



The magnificent Severn

Where: England & Wales
Who: David Smith & Dave Lane
When: May 2025

After a wonderful 700-mile tour of the NC500, Cape Wrath and the Orkneys last September, I jumped at the chance to again join fellow cyclist Dave Lane for a four-day adventure along Britain's longest river, from sea to source. The River Severn begins its journey 610m (2,001ft) above sea level on the north-eastern slopes of Plynlimon, the highest point of the Cambrian Mountains.

Our journey began with a symbolic loop to Severn Beach for breakfast. Then we rode over the iconic Severn Bridge, officially marking the start of our route upstream. That evening, we followed the peaceful Gloucester &

Sharpness Canal towpath, arriving in Gloucester after 93 miles as the sun dipped behind the docks.

Day two took us 80 miles through river-hugging towns: Tewkesbury, Upton-on-Severn and Worcester, where the cathedral loomed grandly above the riverside cycle path. As the landscape gently rose, we rolled through the historic heart of Shropshire to YHA Ironbridge Coalport.

The third day, an 83-mile stretch, began on the old railway track to Ironbridge. We cruised into Shrewsbury, passed through Welshpool, and crossed the iron bridge at Abermule. After some scenic miles on quiet lanes, we reached Llanidloes.

Our final day was the crown jewel. Climbing into the Cambrian Mountains, we left the bikes to hike the last half-mile to the Severn's source at Plynlimon. There, under brilliant sunshine, we unpacked our picnic with panoramic views of Mid Wales all around – a rewarding pause at the river's beginning.

The Wolf Cub's teeth

Where: Suffolk
Who: Chelmsford local group
When: July 2025

Four of us decided to try to tame the Wolf Cub, the shorter version of the Wolf Way, over a long weekend in July. On day one we rode to our Premier Inn in Bury St Edmunds.

Next morning, the first 13 miles of the Wolf Cub were easy going; we were following roads to Tuddenham. Then we hit the longest off-road section, where we struggled through sand and along Seven Tree Road (which is not a road). Admitting defeat and scratched by brambles, we joined the tarmac road that runs through the King's Forest. We bypassed the Grundle hollow way on our return to Bury St Edmunds.

Day three was a race against the rain to see how far we could get. One of us caught a train straight home. The rest of us headed down NCN 13, which the Wolf Way overlaps. By Sudbury we were soaked and further downpours were forecast, so we bailed there. Despite our difficulties, all considered the trip a triumph.

If you live near Chelmsford and are looking for a friendly group to ride with, please email me, Ian Reffell: chelmsford_rep@essexcycling.co.uk.

Share your story

We'd love to hear your Travellers' tales! Email: editor@cyclinguk.org

