

Road Cycling Routes in North Wales

Norman Garland

ON ROADS and TRAILS CAREFULLY CHOSEN FOR THEIR SCENIC BEAUTY

22 January 2025

COPYRIGHT ©

Strava heat map giving a general picture of the route coverage within this document - 56 rides



ROUTE DESCRIPTIONS IN ALPHABETIC ORDER

All car parks are free unless otherwise stated. Please see the extensive 'Notes for Guidance' in connection with these routes. Check that cafés are open on the day you visit. Red dashes on the maps indicate optional alternatives, shortcuts or diversions.

Abergwyngregyn - Llandygai - Bethesda – Idwal Cottage - Rachub

www.plotaroute.com/route/1977500 26.7mls, 2487ft, 93ft/ml.



LUNCH: packed lunch outside Ogwen Snack Bar where drinks are available. The red dashes after point 8 takes you into Bethesda itself with lunch available at Caffi Seren which is just beyond Allt Pen y Bryn (Pen y Bryn Rd) on the left.

[Ogwen Valley - Ogwen Snack Bar, famous climbing and walking routes.](#)

PARKING: Aber. Just off the A55 on the approach road to the village. Two long parking strips. SH 657 728 LL33 0LD.

ROUTE: using Lon Las Ogwen and NCR 5. Taking in the splendour of the glacial Nant Ffrancon and its spectacular valley and mountain scenery. Breakout available at Bethesda with these alternative stats:

17mls, 1391ft, 82ft/ml. Points 10 to 11 is a rough hilly, gravel track which needs care. You could choose the A5 instead from point 19 and turning right to meet with point 12, but this is a fast and busy road.

SPECIAL SAFETY ISSUES: 1 in 7 up and down – two; beware of traffic in the busy main street of Bethesda.

Care needed on the A5 south of Bethesda if this is chosen. Single file is essential.



ANGLESEY: Aberffraw – Rhosneigr

www.plotaroute.com/route/2219478 17.8mls, 755ft, 42ft/ml.



LUNCH: Surf Café, Rhosneigr. Menu: [Surf-Cafe-Summer-Master newprices2022.pdf \(thesurfcafe.co.uk\)](http://www.thesurfcafe.co.uk/newprices2022.pdf)

Try coffee and cakes at Llys Llewelyn Cegin Bar, Chapel St, Aberffraw at the end.

www.facebook.com/aberffrawanglesey/

PARKING: head west on the A470 towards the village of Aberffraw. at the Aberffraw village sign turn left into a large parking area.



ROUTE: A lovely leisurely route visiting two attractive coastal villages.

SPECIAL SAFETY ISSUES: a short section of 'A' road.

ANGLESEY: Amlwch - Bull Bay - Llanbadrig Church - Cemaes

www.plotaroute.com/route/1819821 22.4mls, 1952ft, 87ft/ml.



LUNCH: Café Banc, High St, Cemaes. There are two other cafes in the high street.

PARKING: at Amlwch Port on the square with overspill by turning into the harbour road and proceeding to the end of Pen Cei overlooking the outer harbour.



ROUTE: some lovely coastal scenery. The route includes an optional walk to gaze down on Porth Wen past point 5, a very special place with brickworks and old harbour. [248 Porth Wen Brickworks Images, Stock Photos, 3D objects, & Vectors | Shutterstock](https://www.shutterstock.com/search/248PorthWenBrickworksImagesStockPhotos3DobjectsVectors) This link is given to see many pictures of this spectacular spot since access down a steep path to the harbour is prohibited. If open, view

the medieval Llanbadrig Church and its altar of lovely blue tiles. This is a great coastal location and after the Dalai Lama visited he called it, "the most peaceful spot on earth".

[Llanbadrig Church, Anglesey, History & Visiting Information | Historic Wales Guide \(britainexpress.com\)](#)

SPECIAL SAFETY ISSUES: steep walk down to Porth Wen brickworks. Take care and note carefully the start of the return path.

ANGLESEY: Amlwch – Parys Mountain – Traeth Dulas – Llaneilian

A longer version of this route is documented below starting at Moelfre.

www.plotaroute.com/route/2405663 16.4mls, 1696ft, 103ft/ml.



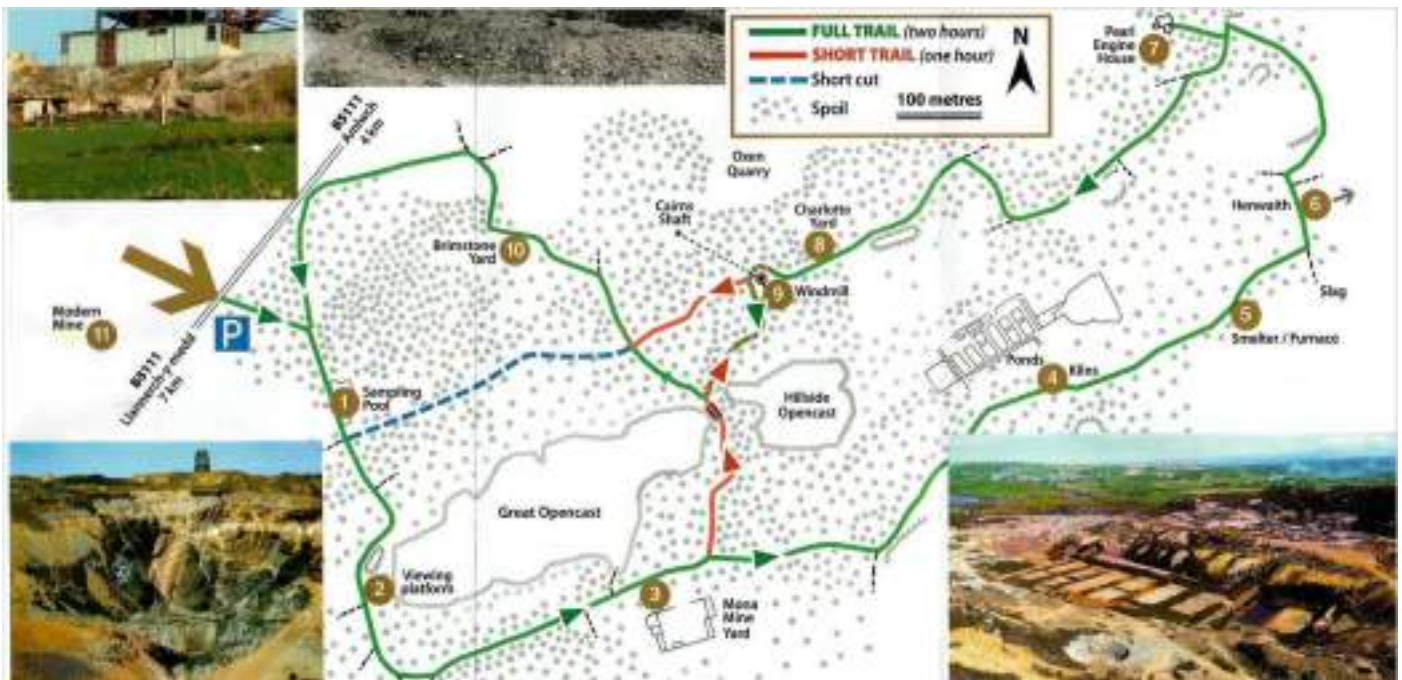
Amlwch.

ROUTE: a short route but with many memorable sites: the port; the must see short diversion to the astounding great Copper Mine chasm at Parys Copper mine after point 2; Traeth Dulas beyond point 7; Porth Eilian and Point Lynas beyond point 13. Being shorter, consider walking down into the quarry. Follow the route 1,2,3,9, and back to 1 in the map below taking the track down before point 3. Follow plotaroute. See [Parys Mountain Wales | Trail Exposure](#)
SPECIAL SAFETY ISSUES: 1 in 7 down - one.

LUNCH: packed lunch overlooking the great golden chasm at Parys Mountain. At the end, Quays Café or The Sail Loft, Amlwch Port or Caffi Pen y Dref in the square

PARKING: : at Amlwch Port on the square with overspill by turning into the harbour road and proceeding to the end of Pen Cei overlooking the outer harbour. Small numbers could park on the small layby on the A5025 before turning right at point 7, then have lunch in

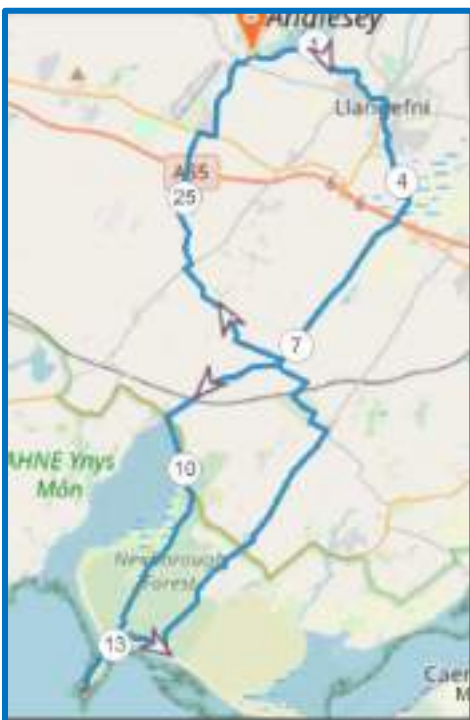




[PMTrailLeaflet.pdf \(copperkingdom.co.uk\)](#)

ANGLESEY: Bodffordd – Llangefni - Malltraeth – Ynys Llanddwyn – Newborough

www.plotaroute.com/route/2021635 28mls, 1188ft, 42ft/ml.



LUNCH: packed lunch on Llanddwyn or Transport Museum café, Newborough. [Tacla Taid – Anglesey Transport Museum](#)

PARKING: at the western tip of Cefni Reservoir. Exit the A55 at junction 6 Llangefni. Stay on the A5 Gwalchmai. Turn right sp Bodffordd after 2 miles. After 1 mile turn right at the T-junction sp Llangefni. Turn left after 150 yards and turn right into Cefni Forrest Car Park after another 300 yards. SH430 770. LL77 7LQ.

ROUTE: the highlight of this route is the walk around Ynys Llanddwyn taking care not to be trapped by the tide.



SPECIAL SAFETY ISSUES: gravel roads through the forest. Examine the Llanddwyn Island tides chart before undertaking. This page gives tides up to 1 week in advance: [Llanddwyn Island's Tide Times, Tides for Fishing, High Tide and Low Tide tables - Anglesey - Wales - United Kingdom - 2023 - Tideschart.com](#)

ANGLESEY: Brynsiencyn - Newborough - Forest trail - Malltraeth – Aberffraw – Llangaffo

www.plotaroute.com/route/1048604

28.4mls, 1401ft, 49ft/ml.



LUNCH: Llys Llewelyn Cegin Bar/Café, Aberffraw.

PARKING: just as you enter Brynsiencyn there is a good size car park with toilets on the left just before the RH bend into the village. Spill over layby: keep left at the sharp RH bend. The layby is a short way down on the left opposite the school.

ROUTE: interesting view of Caernarfon from across the Menai Strait. Take the forest trail down to Llanddwyn Bay. More coastal scenery whilst crossing the inland sea at Malltraeth Sands and again at Aberffraw. Optional diversion at Aberffraw, points 18 and 19, to view

St. Cwyfan's island church. This would increase the ascent by 230ft. Gentle slopes for the most part. Can easily shorten the route from Malltraeth by heading NW. See the detailed map.

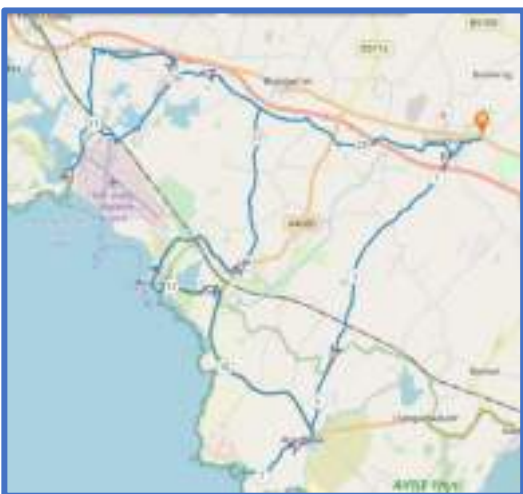
SPECIAL SAFETY ISSUES: Newborough Forest trail can get muddy but is likely to be solid for the most part. Some short stretches of the A4080 where extra care is needed with single file riding.

ANGLESEY: Gwalchmai – Aberffraw – Rhosneigr – Traeth Cymyran

www.plotaroute.com/route/1818082 31.2mls, 1562ft, 50ft/ml.

LUNCH: Surf Café, Rhosneigr. Menu: [Surf-Cafe-Summer-Master newprices2022.pdf \(thesurfcave.co.uk\)](http://thesurfcave.co.uk/newprices2022.pdf)

PARKING: come off the A55 at Jn. 6 Llangefni, onto the A5 towards Gwalchmai, look for the Gwalchmai Isaf turning on the left, park on the left before the turning or on the right after the turning. SH399 761.



ROUTE: Rhosneigr, described as “a big jewel in Anglesey's crown”. The route goes down to Plas Cymyran, seldom visited, at the southern end of Y Lasinwen/The Inland Sea which has created Holy Island. A special place.

SPECIAL SAFETY ISSUES: section of ‘A’ road, A4080, around Rhosneigr.



ANGLESEY: Llanddeusant – Llyn Alaw - Llanbadrig - Cemaes ... Church Bay.

www.plotaroute.com/route/931729 27mls, 2047ft, 76ft/ml.



LUNCH: Café lunch by diverting to Amlwch (Caffi Pen y Dref, Market St.) or going through to Cemaes (Cafe Banc, High St).

PARKING: at Melyn Llynon nr. Llanddeusant. Come off A55 at junction 5 and head north on A4080, then B5112. Park in the long layby adjacent to the mill. SH 340 851. LL65 4AB.

ROUTE: Lots of water to view. First the largest lake in Anglesey, then much lovely coastal scenery. Visit Llanbadrig Church above Cemaes Bay, the churchyard overlooking the sea.

SPECIAL SAFETY ISSUES: almost entirely unclassified roads with a few short stretches of the A5025 near Amlwch where extra care is needed with single file riding.



ANGLESEY: Llanfair PG ... Malltraeth ... Newborough Forest ... Llangaffo ... Menai Strait ... Brynsiencyn ... Llanddaniel

www.plotaroute.com/route/1802059 27mls, 1280ft, 47ft/ml.

This route is similar to the one starting at Brynsiencyn, but the starting point may be more convenient.



LUNCH: Transport Museum café, Newborough. [Tacla Taid – Anglesey Transport Museum](#) Coffee at Pringles at the end.

PARKING: follow the main road through Llanfair PG and pass Pringles Weavers (Woollen Mill) store on the left, just before the Co-op turn left into a large rough parking area. SH 524 717. Sat nav: LL61 5UJ.

ROUTE: over the Cob once more at the delightful Malltraeth Sands before entering Newborough Forest. Encompassing a short stretch of the Menai

Straight and it's view across to Caernarfon.

SPECIAL SAFETY ISSUES: none.



ANGLESEY: Menai Bridge Viewing Point – Llanddona – Penmon Point

www.plotaroute.com/route/1822285 29.4mls, 2825ft, 96ft/ml.



LUNCH: Share a pizza lunch at the The Pilot House café at Penmon Point [Pilot House Cafe - Menu](#) or various places in Beaumaris. Check on Saul's Beach café at Llanddona beach.

PARKING: go over Britannia Bridge, pull off immediately onto the slip road, turn right towards Menai Bridge, park in the large area on the right after 300m. SH 543 717.

ROUTE: starts at the lovely Viewing Point overlooking the Strait and Menai Bridge. Get ready with the camera. The lush undulating green field landscape, so typical of Anglesey, dominates for a while. The route takes in the infrequently visited Llanddonna Beach. You can see from the map that this section, with its steep 1 in 5 descent and ascent, can easily be omitted if you wish, saving 500ft of ascent. A short diversion is included to point 21, Castell Aberlleiniog, a Motte and Bailey fortress. "Like so many sites



on Anglesey, Aberlleiniog is a hidden gem. It combines fascinating history with natural beauty - without any of the crowds, costs, or hassle". Another diversion of just a few metres takes you to Traeth Lleiniog. Off the main road you will see a parking sign taking you there and into a hidden car park with lovely views over the Strait to Snowdonia. The route along the shore to Penmon and Puffin Island cannot be missed. The toll road is free for bikes. Stop at the old Priory and Dovecote on the way.

SPECIAL SAFETY ISSUES: 1 in 7 up – three; 1 in 7 down – two; 1 in 5 up – one; 1 in 5 down – one; ¾ ml along the A5 into Menai.

ANGLESEY: Moelfre – Brynrefail – Mynydd Bodafon - Traeth Dulas – Llaneilian – Amlwch – Parys Mountain – Rhosybol – Llanerchymedd – Marianglas.

www.plotaroute.com/route/1972685 31.4mls, 3054ft, 97ft/ml.

A version which just includes the upper loop starting from Amlwch is also documented above.



LUNCH: Quays Café or The Sail Loft, Amlwch Port. Could use Caffi Pen y Dref in the square at Amlwch. Several rest stops needed: Parys Mountain and Pont Lynas Llaneilian – take a few snacks.

PARKING: the large car park in Moelfre. LL72 8LT SH 511 862.

ROUTE: from the car park, try a short walk into Moelfre's little harbour and continue on along the coastal path to the Lifeboat Station. There are so many lovely spots on this route: Mynydd Bodafon,



Traeth Lligwy, Traeth Dulas at point 9, Point Lynas, Amlwch Port AND the must see short diversion to see the astounding great Copper Mine chasm at Parys Mountain between points 20 and 21. You can see from the map that this route can easily be split in two. One circular route from Moelfre and the other starting at Amlwch Port.

SPECIAL SAFETY ISSUES: 1 in 7 down - one. Stretch of 'A' road into Moelfre.

ANGLESEY: Penrhos Country Park - Stanley Embankment - Holyhead - Breakwater Park - South Stack - Trearddur Bay – Rhoscolyn – Four Mile Bridge - Valley

www.plotaroute.com/route/2392689 24.5mls, 1667ft, 68ft/ml.

LUNCH: The Boathouse Hotel visible before point 4 on the expanded Street Map at the end of Beach Rd. or the RSPB café at South Stack.

PARKING: Penrhos Coastal Park overlooking the sea. SH 275 806. This is at point B on the map. Exit at junction 3 of the A55 and into Valley. Go straight ahead at the traffic lights. At the end of the Stanley Embankment, turn right immediately into Penrhos Park car park with toilets. Parking also available at point A.



ROUTE: a very special route with lovely seaside scenery including the hill-climb to the iconic South Stack Lighthouse. From Penrhos cycle past the pet cemetery



on route to Holyhead where you will travel through the railway station and over the lovely Celtic Gateway Bridge. Meet the warden at Breakwater Park, point 5. Notice the little detour after point 12 at Trearddur Bay to see the lovely little sandy bays. It's also well worth the detour down to the car park below Rhoscolyn, point 17, then walking the short distance across to Porth y Corwgl (see the OS Map). Use the beach or the footpath just above it.

SPECIAL SAFETY ISSUES: Some solid gravel track after Breakwater Park.

ANGLESEY: Red Wharf Bay – Pentraeth – Talwrn – Llangefni – Benllech

www.plotaroute.com/route/1210813 22.5mls, 1160ft, 74ft/ml.



LUNCH: Oriel Mon café, Llangefni. This is above point 11. Changing hands at the time of writing so a check is needed.

PARKING: on the bay at Red Wharf on the approach to the well-known Ship Inn. SH 529 810. This can get full but there is a large layby at point 22 near to the 'A' road. You may wish to start the route at Pentraeth where there is a large car park. Travelling towards Benllech, go past the small central rank of shops on the left in Pentraeth and turn right into the car park.

ROUTE: start at the attractive Red Wharf Bay and see it again later when we traverse the shore-line for the second time.

This

short second section is rough and can only be undertaken when not at high tide. Lunch is at the museum and art gallery, Oriel Mon, and there you can admire the exhibitions on display before taking the cycleway Lon Las Cefni up to and then along the Cefni Reservoir. Then more seaside scenery at Benllech before returning to the start point.

SPECIAL SAFETY ISSUES: the route avoids stretches of the often very fast and busy A5025 beyond Red Wharf and also beyond Benllech on return. However, cyclists will ride on two short sections of the 'A' road and care is needed with single file riding. Check the tides up to a week in advance at:

[Red Wharf Bay Beach's Tide Charts, Tide forecast and Tide Times for this Week - Anglesey - Wales - United Kingdom - 2023 - Tideschart.com](http://Red%20Wharf%20Bay%20Beach's%20Tide%20Charts,%20Tide%20forecast%20and%20Tide%20Times%20for%20this%20Week%20-%20Anglesey%20-%20Wales%20-%20United%20Kingdom%20-%202023%20-%20Tideschart.com)



Bala – Lake Vyrnwy – Bwlch y Groes

www.plotaroute.com/route/1238922 32mls, 3117ft, 97ft/ml.

LUNCH: Artisans, Lake Vyrnwy.

PARKING: Tegid St., LL23 7DZ SH 928 355. At the entrance lane to Bala Rugby Club.



ROUTE: a bike ride classic in a truly remote and untouched region. Out of Bala climb the lovely Hirnant Valley reaching a height of 1600ft. before dropping down to circumnavigate Lake Vyrwy and view the historic Straining Tower. Ride across the dam to the café set within the sculpture garden. Catch the very last section of the infamous Bwlch y



Groes, the second highest public road mountain pass in Wales at an altitude of 1788ft! Ride to the summit after just one 1 in 7 having regrettably missed out on the two 1 in 5's and the five 1 in 7's behind you!

SPECIAL SAFETY ISSUES: 1 in 7 up – five; 1 in 7 down – 2; 1 in 5 down – 1.

Betws y Coed – Llyn Geirionydd – Crafnant

www.plotaroute.com/route/1848999 18.8mls, 2001ft, 106ft/ml.

LUNCH: Llyn Crafnant Lakeside Café. Open Thursday to Sunday. www.facebook.com/crafnantcafe/



PARKING: behind Betws railway station in Old Church Road.

ROUTE: two stunning lakes to enjoy. An Autumn ride will make this journey a magical kaleidoscope of colours. The short diversion at point 10 will take you to a large cave, part of



Take the gravel trail as far as you can and viewing point over the valley there is a path which takes you to the cave. Or you around. But take care to go slowly and in red are shown. From Trefriw go west to This will add 7 miles but also a further contains a ONE IN FOUR needing to be especially DOWN with care. A second Llanrwst will allow an alternative but Bella's café Trefriw or The Eagles Llanrwst is suggested. Expand the map to its maximum and you will find these.



Hafod Arthen quarry. climb the stile. At a lovely tunnel to the right of the can access it by going carefully. Several options the remote Llyn Crafnant. 1400ft! This route slowly walked up but diversion through late lunch stop at Mary

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 5 down – one. The cave entrance could be slippery.

Betws y Coed – Penmachno – Cwm Penmachno – Tŷ Mawr Wybrnant

www.plotaroute.com/route/1785522 22.1mls, 2467ft, 117ft/ml.



LUNCH: packed lunch.

PARKING: Old Church Road behind the railway station. SH796 565.

ROUTE:
fabulous views

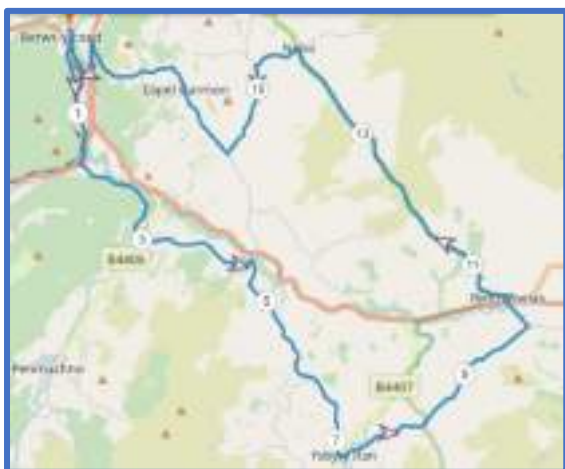
abound in this exceptionally scenic route following Afon Lledr, Afon Machno, Afon Glasgwm (hidden valley, seldom visited) and Afon Wybrnant. The route passes the 16th century Plas Glasgwm Farm development, beautifully restored and an ideal place to spend a few nights. The extraordinary stained-glass window in St. Tudclud Church, Penmachno is shown. The church is usually open for visitors.



SPECIAL SAFETY ISSUES: rough track down *which can be walked* ½ mile beyond Ty Mawr Wybrnant (National Trust). Plotaroute hills profile % shows a 1 in 5 DOWN beyond Tŷ Mawr. This whole green lane stretch needs care.

Betws y Coed - Ysbyty Ifan - Pentrefoelas - Nebo - Capel Garmon

www.plotaroute.com/route/1027036 19.2mls, 2320ft, 121ft/ml.



Ysbyty Ifan

LUNCH: picnic on the bank of River Conwy in picturesque Ysbyty Ifan.

PARKING: Old Church Road behind the railway station. SH796 565.

ROUTE: ride above the rushing waters of Fairy Glen. Relax at Ysbyty Ifan overlooking the river. Ascend to lovely open hillside views typical of the uplands east of the Conwy Valley before sweeping back down to Betws.

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – four. Largely unclassified quiet country roads but with a 4-mile stretch out of Pentrefoelas along the B5113.

Betws yn Rhos ... Llanfair TH ... Llansannan...Bryn Rhyd yr Arian ... Llanefydd

www.plotaroute.com/route/844904 23mls, 3012ft, 131ft/ml.



LUNCH: Olivia's Café, Llanfair TH.

PARKING: approaching Betws yn Rhos

from the west on the B5381. 1 mie from Betws, pass the crossroads marked Rhyd y Foel/Llandulas. 400m further on park on the off-road layby on the right. This lies opposite a large gate, set back, into the Plas Farm developmet. SH 898 740.

ROUTE: Very undulating uplands ride with a host of small villages in the middle of nowhere. Terrific scenery but a tough ride.

SPECIAL SAFETY ISSUES: 1 in 7 up – three; 1 in 7 down – seven; 1 in 5 up – one; 1 in 5 down – one.

Blaenau Ffestiniog to Betws y Coed (linear route taking the train from Betws to Blaenau)

www.plotaroute.com/route/907016 19.6mls, 1834ft, 94ft/ml.



LUNCH: Bridge Café, Blaenau High St. where "Cyclists are welcome".

PARKING: if catching the train in Betws, then park in Old Church Road behind the railway station. If you wish to start from Llanrwst, park in the large Glasdir Car Park, Plas yn Dre, Llanrwst, LL26 0DF, on the right after entering Llanrwst from the north, behind the Library & Police Station. Locals can use their free train pass.

ROUTE: take the 10:58 train to Blaenau Ffestiniog descried thus: "You will get a glimpse of otherworldly fairy-tale landscapes; the magnificent 12th Century Dolwyddelan castle, ancient roads and

quarries, and the forests and high peaks of Snowdonia, before plunging into the mountain and emerging minutes later in the industrial and historic landscape of Blaenau Ffestiniog, at the very heart of the mining and Welsh slate quarrying industries". The

'mountain plunge' is a 2½ ml tunnel. The ride starts at Blaenau which is already at an elevation of 700ft. before climbing up into the mountains to reach a height of 1500ft., then through remote moorland scenery



looking down from on high into Cwm Cynfal. We have the option of a 4-mile diversion to find the source of the River Conwy at Llyn Conwy. We then take a second 'plunge' down into the beautiful valley of Afon Machno and on to Penmachno. Here we can divert again for coffee and to meet Peter and Tamsyn at the 16 Century Plas Glasgwm Farm and to view 'Big Seat'. This ride is a joy and an inspiration.

SPECIAL SAFETY ISSUES: Ride with care through the narrow main street of Blaenau Ffestiniog along the A470. Steep but exhilarating descent into Cwm Machno.

Brynrefail – Caernarfon – Felenheli – Bethel

www.plotaroute.com/route/2394078 24.7mls, 1581ft, 64ft/ml.



LUNCH: Caernarfon in The Blackboy Inn or Caffi Maes in Castle Square. Coffee stop near the end in Y Caban, Brynrefail.

PARKING: : go past Brynrefail on the A4244, at the T-junction with the A4086 turn left towards Llanberis, go past the 'Village Centre' turning and then turn left along the lake, park on the right after 250m. SH 573 609.

ROUTE: lovely view of Llyn Padarn at the start. Along the Strait and into Caernarfon for lunch. Cycle track to the attractive water-front village of Felinheli and the harbour.

SPECIAL SAFETY ISSUES: Largely unclassified roads but with a busy 200m stretch of 'A' road beyond Llanberis where extra care is needed with single file riding.

Byn y Maen – Betws yn Rhos – Llanfair Talhaearn – Llangeryw

www.plotaroute.com/route/1753831 23.2mls, 2283ft, 99ft/ml.



LUNCH: Olivia's Café, Llanfair TH, see [Facebook](#) and check opening hours.

PARKING: travel south past Bryn y Maen with the church on your left. After 0.6ml turn left sp

Betws yn Rhos. After 1ml park in the long lay-by on the left.

ROUTE: A very attractive setting at the bridge over the Elwy into Llanfair TH. At Llangernyw see the Llangernyw Yew in the churchyard, estimated to be between 4,000 and 5,000 years old.

SPECIAL SAFETY ISSUES: two miles of the A548 into Llangernyw on the red route.



Caernarfon – Dinas Dinlle – Glynllifon – Waunfawr

www.plotaroute.com/route/1816590 19.9mls,
1549ft, 78ft/ml.



LUNCH: The Black Cat Café, Glynllifon, with outdoor and indoor seating area.

PARKING: the other side of the swing bridge on the shoreline. Aber Foreshore Rd, LL54 5RR SH 472 626. If you are following the A487 into Caernarfon from the Bangor direction, stay on the A487 for Portmadog. Eventually you will come to a roundabout



with a train and castle symbols pointing right, DO NOT turn right but go straight on and take the next right into Pant Road. Turn right again immediately sp. Coed Helen. Follow this all the way through to the parking places just beyond the swing bridge.

ROUTE: this event can include a visit to Glynllifon Country Park and gardens and a 40-minute scenic walk. Entrance fee. Freedom and fresh air along a 3-mile stretch of Menai Strait. Fascinating views later of the Strait and Caernarfon from a height of 850ft. The route is deceptive in terms of challenge. There is a 4-mile stretch in the middle involving an ascent of 800ft. See the Plotaroute hill profile.

SPECIAL SAFETY ISSUES: 1 in 7 down – two.

Chainbridge, Llangollen – Horseshoe Pass – Bryneglwys

www.plotaroute.com/route/2372214 19.2mls, 2257ft, 118ft/ml.



park on the left.

ROUTE: We will see the spectacular Eglwyseg rocks en-route. Minor roads in the main except for a short section of 'A' road. We cycle across the moors with great views, descending to the valley of the Dee to the village of Carrog and lunch at the Grouse Inn. Finally, a leisurely and very attractive ride following the River Dee with a further coffee opportunity at the end.

SPECIAL SAFETY ISSUES: short section of A road. 1 in 7 UP – two; 1 in 7 DOWN – one.

LUNCH: Ponderosa Café or Grouse Inn, Carrog.

PARKING: go past the Craft Centre at Ruthin and on to the roundabout. Llangollen is signposted here, A525. You will go from the A525 and onto the A542 to Llangollen. Before you get to Llangollen, take the right turn sp Horseshoe Falls, B5103. Then turn left sp Corwen. There is free parking on the right after a short distance. Failing that, turn around, go back to the T-junction and turn left and into the pay and display car



Colwyn Bay - Pensarn – Rhyd y Foel - Bryn Y Maen

www.plotaroute.com/route/2235004

20mls, 1946ft, 97ft/ml.



LUNCH: either an early break at Pantri Bach Café, Pensarn and/or take picnic to the large common at Rhyd y Foel (to break the climb).

PARKING: Rugby Stadium car park.

ROUTE:

contrasting popular coastal resorts with inland rural peace. Returning

down the lovely Nant y Groes valley where care is needed.

SPECIAL SAFETY ISSUES: take care when crossing A547 twice and steep initial 1 in 7 descent into Colwyn Bay.



Conwy Bodlondeb – North Conwy Valley

www.plotaroute.com/route/2139955

29.4mls, 3022ft, 103ft/ml.



LUNCH: The Eagles Llanrwst.

PARKING: at Bodlondeb car park which is free apart from the weekend.

ROUTE: tough on the way back but you will enjoy the rest stops and scenic views high above the Conwy Valley and down to the River Conwy.

SPECIAL SAETY ISSUES: 1 in 7 UP – 2; 1 in 7 DOWN – 2.



Conwy Falls – Ysbyty Ifan – Llyn Conwy – Carrog – Penmachno – Cwm Penmachno

www.plotaroute.com/map/1602645

22.5mls, 2339ft, 104ft/ml.

LUNCH: Packed lunch at Llyn Conwy and a stop for coffee at the end.

PARKING: Conwy Falls Café car park. LL24 0PN. SH 811 535. www.conwyfalls.com

ROUTE: not to be missed. A ride of contrasts from lowland undulating lush green valley scenery to desolate upland moorland. A diversion for 1Km at Llyn Cottage on the B4407, points 11 and 10, takes you to the source of the River Conwy seldom visited Llyn Conwy. This section is in part a loose stony track where care is needed. There are glorious views sweeping down from on high to the valley of Afon Machno and later



diverting
past the
slate quarry
trails to the
remote little
village of
Cwm
Penmachno.

**SPECIAL
SAFETY**

ISSUES: care
needed when on the stony track to Llyn Conwy. Total distance
2Km. Walking recommended.



**Denbigh ... Cae Dai Museum ... Llanrhaeadr ... Llanynys ... Rhewl ... Ruthin ... Llangynhafal
... Llandyrnog**

www.plotaroute.com/map/2142140 20.3mls, 1519ft, 75ft/ml.



LUNCH:

Coffee at Cae
Dai and
lunch at
Ruthin Craft
Centre.

PARKING:

near the
castle at the
tall stone

tower at the junction of Castle Hill and Ffordd Newydd.



SJ 052 659. LL16 3NB.

ROUTE: visit the historic towns of Denbigh and Ruthin parking next to Denbigh Castle with some lovely
views. Affording an opportunity after 1/4ml to divert to the Cae Dai Museum of rooms full of 1950's
artefacts and spend 1 hour there at a cost of £5 each – but coffee is 50p!

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one.

Denbigh – Cyfylliog - Pentre-llyn-cymmer - Llyn Brenig – Peniel

www.plotaroute.com/route/1269091 27.2mls, 3373ft, 124ft/ml.

LUNCH: Visitors' Centre, Llyn Brenig.

PARKING: near the castle at the tall stone tower at the junction of Castle Hill and Ffordd Newydd. SJ 052
659.





ROUTE: this is a fabulous route throughout. We pass Denbigh Asylum with its long and dark history but soon forgotten with the jaw-dropping views down to Cyffiliog and the valley of Afon Clywedog. Then on through Clocaenog Forest and a lovely lunch stop overlooking Llyn Brenig.

SPECIAL SAFETY ISSUES: unclassified roads apart from the exit from Denbigh and a 'B' road past Llyn Brenig. 1 in 7 UP – three; 1 in 7 down – six; 1 in 5 down – one.

Garndolbenmaen - Cwm Pennant – Ynyspandy Slate Mill – Llyn Cwmystradllyn - Criccieth
www.plotaroute.com/route/2398800 28.5mls, 2329ft, 82ft/ml.

LUNCH: Caffi Cwrt, Criccieth (CASH ONLY). Check Tyddyn Mawr Tea Room at Llyn Cwmystradllyn.

PARKING: at the centre of Garndolbenmaen there is a church. The car park is opposite. SH 498 442

ROUTE: amazing scenery in the Afon Dwyfor valley, an area that demands exploration. The route to the lovely lake of Cwmystradllyn and the Tea Rooms goes past the iconic Ynyspandy Slate Mill. Two dead-ends yes, but well worth it.

SPECIAL SAFETY ISSUES: short distances on and crossing 'A' roads. 1 in 7 UP – one.



Llanberis - Glyn Ronwy Quarry – Caernarfon – Penisawaun
www.plotaroute.com/route/2234678 24.7, 2280ft, 92ft/ml.



LUNCH: Caernarfon in The Blackboy Inn or Caffi Maes in Castle Square. Coffee stop near the end in Y Caban, Brynrefail or at the end in Surf-Lines café (turn left out

of the car park, then first right). The short detour at point 15 will take you to the Mill Bistro for yet another lunch possibility.

PARKING: approaching Llanberis from the west on the A4086, turn sharp left shortly after the 'Village Centre' sign pointing right. Then turn right into the car park after 200m. Alternative also shown on the map.

ROUTE: the route plotted here provides a number of options. The red dashes allow for shortening the route. An optional short walk just after point 1 takes you to Castell Dolbadarn and its fine views of both lakes. Highly recommended. An extension through Dinorwig and points 22, 24 and then beyond point 23 takes you to a magnificent viewing platform overlooking both lakes. Point 2 leads to the Quarry Hospital Museum, well worth a visit but check opening times.

SPECIAL SAFETY ISSUES: 1 in 7 down – four.



Llanberis – Pen y Pass – Beddgelert – Rhyd Ddu – Waunfawr

www.plotaroute.com/route/1098249 31mls, 2621ft, 85ft/ml.



LUNCH: Caffé Gwynant.

PARKING: from Brynrefail take the A4086 towards Llanberis. Just after the 'Village Centre' sign turn sharp left sp 'Y Glyn, Surf Lines'. Take the first right into the car park.

ROUTE: a classical ride and a true mountain adventure. Up and up again through



Pen y Pass and down again to the famous Pen y Gwryd Hotel. Then sweeping down into the beautiful Nant Gwynant Valley, stopping for lunch at Caffé Gwynant, an adventure

in itself. Lovely cafes exist in Beddgelert for a 'lite bite' alternative. On to Beddgelert, cross the path of the Welsh Highland Railway and on through the forest trail of Beddgelert Forest.

SPECIAL SAFETY ISSUES: 'A' roads are much longer than usual with narrow stretches. Single file is demanded.



