

LLANDUDNO AREA U3A CYCLING GROUPS

2026 STRENUOUS RIDES March – October 2026 10.30 start time

All rides take place on Thursdays unless otherwise stated – usually due to weather conditions that may be better on Friday.

N	DATE	DESCRIPTION	MLS	HT	Ht/ml
1	12 March 2026	Groes Inn - Rowen – Llanbedr – Tal y Bont – Llanrwst – Llyn Seberi – Tal y Cafn. www.plotaroute.com/route/2390168 LUNCH: Tu Hwnt l'r Bont or the Old Tannery - Llanrwst PARKING: Opposite The Groes Inn on the B road from Conwy to Llanrwst. The large car park is on the left 2 miles beyond Gyffin. https://maps.app.goo.gl/DqNAZDramouxCaL4A ROUTE: Beautiful views of the meandering River Conwy and over to the Carneddau mountains SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one.	20	2080	104
2	26 March 2026	Llandygai ... Pentir ... Waun ... Deiniolen ... Mynydd Llandygai ... Bethesda. https://www.plotaroute.com/route/3162619?units=miles LUNCH: Y Caban at Brynrefail ROUTE: The route passes by Penrhyn Park and onto the cycleway by the Afon Cegin and then takes minor rural roads through Pentir, past Hen Dinas Dinorwig and into Brynrefail for lunch. The route then heads up towards Dinoewig before taking a sharp left up onto the moors with stunning views over to the coast and across to Elidir Fawr. We then drop to Bethesda cutting round the back through Rachib and take the scenic loop back round Crymlyn PARKING: turn off the A55 at J12 and park in the long layby on the right as the google link below. https://maps.app.goo.gl/BKETgBCzyvUpmqMQ9 SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one; care on short length of A4244 and through Bethesda.	24.3	2185	90
3	9 April 2026	Ruthin - Llanarmon - Loggerheads - Cilcain. https://www.plotaroute.com/route/3209117?units=miles LUNCH: Caffi Florence at Loggerheads Country Park. 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. https://maps.app.goo.gl/pcbJipQQ5izoWCfB7 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. SPECIAL SAFETY ISSUES: 1 in 7 down – one; 1 in 5 down – one.	26.5	2530	95

4	23 Apr 2026	Llanddulas – Betws yn Rhos - St Asaph - Abergele https://www.plotaroute.com/route/3152558?units=miles LUNCH: Translators Tea Room – St Asaph PARKING: In the stoney carpark opposite the Tides Café adjacent to the coast cycle path. Directions – come of the A55 for Llanddulas and follow the road towards Abergele, turn left at the Rhyd y Foel crossroads, go under the bridge and you're there (see link below) https://maps.app.goo.gl/DgsuKBiXiuov26AF6 ROUTE: Some steepish climbs in the first half of the ride but great sea views before dropping down into St Asaph. We then follow predominantly cycle paths and quiet lanes across and through Abergele before we climb up again to Rhyd y Foel. There is a short section along the side of the A55 and the main road through Bodolwyddan where extra care is required. SPECIAL SAFETY ISSUES: 1 in 7's – 6 up and 4 down 1 in 5's – 1 down. Extra care is required on the main road through St Asaph to and from the café and when crossing over the road near the Plough Inn (we will use the pedestrian crossing here). The cycle route follows the footpath along a short section along the side of the A55 with no physical protection. Needless to say, take care and cycle single file. We cross over the A55 to Bodolwyddan using the roundabouts and onto the main road towards St George, this as a wide straight road where the traffic can be fast.	26.5	2600	99
5	7 May 2026	Pentrefoelas – Bala – Llyn Celyn – Ysbyty Ifan. https://www.plotaroute.com/route/3209093?units=miles LUNCH: Tŷ Coffi, Bala. PARKING: Adjacent to Bocs Bwyd, formally The Chocolate House, Pentrefoelas. SH 873 514. LL24 0LE. https://maps.app.goo.gl/YeTXxeQmqAFBDQN8 ROUTE: This day is an adventure of vast open untouched moorland landscapes with peaks above 1500ft on deserted unclassified roads. A great down hill run into Ysbyty Ifan SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – three; 1 in 5 down – one.	38.2	3796	99
6	21 May 2026	ANGLESEY: Moelfre – Brynrefail – Mynydd Bodafon – Llanellian – Amlwch – Rhosybol – Llanerchymedd – Marian Glas. https://www.plotaroute.com/route/3210440?units=miles LUNCH: Quays Café or Caffi Pen y Dref at Amlwch.. PARKING: the large car park in Moelfre. SH511 862 https://maps.app.goo.gl/S6TGpRMMnMrrzTX27 ROUTE: Some great rugged coastal scenery and stunning views Please note that I don't intend to do all the offshoots apart from the one out to Point Lynas that's always worth a trip out. If anyone would like to do any of the others I'm sure Norman will oblige, the copper mine is worth a look if you've not been before. SPECIAL SAFETY ISSUES: 1 in 7 down -one. Stretch of 'A' road into Moelfre plus just 200m of the A5025. The B111 out of Amlwch to Parys Mountain has little traffic but cars are travelling very fast along it. Single file and group spacing please.	33	3150	96

7	4 June 2026	Denbigh – Cyffiliog - Pentre-llyn-cymmer - Llyn Brenig – Peniel. https://www.plotaroute.com/route/3210526?units=miles LUNCH: Visitors' Centre, Llyn Brenig. PARKING: Very close to Denbigh Castle at junction of Castle Hill and Ffordd Newydd in the town. SJ 052 659. LL16 3NB. https://maps.app.goo.gl/ws8bJcVY1zZJZkLy5 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. SPECIAL SAFETY ISSUES: Minor unclassified roads apart from the exit from Denbigh and a 'B' road past Llyn Brenig. 1 in 7 up – 3; 1 in 7 down – 6; 1 in 5 down – 1.	27	3268	122
8	18 June 2026	ANGLESEY: Menai Bridge Viewing Point – Llanddona – Penmon Point https://www.plotaroute.com/route/3210605?units=miles LUNCH: The Pilot House café at Penmon Point (pilothousecafe.com) 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. https://maps.app.goo.gl/CjbvtpE9VVMUEC9H8 ROUTE: starts at the lovely Viewing Point overlooking the Strait and Menai Bridge. Get ready with the camera. The route takes in the infrequently visited Llanddona Beach. You can see from the map that this section, with its steep descent and ascent, can easily be omitted if you wish, saving 500ft of ascent. A 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. 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.	27.4	2388	87
9	2 July 2026	Trefriw – Betws – Nebo – Llanrwst - Trefriw https://www.plotaroute.com/route/3062256?units=miles LUNCH: A short detour to the Conwy Falls Cafe PARKING: Trefriw - just on the right about 100 yards along Gower St – see the link below. https://maps.app.goo.gl/kU2tiyJyu4m2z6FY6 ROUTE: A quite hilly route to start with but very scenic around Llyn Geirionydd and over the tops to Betws YC. The route then follows the Afon Conwy up to the café. We then venture into the foothills of the Denbigh moors where there's a few challenging climbs then its back down to Llanrwst and across the little suspension footbridge back to Trefriw. SPECIAL SAFETY ISSUES: There is the short stretch of B road down towards Llanrwst at the start that can be quite busy and care required along the A5 in BYC. 1 in 7 up - five, 1 in 7 down - two, 1 in 5 down -one.	22	2641	123

	16 July 2026	Pentrefoelas - Cefn-brith - Llanfihangel Glyn Myfyr - Cerrig - Cwm Penanner. https://www.plotaroute.com/route/3079311?units=miles LUNCH: Dragonfly Tea Rooms and Fishery or the Crown Inn at Llanfihangel Glyn Myfyr. PARKING: Adjacent to Bocs Bwyd, formally The Chocolate House, Pentrefoelas - SH 873 514. LL24 0LE or the google maps link below https://maps.app.goo.gl/LHXogccbNH3MRSzL8 ROUTE: some steepish climbs (and descents) but fabulously scenic route on mostly quiet lanes with beautiful views of Cwm Penanner. Mileage: 23 Ascent: 2450 ft/mile:107 SPECIAL SAFETY ISSUES: 1 in 7's – 2 up 3 down There're 2 short sections on the A5 where we need to be careful. The bit to and from the Dragonfly (if we go there for lunch) can be undertaken on the footpath if desired.	23	2450	107
11	30 July 2026	Ruthin – Clocaenog – Clawddnewydd – Melyn y Wig – Cyffiliog. www.plotaroute.com/route/941147 LUNCH: Packed lunch and coffee at end in Craft Centre. 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 inc. 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.	20.4	2326	104
12	13 Aug 2026	Llansannan - Llyn Bran – Llyn Brenig - Llyn Aled - Aled Isaf https://www.plotaroute.com/route/3126902?units=miles LUNCH: Llyn Brenig Visitors' Centre. ROUTE: Covers moorland and passes by 4 reservoirs - with opportunity to explore Gwylfa Hiraethog ruins on foot. PARKING: Maes Aled, Llansannan. https://maps.app.goo.gl/7wuSNb6BnHKGR4Zn9	32.7	2930	90
14	27 Aug 2026	Trefriw – Llanrwst – Llyn Syberi - Rowen https://www.plotaroute.com/route/3331244?units=miles LUNCH: Bodnant Welsh Food Centre - PARKING: Carpark in Trefrew https://maps.app.goo.gl/we6xq3crpwgt1Bor6 ROUTE: Beautiful views of the meandering River Conwy and over to the Carneddau mountains SPECIAL SAFETY ISSUES: 1 in 7 up – one; 1 in 7 down – one.	21.9	2280	104
15	10 Sep 2026	Corwen – Carrog – Chainbridge – Horseshoe Pass - Bryneglwys PARKING: Corwen. Turn left off the A5 in Corwen by Canolfon Ni then turn immediately right through a small carpark and keep going into a larger free parking area. Don't go straight on into the train carpark unless you want to pay. https://maps.app.goo.gl/c1vcvqqjy6o1myfy5 LUNCH: Chainbridge Hotel ROUTE: We will see the spectacular Eglwyseg rocks en-route. Minor roads in the main except for very short sections of 'A' road and quite a long section of B-road back into Corwen. We cycle across the moors with great views, climbing from the valley of the Dee onto the moor then across to the Ponderosa Café (now closed) and bomb down the hill for our lunch stop. It's then a nice easy amble along the Dee valley back to Corwen. https://www.plotaroute.com/route/3331323?units=miles	25	2750	111

		SPECIAL SAFETY ISSUES: 1 in 7 up – 3; 1 in 7 down – 2, these are close together on a long fast descent – take care!! All the climbing is before lunch.			
16	24 Sept 2026	ANGLESEY: Moelfre – Brynrefail – Mynydd Bodafon – Llanellian – Amlwch – Rhosybol – Llanerchymedd – Marian Glas. https://www.plotaroute.com/route/3210440?units=miles LUNCH: Quays Café or or Caffi Pen y Dref at Amlwch. PARKING: the large car park in Moelfre. SH511 862. https://maps.app.goo.gl/S6TGpRMMnMrrzTX27 ROUTE: Some great rugged coastal scenery and stunning views Please note that I don't intend to do all the offshoots apart from the one out to Point Lynas that's always worth a trip out. If anyone would like to do any of the others I'm sure Norman will oblige, the copper mine is worth a look if you've not been before. SPECIAL SAFETY ISSUES: 1 in 7 down -one. Stretch of 'A' road into Moelfre plus just 200m of the A5025. The B111 out of Amlwch to Parys Mountain has little traffic but cars are travelling very fast along it. Single file and group spacing please.	33	3150	96
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18	22 Oct 2026	Betws yn Rhos ... Llanfair TH ... Llansannan...Bryn Rhyd yr Arian ... Llanefydd. www.plotaroute.com/route/2794026 LUNCH: Glan y Afon Café Llanfair TH or pub round the corner PARKING: approaching Betws yn Rhos from the west on the B5381. 1 mile 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. https://maps.app.goo.gl/FAQ5ts4USsvUCcS8 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.	21.2	3002	142
		Any in November to be ad-hoc			