

## Llansilin-Vyrnwy-Llansilin.

### Legend.

R	=	Right.	C	=	Café.
L	=	Left.	Imm	=	Immediately
T	=	T-junction.	RBT	=	Roundabout.
X	=	Cross roads.	Sp	=	Signposted.
SO	=	Straight on.	Thro	=	Through.
Y	=	Y-junction.	Tel	=	Telephone Box.
TL	=	Traffic lights.	Red	=	A more than usually dangerous hazard.
PH	=	Pub.			
Opp	=	Opposite.			

Start/Finish: Llansilin car park.

Start map ref: OS Landranger Sheet 125-210 279.

OS maps: Landranger 125 & 126.

Distance: 37 miles.

Grade: Severe.

Suitable for: Strong and fit riders.

### General Description.

Although a relatively short ride, this is a very strenuous affair through what has been aptly described as “God’s own country”. It is almost true to say that the only flat ground is the car park at Llansilin and the road across the dam at Lake Vyrnwy, with some very long and steep hills separated by other little gems, all to test les grimpeurs. The scenery is magnificent, with an almost certain chance of seeing buzzards, so long as you can see through the sweat streaming off you! There is the option of circling the lake, but it’s not compulsory! However, if the weather has been very wet shortly before you do this route, the waterfalls at the head of the lake are well worth going to see. Some of the roads have deteriorated so much that they are more like tracks, and those of you who have elastic bands masquerading as tyres, will be very likely to suffer punctures-or worse!

### Route.

00.0 R out of car park. No Sp.

00.1 L by letterbox Sp Moelfre.

00.8 R SP Moelfre.

02.2 L Sp Efail Rhyd and imm R alongside small, semi-hidden lake.

04.1 L Sp Efail Rhyd.

04.7 R @ T. No Sp.

04.9 L Sp Pentrefelin.

05.4 R Sp Llanrhaeadr

06.9 R @ T with B4580 Sp Bala and imm L by Wynnstay Arms Hotel sign.

09.0 L into a narrow lane that is very easy to miss, and start a three mile climb. No Sp.

09.3 L @ T by a big wall on your R.

09.4 SO uphill by an old Chapel.

09.9 Keep R uphill. The road surface becomes atrocious, being a mixture of large and very large potholes.

Go through gate. The good news is that the road soon goes downhill.

13.9 L @ T. No Sp.

14.9 R @ T Sp Lake Vyrnwy.

- 15.8 You have arrived at the dam and have a choice here:  
EITHER  
L over the Dam and L again to The Old Barn Café, if you have not brought your own food and drink,  
OR  
Use the public picnic site close to the café if you have brought your own food,  
OR  
SO to the Lake Vyrnwy Hotel on your R up a very steep drive soon after the Dam, which is open for bar food.  
At the time of writing (April 2009) The Old Barn Café is **not open** between mid November and mid March. These dates vary slightly according to the school holidays, but can be confirmed by contacting the café as follows:  
Tel: 01691 870 377. email: [bay@oldbarncafe.com](mailto:bay@oldbarncafe.com) Website: [www.oldbarncafe.com](http://www.oldbarncafe.com)  
Otherwise it is open 7days per week 1000hrs to 1700hrs in spring and 1800hrs in summer..  
If you decide to circle the lake, continue past the hotel drive on the lakeside road, eventually returning to the Dam. This will add about 10, mostly flat, miles to the trip. When you reach the head of the lake you may wish to turn R, cross a bridge and go L up a track towards the twin waterfalls. After a while you will have to leave your bike and walk a short distance to the falls. This exertion is only worthwhile if the falls are in spate; if they are, they can be seen from a long way away.
- 15.8 Retrace the route from the café over the Dam or from the hotel, and continue downhill on the B4393 Sp Llanfyllin.
- 17.3 Follow B4393 round sharp L bend, steeply uphill Sp Llanfyllin.
- 20.2 L @ T Sp Llanfyllin.  
L Imm after Llanfihangel garage on R, uphill into a narrow lane. No Sp.  
**After a long climb to the top of a ridge with superb views, the road descends steeply with a poor surface, severe bends and becoming very narrow in places.**
- 25.8 R @ T. No Sp.
- 25.9 R @ T. No Sp.
- 26.8 L in Llanfyllin into Ffordd y Cain opp Tel for the last long climb.
- 29.6 R by Red Tel box.
- 32.3 L @ T. No Sp.
- 32.5 R @ T. Sp Oswestry.
- 32.9 L Sp Llansilin, and follow signs to Llansilin.
- 34.5 R up very short track **IF** you want to visit a well preserved Motte and Bailey with a magnificent Oak tree on it. Return to road and go R.
- 34.8 R @ X Sp Llansilin.
- 36.1 R into car park and the finish of the ride.