Llanddulas - Towyn - St George - Llanfair Talhaiarn – Betws yn Rhos

www.plotaroute.com/route/1207814

19.6mls, 1683ft, 86ft/ml.



LUNCH: Olivia's Café or picnic by the river. Both in Llanfair Talhaiarn.

PARKING: Llanddulas beach car park SH 906 786. LL22 8HG.

ROUTE: yet another attractive route with a lovely place to have lunch. Looking down into the valley of the River Elwy at



points 10 and 11 is a joy. . Involves 2 long climbs: through St George on the outbound leg and then another on return from Llanfair TH.

SPECIAL SAFETY ISSUES: Fast traffic on A548 for 0.7mile into and out of Llanfair TH1 in 7 up – four; 1 in 7 down – one.

Llandudno Junction – Conwy Marina – Rowen

www.plotaroute.com/route/2384589

20.5mls, 1880ft, 92ft/ml.

LUNCH: at The Furnace café, Bodnant Food Center just beyond point 12.

PARKING: street parking along Conway Rd, Llandudno Junction, approached via Glan y Mor Rd. This is not the main section of Conway Rd through the high street.



ROUTE: pleasant and picturesque in many places as usual. You will notice a few diversions on the much enlarged map. Take a quick look at Rowen. Divert to Conwy Marina taking coffee at the Mulberry overlooking the harbour.

SPECIAL SAFETY ISSUES: 1/2ml of the fast A470 approaching Bodnant Food Centre.



Llandudno Junction – Penmaenmawr – Llanfairfechan Terrace Walk

www.plotaroute.com/map/2390146

23.7mls, 1847ft, 78ft/ml.



ROUTE: over the historic bridge into delightful Conwy. The outward journey is shown as a largely off-road cycle path along the coastline. On the return route you have the option of traversing the Sychnant Pass which is much harder. If you look at the hill profile you might prefer to accomplish this on the outward route since the 550ft height is more gradual in the east to west direction. The loop at Llanfairfechan reaches a height of 700ft and can easily be omitted. It is included of course for a reason and that is for you to enjoy its scenic beauty.

SPECIAL SAFETY ISSUES: 1 in 7 down - two.

LUNCH: Beach Pavilion Café, Llanfairfechan, coffee at Conwy Culture Centre.

PARKING: from the large roundabout near the bridge into Conwy, follow sp to Deganwy, pass LIDL entrance and take the next left, pass under the flyover and park.



Llandudno North Shore – Llanddulas – Rhyd y Foel – Llanelian.

www.plotaroute.com/route/1796426

22mls, 2005ft, 91ft/ml.

PARKING: park near Craig y Don paddling pool. SH 799 821.

ROUTE: a pleasant route with many coastal views. After Penrhyn Bay on the return, the red dotted line down Bodafon Road gives yet more nice coastal views.



LUNCH: 'Lite bite' at the White Lion Inn, Llanelian.

SPECIAL SAFETY ISSUES: 1 in 7 up – three; 1 in 7 down – one; 1 in 5 down – one.



Llandudno West Shore – Deganwy – Conwy – Marina – Penrhyn Bay

www.plotaroute.com/route/2316085 19.5mls, 1378ft, 71ft/ml.

LUNCH: packed lunch on Conwy Quay. Others: coffee and cake in Conwy Culture Centre café Cantîn; L's Café and Bookshop, Conwy; Café Dewi, St David's Hospice, Llandudno. Coffee at The Mulberry, Conwy Marina is a very attractive setting. A break at The Rest and Be Thankful Café at the highest point of the Great Orme may also prove welcome after the climb.



PARKING:

adjacent to the lake at West Parade, West Shore, Llandudno.

ROUTE:

undoubtedly, one of the most popular routes in the area.

Possible to accomplish almost entirely off-road by taking the



same route back from Conwy Marina to West Shore. A picturesque track runs from Deganwy into Conwy along the mouth of the River Conwy and then continues on the other side to Conwy Marina. Traversing the Great Orme will provide views west across to Anglesey and south to the Carneddau Mountains.

SPECIAL SAFETY ISSUES: beware of high winds on top of the Great Orme.

Llandygai – Bangor – Felinheli – Caernarfon - Bethel

www.plotaroute.com/route/2237192 26.1mls, 1768ft, 68ft/ml.

LUNCH: Caernarfon at The Blackboy Inn or Caffi Maes in Castle Square.

PARKING:

turn off the A55 at junction 11 and onto the A5 towards Llandygai and Bangor. Turn right at the second roundabout and park on



the right after 100m. SH 598 709

ROUTE: the majority of the route until Caernarfon is cycle track. The route goes through the attractive little port of Felinheli before hugging the Menai Strait. The Roman town of Caernarfon is worth exploring around the castle, the marina and across the swing-bridge where the best picture-postcard shots of the castle can be taken. The route takes you clockwise around the castle. It's one-way. The picture shows Bangor pier which is on the route at point 3.

SPECIAL SAFETY ISSUES: 1 in 7 down – 3. Several miles of the busy B4366 out of Bangor where single file riding is needed.

Llandygai ... Minffordd ... Caerhun ... Pentir ... Waun ... Deiniolen ... Mynydd Llandygai Extension to Dinorwig Quarry

www.plotaroute.com/map/2239035

23.5mls, 2431ft, 104t/ml. via Braichmelyn and

Rachub

www.plotaroute.com/route/2239041

24.7mls, 2231ft, 90ft/ml. via Bethesda with return

along Lon Las Ogwen.



LUNCH: Y Caban following points 9 and then 8 into Brynrefail.

PARKING: turn off the A55 at junction 11 and onto the A5 towards Llandygai and Bangor. Turn right at the second roundabout and park on the right after 100m. SH 598 709.



ROUTE: provides panoramic views of Llanberis, Llyn Padarn and Llyn Peris from Dinorwig Quarry Viewing Point which is a diversion beyond point 10. Then returns via the open mountainside of Mynydd Llandygai. Either take the high road back through Rachub for more views or return via Bethesda on the Lon Las Ogwen trail you set out on. A coffee stop at Caffi Seren in Bethesda is shown after point 19.

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one. Beware of heavy traffic on the A5 through Bethesda.

Llanfair TH – Llanefydd – Henllan - Llansannan www.plotaroute.com/route/2142202

19mls, 2510mls, 132ft/ml.

LUNCH: The Old Bakery Tea Room, Henllan but ring in advance. Or bring a packed lunch to the outside seating of the lovely thatched Llindir Inn, Henllan, described as a “picture perfect country gem dating back to the early 13th Century”. [Hen Lon - Google Maps](https://www.google.com/maps/place/Hen+Lon) Check times of opening for coffee at Olivia's Llanfair TH at the end.



PARKING: on the A548, pass the bridge into Llanfair

TH on your left, don't go over but go on 100m and park in the lay-by. Overspill: go over the bridge and turn immediately right into the area with the public toilets.

ROUTE: the start is at a lovely spot overlooking the river Elwy. A great route throughout experiencing lush undulating countryside. The picturesque option south of point 10 adds 300ft of ascent.

SPECIAL SAFETY ISSUES: 0.6ml along A548; 1ml along A544; 1 in 7 up – four; 1 in 7 down – two; 1 in 5 down – one. Walk down this short one.

Llanrwst - Betws y Coed - Ysbyty Ifan – Nebo

www.plotaroute.com/route/1487161 22.6mls, 2438ft, 108ft/ml.



LUNCH: picnic on the bank of River Conwy in picturesque Ysbyty Ifan.

PARKING: the large Glasdir Car Park, Plas yn Dre, Llanrwst LL26 0DF, on the right after entering Llanrwst, behind the Library & Police Station.

ROUTE: similar to the route from Betws y Coed to Nebo but starting just above the Conwy River in Llanrwst. View the very much photographed ivy-covered Tu Hwnt



I'r Bont (beyond the bridge) 15th Century tea rooms. Then, an easy run down to Betws y Coed before climbing and resting to admire Conwy Falls along Fairy Glen. A challenging, undulating route.

