach to the junction to enter the runway, please SLOW DOWN.

Obey all signage throughout RAF Valley. You must KEEP RIGHT.

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.

Upon leaving RAF Valley, exercise caution as you are now rejoining an open road and must obey the highway code. (Remember to keep left!)

WITHDRAWAL FROM THE RACE

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. You can also call the event phone number on the back of your bike plate.

MEDICAL ACCIDENT AND EMERGENCY

If you come across a fellow competitor who is injured or unwell call the event control telephone number 07527 034308 and report it to the nearest marshal. This number is printed on the back of your bike plate.

In the event of a medical emergency when life is at risk dial 999.



GENERAL EVENT DAY INFORMATION

EVENT DAY EMERGENCY CONTACT

If you need to speak to someone urgently, please call 07527 034 308. This phone number is for the event duration only and will not be activated at any other times.

LITTERING

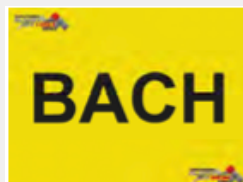
Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are racing in and dispose of any gels and other rubbish responsibly. There are designated litter points at the feed stations. Litter may also be handed to marshals.

EVENT SIGNAGE

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



CONTINGENCIES

It may be necessary to implement contingencies on event day. We will do everything we can to ensure you have the best experience and will only make changes to the event if it is necessary.

SAFEGUARDING

This permitted event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Cycling requirements.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.

VOLUNTEERING

If any of your supporters would like to assist with marshalling, we have a great reward scheme in place that recognises the effort and shows our appreciation of our amazing volunteers. Individuals can choose between Crib Goch Outdoors shop vouchers, race entries or charity donations and there are a number of positions available - we can even accommodate dogs (with well-behaved owners)!

Contact marshals@alwaysaimhighevents.com to get involved.

**Take on a
challenge for
Alder Hey!**

We fund...

- Magical experiences
- Innovative research
- Life-saving equipment



Find out more:
www.alderheycharity.org

PARTNERS

Thank you to our partners at this event:

