

LLANDUDNO AREA U3A CYCLING GROUPS

CHALLENGING RIDES PROGRAMME FOR 2026

Start time: 10:30am

VERSION: 30 June 2026

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To locate the precise parking and ride start location, please follow the plotaroute link and then zoom in fully on the map. The parking point may also be defined in the text. Parking is free unless otherwise stated. We encourage car and bike rack sharing.

DATE	RIDE DESCRIPTION	MLS	ASCENT Ft.	ft/ml.
19 March 2026	West Shore - Sychnant Pass - Llanfairfechan. Ride Leader: Dave. https://www.plotaroute.com/route/2881802?units=miles LUNCH: Beach Pavillion Café, Llanfairfechan. PARKING: Meet and park at Westshore Boating Lake Llandudno at 10.15 for a 10.30 start. ROUTE: A relatively short ride to begin the season. We make our way to Deganwy where we pick up the bike track to Conwy. From Conwy we make our way over the Sychnant Pass to Penmainmawr and Llanfairfchan following mainly bike tracks, but with a short section of busy roads. SPECIAL SAFETY ISSUES: busy road for about a mile through Deganwy and short sections in Conwy and Penmaenwawr. Steep ascents and descents as we navigate the Sychnant pass peaking at 13%	23	1663	69
2 April 2026	Rhosllanerchrugog-Panorama-Pentre Dwr-Llangollen. Ride Leader: Dave. https://www.plotaroute.com/route/3232640?units=miles LUNCH: Wharf Cafe Llangollen. PARKING: Meet and park at free car park Brook St Rhos(half way down hill on right). 10.15 for 10.30 start. ROUTE: This is a hilly ride. We begin in the village of Rhosllanechrugog and after a short flat stretch we begin our ascent to the moors above the village and on to the Panorama. Then we continue to Pentre Dwr and Berwyn where we pick up the canal to Llangollen. The ride offers exceptional views of moorland and the Dee Valley. SPECIAL SAFETY ISSUES: Short section of busy road as we cross the A 542 at the base of the Horseshoe Pass, and A539 in Acrefair.	24.58	2113	86
16 April	Valley-Llanerchymedd-Melyn Llynnon. Ride Leader: Pete Saunders.	28.06	1499	53

2026	https://www.plotaroute.com/route/2881648?units=miles LUNCH: Station Cafe Llanerchymedd. PARKING: Meet and park at the free carpark in Valley just off the B4545 opposite Valley Hotel. 10.15 for 10.30 start. ROUTE: A very pleasant ride along mainly country lanes. SPECIAL SAFETY ISSUES: A few hundred yards section of B4545 as we make our way out and back of Valley			
30 April 2026	Inigo Jones-Criccieth. Ride Leader: Pete Saunders. https://www.plotaroute.com/route/2879051?units=miles LUNCH: Swn Y Mor Cafe on the sea front. PARKING: Meet and park at Inigo Jones Slate Works. 10.15 for 10.30 start. (Caution, carpark is locked at 5PM) ROUTE: A very scenic route along Lon Eifion cycle track and mainly quiet country lanes to Criccieth and back. SPECIAL SAFETY ISSUES: Long climb out of Criccieth for approximately a mile on the B 4411, max gradient 10%. Very short 12% downhill section with blind bends to a T junction with the A487. Please note, this is a hilly ride. All electric bikes should be fully charged before starting this ride. One of our dear friends ran out of power last year on this ride.	30.38	2090	69
14 May 2026	Connah's Quay-Ellesmere Port Boat Museum-Lea Hall Farm. Ride Leader: Gary. https://www.plotaroute.com/route/2848221?units=miles LUNCH: Lea Hall Farm Cafe. PARKING: Meet and Park on Dock Rd Connah's Quay. 10.15 for 10.30 start ROUTE: Flat bike tracks and country lanes. SPECIAL SAFETY ISSUES: None.	31.43	722	23
28 May 2026	Gyffin – Llanrwst. Ride Leader: Pete Saunders. https://www.plotaroute.com/route/2149962?units=miles LUNCH: The Old Tannery Llanrwst. PARKING: Meet and Park in the free carpark opposite the chippy in Gyffin. 10.15 for 10.30 start. ROUTE: Country lanes and quiet B roads with a very short section of A road. SPECIAL SAFETY ISSUES: Take great care on the pedestrian bridge between Trefrew and Llanrwst. The gap between the wooden planks are wide enough to allow bike wheels to slip through. Short section of A road in Llanrwst.	25.91	1795	69
11th June 2026	Penmaenmawr - Bethesda. Ride Leader: Pete Saunders. https://www.plotaroute.com/route/3236377?units=miles LUNCH: Cafe Seren, Bethesda. PARKING: Meet and free parking near Penmaenmawr Sailing Club. 10.15 for 10.30 start.	26.76	1962	73

	ROUTE: Cycle tracks, quiet country lanes and a short section of busy road. Spectacular views over Menai Straits Anglesey and Puffin Island. SPECIAL SAFETY ISSUES: Short busy section of A5 in Bethesda. Short climb out of Bethesda 11% max in places. Steep downhill 14% max in places down towards Abergwyngregin. FOR A SHORTER RIDE, 20 MILES, JOIN US IN ABERGWYNGREGIN.			
25 June 2026	Rhualt-Whitford-Mostyn-Llanasa. Ride Leader: Huw. https://www.plotaroute.com/route/2892160?units=miles LUNCH: Abakhan Café. PARKING: Meet and free parking in Rhualt village in a lay-by opposite Jones Brothers on the right, just before junction at the bottom of the hill. 10.15 for 10.30 start. ROUTE: a scenic ride mainly along country lanes towards Mostyn. SPECIAL SAFETY ISSUES: Some short steep sections of max 12% ascent. Some short sections of max 12% descent. Short section of A 548 in Mostyn.	22.18	2096	95
9 July 2026	Rhosneigr - Cemaes. Ride Leader: Gary. https://www.plotaroute.com/route/2876506?units=miles LUNCH: Cemaes Heritage Centre. PARKING: Lay-by overlooking the golf club on A4080. Meet at 10.15 for 10.30 start. ROUTE: Quiet undulating countryside on quiet country lanes. Although the total accumulated ascent is quite high, there are no serious climbs which means the Average Feet per Mile is only 66. SPECIAL SAFETY ISSUES: Short section of A4080	35.75	2353	66
23 July 2026	Felinheli-Dinas Dinlle. Ride Leader: Pete Saunders. https://www.plotaroute.com/route/2876383?units=miles LUNCH: Airport Cafe Caernarfon Airport. PARKING: Free parking on Beach Rd Felinheli. Meet at 10.15 for 10.30 start. ROUTE: This is an extremely scenic ride. We make our way through the historic town of Caernarfon & follow the route of the West Highland Railway before making our way to the coast at Dinas Dinlle. Our return route takes us through Y Foryd. SPECIAL SAFETY ISSUES: None.	27.18	1014	37
6 August 2026	Connah's Quay - Boat Museum - Lea Hall Farm Ride Leader: Pete. https://www.plotaroute.com/route/2848221?units=miles LUNCH: either the Boat Museum or Meadow Lea Hall Farm. PARKING: Connah's Quay on the Dock Rd. Meet at Yvonne's Cafe 10:00 for 10.30 start. Free parking at "ratty.mugs.swatted" (what3words: NB search via what3words.com or download the app)	31.5	722	23

	ROUTE: we ride along the Dee estuary and canal paths to the boat Museum in Ellesmere Port and back along quiet lanes via Mickle Trafford where we pick up the Millennium Greenway back to Connah's Quay. SPECIAL SAFETY ISSUES: some traffic as we negotiate Mickle Trafford, otherwise peaceful Cheshire countryside.			
20 August 2026	Red Wharf Bay - Pentraeth - Llangefni – Llangaffo Ride Leader: Pete. https://www.plotaroute.com/route/3348921?units=miles PARKING: at Red Wharf on the approach to the well-known Ship Inn at “enhanced.signified.natively” (what3words) & SH 529 810. Parking can be difficult but there is a large layby at “redefined.depth.waltz” (W3W). You may wish to start the route at Pentraeth where there is a large carpark “pesky.bulldozer.logo” (W3W's). Travelling towards Benllech, go past the small row of shops in Pentraeth and turn right into the carpark just after the pedestrian lights crossing. 10.15 for 10.30 start at Red Wharf Bay car park. LUNCH: Anglesey Transport Museum & Cafe ROUTE: start at the attractive Red Wharf Bay and traverse the shore-line. This short second section is rough, can easily be walked and can only be undertaken when not at high tide (otherwise start & finish at Pentraeth). SPECIAL SAFETY ISSUES: TBA	33.75	1804	53
3 Sept 2026	Gyffin - Llanrwst Ride Leader: TBC https://www.plotaroute.com/route/2149962?units=miles LUNCH: The Old Tannery, Llanrwst. PARKING: free car park opposite the Chippy in Gyffin at the corner of Mill Hill and Llanrwst Road, Conwy: “cakes.jiffy.roost” (W3W). 10.15 for 10.30 start. ROUTE: We follow quiet country lanes and a few miles of B roads into Llanrwst and make our way back via the bridleway bridge to Trefriw and home. SPECIAL SAFETY ISSUES: the bridleway bridge can be tricky. Bike wheels have been known to jam between the planks. It's best to dismount. 'B' roads can be busy at school times.	25.9	1795	69
17 Sept 2026	Kinmel Bay – Trelogan – Prestatyn Ride Leader: Pete. https://www.plotaroute.com/route/3338202 LUNCH: Doris's Bunker Café, Trelogan PARKING: meet and park at Kinmel Bay Harbour Hub Café (pay&display): “rigid.cars.stand” (W3W's). NB public toilet adj café. 10.00 for 10.30 start. ROUTE: winding route through town before joining riverside cycle path, then up into the hills over to Prestatyn. SPECIAL SAFETY ISSUES: TBA	27.5	1608	58
1 October 2026	Conwy RSPB - Glan Conwy – Llandulas – Llandudno Ride Leader: Pete https://www.plotaroute.com/route/3341338 LUNCH: Tides Café, Llandulas	27.5	2083	76

	PARKING: Conwy RSPB; “loafing.doors.chess” (W3W’s). 10.00 for 10.30 start. Good RSPB café is free to enter via shop. ROUTE: Along the new cycle path to Glan Conwy, then a 1mile section on A470 with a short steep hill soon afterwards. A few more up hills then a magical 7mile coast down to Llandulas. Return is back along the coastal path to Llandudno. NB: the bike path is not yet open yet but should be by October. SPECIAL SAFETY ISSUES: Short section on A470 from Glan Conwy and busy streets in Llandudno.			
15 Oct 2026	Penmaenmawr – Bethesda Ride Leader: TBA https://plotaroute.com/route/3357808 LUNCH: Café Seren, Bethesda PARKING: Free parking “spearhead.ordering.trumped” (W3W’s) near Penmaenmawr Sailing Club. 10.15 for 10.30 start. ROUTE: Cycle tracks, quiet country lanes with a short section of busy road. Spectacular views over the bay. SPECIAL SAFETY ISSUES: Short busy section on A5 Bethesda. Short steep climb out of Bethesda up to 11%. Steep downhill 14% in places down to Abergwyngregyn. For a shorter ride, join at Abergwyngregyn.	27.8	2241	81
29 Oct 2026	Rhualt-Whitford-Mostyn-Llanasa. Ride Leader: Huw https://plotaroute.com/route/2892160 LUNCH: Abakhan Café, Mostyn PARKING: meet at the layby, on the right opposite Jones Bros., Rhualt. Situated just before junction at the bottom of the hill; “builds.reefs.dialects” (W3W’s). 10.15 for 10.30 start. ROUTE: a scenic ride along country lanes to Mostyn. SAPECIAL SAFETY ISSUES: some short steep sections of max 12% descent. Short section on A548 in Mostyn. .	22.18	2096	95