SPECIAL SAFETY ISSUES: 1 in 7 up – three; 1 in 7 down - two. Take care on short sections of A470 and A5.

Llanrwst...Gwertheryn...Llangernyw.

www.plotaroute.com/route/1765628 22.6mls, 2792ft, 124ft/ml.

LUNCH: Packed lunch in the walled, seated enclosure at Gwertheryn.



PARKING: the large Glasdir Car Park, Plas yn Dre, Llanrwst LL26 0DF, on the right after entering Llanrwst, behind the Library & Police Station.

ROUTE: Long hill after a mile. Lovely views over the Conwy Valley and to Snowdonia. Nice little villages and upland rolling countryside. See the Llangernyw Yew shown in the route above starting from Bryn y Maen. Glorious views from the viewing point identified on the map with the author being very pleased to be there.

SPECIAL SAFETY ISSUES: none

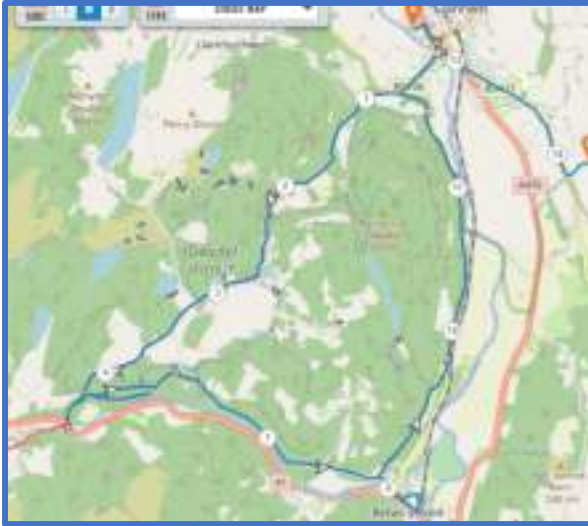
Llanrwst – Hafna Lead Mine short walk — Swallow Falls viewpoint short walk – Betws y Coed Visitors' Centre for the video: 'Flight over Snowdon'.

www.plotaroute.com/route/2435324 12.5mls, 1654ft, 133ft/ml.

LUNCH: at the furthest point of this route after point 4 as it reverses is The Ugly House café, Tŷ Hyll.

PARKING: the large Glasdir Car Park, Plas yn Dre, Llanrwst, LL26 0DF, on the right after entering Llanrwst, behind the Library & Police Station.

ROUTE: a short journey but several short walks are included with a chance to see Swallow Falls and an absorbing video. Following a ½ mile warm-up there is a 800ft climb over the next 2 miles which is tough on a non-electric bike.



A short walk at point 2 takes you into the Hafna Lead Mine. [Natural Resources Wales / Gwydir Forest Park - Hafna, near Llanrwst](#) Then comes Cyffty Lead Mine on the left after 1.3 miles after point 3 and another little walk. Later you'll find Ty'n Llwyn car park which has a viewing point over the Afon Llugwy valley. A steep descent takes you to the A5 with Tŷ Hyll at that point.



[The Ugly House Wales \(Ty Hyll\) - Why Is It Called Ugly? & Amazing Reasons To Visit In Betws-y-Coed! \(thirdeyetraveller.com\)](#) On the return, a detour takes you to the viewing platform over Swallow Falls

beyond point 5. In Betws, you pass the Tourist Information Centre where you simply must view 'Flight over Snowdon' in the video studio. Then a short step across the green to Stryd yr Orsaf (Station Road) for coffee.

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one; 1 in 5 up – one; 1 in 5 down – one.



Llansannan - Llyn Bran – Llyn Brenig - Llyn Aled - Aled Isaf

www.plotaroute.com/route/1638173 27.4mls, 2408ft, 88ft/ml.

LUNCH: Llyn Brenig Visitors' Centre.

PARKING: Cae Bach, Llansannan. LL16 5HG. In the centre of the village opposite The Red Lion.

ROUTE: Cycle alongside 4 lakes including the huge Llyn Brenig, 1200ft above sea level. You will experience the remote and peaceful moorland scenery of Mynydd Hiraethog (Denbigh Moors) with the opportunity to explore on foot the haunted ruin of Gwylfa Hiraethog by following the



diversion between points 17 and 18. You may wish to cycle the first half of this diversion.

[Gwylfa Hiraethog \(a.k.a. Plas Pren\) – Mysterious Britain & Ireland](#)



SPECIAL SAFTY ISSUES: 1 in 7 UP – two.

North Conwy Valley

www.plotaroute.com/route/2139955 29.4mls, 3022ft, 103ft/ml.



LUNCH: The Eagles Llanrwst.

PARKING: at Bodlondeb car pak which is free apart from the weekend.

ROUTE: tough on the way back but you will enjoy the rest stops and scenic views high above the Conwy Valley from the east.

SPECIAL SAFTY ISSUES: 1 in 7 UP – 2; 1 in 7 DOWN – 2.



Pensarn - Prestatyn - Dyserth - Rhuddlan

www.plotaroute.com/route/1800497 23.6mls, 626ft, 29ft/ml.



LUNCH: at Y Shed on Prestatyn Dyserh Way. Marked on map. Expand fully to pin-point its location. Several cafes in High Street Prestatyn. Before point 10, the route diverts through High Street and back out again.

PARKING: from the west, come off the A55 at junction 23a. Filter left at the roundabout to go up and over the bridge towards the beach. At the T-junction, turn left and park on the right adjacent to Pantri Bach café. LL22 7PP

ROUTE: largely off-road and one of the flattest routes too. Along the cycle track beside the sea and through the coastal resorts of Rhyl and Prestatyn before joining the off-road Prestatyn Dyserth Way. Pass right beside Rhuddlan Castle before following Afon Clwyd back to Rhyl. Easy to shorten by starting and finishing at Rhyl Harbour.

SPECIAL SAFETY ISSUES: none.



Pensarn – Rhyl Harbour – Rhuddlan - St. Asaph – Abergele

www.plotaroute.com/map/2224515 22.3mls, 1276ft, 57ft/ml.

LUNCH: St. Asaph High Street. Try Jacob's Ladder at the top of the hill or the Flowerpot at the bottom.



PARKING: from the west, come off the A55 at junction 23a. Filter left at the roundabout to go up and over the bridge towards the beach. At the T-junction, turn left and park on the right adjacent to Pantri Bach café. LL22 7PP.

ROUTE: along the coast to Rhyl Harbour, then around the Marine Lake and onwards to follow Afon Clwyd to Rhuddlan. Cycle past the castle then on to the city of St. Asaph for lunch.

SPECIAL SAFETY ISSUES: none.

Pentrefoelas – Bala – Llyn Celyn – Ysbyty Ifan.

www.plotaroute.com/map/1826811 38.5mls, 3872ft, 99ft/ml.



LUNCH: Tŷ Coffi, Bala.

PARKING: besides The Chocolate House. SH 873 514. LL24 0LE.

ROUTE: This day is an adventure of vast open untouched



moorland landscapes with peaks above 1500ft on deserted unclassified roads.

SPECIAL SAFETY ISSUES: 1 in 7 up – two; 1 in 7 down – two.

Pentrefoelas - Cefn-brith - Llanfihangel Glyn Myfyr - Cerrig - Cwm Penanner

www.plotaroute.com/route/1309524 20.5mls, 2267ft, 111ft/ml.

LUNCH: Picnic tables on the bank of Afon Alwen, near St Michaels Church, Llanfihangel Glyn Myfyr.

Alternatively, The Crown Inn, in the village, Alternatively, The Crown Inn, in the village or Tŷ Tan Lân Café, Cerrig or Dragonfly Tea Rooms and Fishery. For the latter take care on 3/4ml of the A5.



PARKING: travelling from Betws y Coed, turn right at the parking sign in the centre of the village. Park on the left after 100m., adjacent to Bocs Bwyd, formally The Chocolate House, Pentrefoelas. SH 873 514. LL24 0LE.

ROUTE: some steep climbs and descents but fabulously scenic route on mostly quiet lanes with beautiful views into Cwm Penanner.

SPECIAL SAFETY ISSUES: 1 in 7 up – two; 1 in 7 down – one. Short section of A5 but see lunch stop above.

Rhualt – Tremeirchion – Whitford – Mostyn – Trelogan – Llanasa – Dyserth – Cwm

www.plotaroute.com/route/862857 22.5mls, 2169ft, 97ft/ml.



LUNCH: at Abakhan Woolen Mill.

PARKING: From Jn. 28 of the A55 take the B5429 towards Rhualt. Just past the signpost for the right turning to Tremeirchion, park on the right in the long lay-by before the right turning.

SJ 074 751.

ROUTE:

Visiting many of the little villages we just fly past on the A55. Some nice views over the Dee Estuary and gaze in awe at The Duke of Lancaster Ocean Liner.

SPECIAL SAFETY ISSUES: none.



Rhyl – Prestatyn – Talacre – Meliden – Dyserth - Rhuddlan

www.plotaroute.com/route/1596527 25.7mls, 663ft, 26ft/ml.

LUNCH: expand the map past point 9 to see the little diversion down



Station Rd, Talacre to Clwyd Bakery. Another option is Y Shed on the Rhuddlan Prestatyn Way cycle path as shown.

PARKING: on the approach to Rhyl Harbour from Kimnel Bay, filter left at the

Mayquay pub. The car park is on the left after 300m. LL18 5AS.

ROUTE: you will be cycling alongside the beach until Prestatyn. At Talacre a walk will take you to Point of Ayr Lighthouse with its resident ghost. You can return the same way as the outward journey, points 9, 8 and 7 if you want to avoid the stretch of 'A' road beyond point 11. The route passes Rhuddlan Castle before following Afon Clwyd back to the start via Marine Lake. The red route alternative is tougher with an ascent of 1414ft. and 57ft/ml. This will take you through the lovely village of Llanasa.

SPECIAL SAFETY ISSUES: the 'A' road beyond point 10 up to point 12 is busy.



Rowen – Llanbedr – Tal y Bont – Llanrwst – Llyn Seberi – Tal y Cafn.

www.plotaroute.com/route/2390168



20.4mls, 2064ft, 101ft/ml.

LUNCH: Tu Hwnt I'r Bont, Llanrwst. [Tu Hwnt I'r Bont Tearooms | Menu](#) but beware hills following lunch!

PARKING: Rowen. As you approach the first houses on Rowen village road, take the first right into Llanerch and park opposite the row of garages. SH 760 720.

ROUTE: lovely views of the meandering River Conwy from on high.

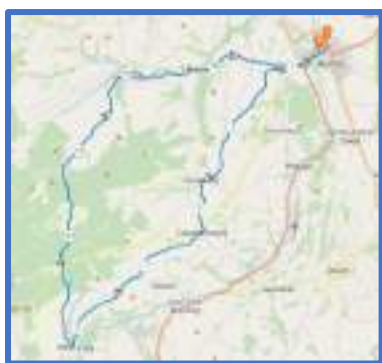
SPECIAL SAFETY ISSUES: 1 in 7 up – two.



Ruthin – Clocaenog – Clawddnewydd – Melin y Wig – Cyffiliog.

www.plotaroute.com/route/941147 20.4mls, 2326ft, 114ft/ml.

LUNCH: Packed lunch and coffee at end.



PARKING: at Ruthin Craft Centre. Approach Ruthin on the A525 from Denbigh. At the large roundabout on the outskirts of Ruthin turn left following the Livestock Market sign. After about ¾ ml turn into the Craft Centre on



the right opposite Huw's Gray.

ROUTE: Lovely lowland country scenery throughout including cycling through the heart of Clocaenog forest. Quiet unclassified roads in the main.

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one.

Ruthin – Llanarmon – Loggerheads - Cilcain.

www.plotaroute.com/route/1986484 29.5mls, 2680ft, 91ft/ml.



LUNCH: Community Shop and Café, Llandegla or Caffi Florence at Loggerheads Country Park.

PARKING: Ruthin Craft Centre as for previous ride.

ROUTE: Traversing the Clwydian Range through the pass between Moel Arthur and Moel Llys y Coed. All but 5.5 mles of this route lies within the Clwydian Range



and Dee Valley AONB. The red dashes alternative into Llanarmon turns into a 3/4ml green lane and gravel track but you will be rewarded by the magnificent scenery if you take this route with care.

SPECIAL SAFETY ISSUES: 1 in 7 down – one; 1 in 5 down – one. Care needed on green lane gravel track shown as red dashes.

St Asaph – Tremeirchion – Llanasa – Trelawnyd.

www.plotaroute.com/route/1814677 25mls, 2192ft, 90ft/ml.



LUNCH: Packed lunch in the attractive seating area, Llanasa.

PARKING: Cathedral Car Park, Pay & Display, turn right at the top of the high street towards the woollen mill, then after 100m turn right into the car park. SJ 040 743.



ROUTE: traversing the picturesque Denbigh countryside.

SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – three

Tanygrisiau Waterfall, Llyn Cwmorthin, Llyn Stwlan, Llyn Mair, Croeso, Garreg, Rhyd.

www.plotaroute.com/map/1810001 16mls, 2800ft, 175ft/ml.

The figure for ft/ml includes the ascent for the walk but omits the car journey to Llyn Mair.



LUNCH: Packed lunch or an early lunch at the Lakeside Café.

[Menus](#) | [Lakeside Cafe](#)

PARKING: turn off the A496 towards Tanygrisiau. Turn left towards the Power Station. Just beyond the Lakeside Café and



large car park follow the road as it swings right and up the hill. Go past the Playground sign and turn left just after the bus shelter on the left into Rhesdai Terrace. Park in the rough parking area on the left where you can go no further. SH684 453.

ROUTE: THERE ARE 3 STAGES TO THE DAY'S EVENT. The route provides enormous contrasting scenery of lakes, high mountains, sweeping valleys, lovely woodlands and barren moorland. Unclassified roads throughout. From the initial car park, walk ½ mile to view the waterfalls and Llyn Cwmorthin, then cycle 2 miles to see the dam at Llyn Stwlan. Then drive down to Llyn Mair for the next starting point for the main ride. Parking at Llyn Mair can be seen by expanding the map beyond point 11. A short diversion just beyond the lake will take you up to Tan y Bwlch narrow-gauge railway. Well worth seeing.

SPECIAL SAFETY ISSUES: Stwlan Stage 2 – very challenging ascent to the dam up the final zig-zags; 850ft fast descent over a distance of 1 ½ miles. Croesor Stage 3 – 1 in 7 up – three; 1 in 7 down – five (but 3 close together); 1 in 5 up – one.

Waunfawr - Rhyd Ddu - Nantlle - Y Fron – Rhosgadfan

www.plotaroute.com/route/1632330 20.4mls, 1834ft, 90ft/ml.

LUNCH: Pant Du Vineyard Café beyond point 12 or divert to Penygroes high street and Cegin Ceri (Y Banc) café at the junction of Water St. and County Rd. Follow the red route.

PARKING: Waunfawr Railway Station car park. Snowdonia Park Pub and Campsite. LL55 4AQ.



ROUTE: View 7 lakes! Past the beautiful lakes of Dorothea Quarry and Llyn y Dywarchen. Mesmerising. Views over the Strait. Rough track for 1/3 mile past Dorothea. Walking



advised here.

SPECIAL SAFETY ISSUES: FIVE miles of 'A' road to Rhyd Ddu. Single file riding advised.