

CTC Cymru Touring Rides - 3

The LLEYN & 10 LAKES 300 (303 km) Speeds Min 15kph Max 30kph

AAA .75 [3050M OVER 200KM]. TOTAL 4250 metres. A CTC Cymru Event

A very scenic tour of parts of Mid & North Wales. The route is quite hard with several stiff climbs but riders are rewarded with excellent views and mainly traffic free roads, especially if ridden in early summer. The ride is best ridden as a 3 or 4 day tour. Accommodation can be found by contacting the Tourist Information Centres Mid Wales Lakes & Mountains, Lake Vyrnwy 01691 870346, Snowdonia Mountains & Coast, Bala 01678521021. The nearest station to Cowen is Chirk on the Shrewsbury Chester line.

ROUTE INFORMATION

A **scenic ride** which crosses the **Berwyns** to the Tanat Valley & Lake **Vyrnwy**, then heads across the moors to Tremadog before heading to the **Lleyn Penninsular**. It then heads inland to **Snowdonia**. The final leg climbs out of the **Conwy Valley** before returning via the moors to the **Upper Dee Valley**. The first leg is probably the hardest, The Lleyn is undulating, Snowdonia has two long climbs, the final leg has one long but not hard climb & is the easiest.

The ride visits some remote areas so usual Audax advice applies **carry food, drink tools spare clothing tubes etc**. The weather can change very quickly in Wales in April especially in Snowdonia. Mudguards are advised as are **low gears &/or a reasonable level of fitness**, without either you could struggle, feedback from riders is that it **is not considered an easy ride**.

Abbreviations

Fllw = Follow.

Imm = immediately.

L = Left.

PH = Pub.

R = Right

RBT = Roundabout.

SO = Straight on.

Sp = Signpost.

T = T junction.

Thro = Through.

TL = traffic lights.

XR = Cross roads.

OS maps 115,116,123,124 ,& 125 apply.

CORWEN to Lake VYRNWY 55 km [hilly]

Height Metres		Distance Km
135	Start Green lane Car park CORWEN.	
	L out of car park.	
	R @ T A5 NO SP.	0.1
	L SP LLANDRILLO [B4401].	0.8
	L by BRYNTIRION PUB Sp LLANGYNOG.	13.5
350	L @ T NO SP [B4391].	15.1
	Descend The MILTIR CERRIG , Thro' LLANGYNOG & PENYBONTFAWR.	
	R Sp LAKE VYRNWY B 4393 DO NOT GO AS FAR AS Llanfyllin.	41.0
	Continue to Chapel.	44.0
	FORK R Sp VYRNWY BALA (Still B4393).	48.2
	Thro' LLANWDDYN & L over dam.	54.0
	L @ T & follow to (Control) Mandys Café on R	55.0

VYRNWY to TREMADOG 65km [hillyish]

Height Metres		Distance Km
	Retrace route to Dam & SO & ride around lake (Llyn Efyrnwy).	
470	L Sp BALA & climb CWM HIRNANT.	62.0
	Descend Thro' RHOS-Y-GWALIAU & L @ T [B4391] Sp BALA.	76.2
160	Pass Lyn Tegid R @ T in BALA & IMM L Sp Trawsffynyd {A4212}.	78.0
	L Sp RHYDUCHAF & Pass Llyn Celyn .	79.2
350	SO @ XR Sp FFESTINIOG [B4391].	90.5
	R @ T A470 into FFESTINIOG [becomes B4391].	130.0
	Descend [becomes A496].	
	R @ T Sp Porthmadog A487.	108.1
79	R Sp RHYD B 4410 & climb Pass Llyn Mair .	109.1
	R @ T in GARREG & imm' L Sp TREMADOG B4410.	115.2
	L @ T Sp Porthmadog A498.	118.3
12	Tea stop (Control) ON L @ ERICS CAFÉ .	120.0

TREMADOG to ABERDARON 50KM (A couple of steep climbs).

Height Metres		Distance Km
	L OUT OF CAFE & Thro' TREMADOG [becomes A487].	
	Climb, R Sp Cycle Route 8 into Hen Lon & keep L.	123.2
	R @ T Sp CYCLE ROUTE 8.	123.4
	R @ T onto A487 No Sp.	127.0
90	L Sp Criccieth B4411.	131.4
	1 st R Sp LLANARMON.	131.8
	1 st L sp Chwilog.	132.4
	1 st R Sp LLANARMON [sign in hedge].	134.2
56	R @ T in LLANARMON (Info Control) & imm L Sp PWLLHELLI.	139.5
	SO @ XR Sp Penarth Fawr.	140.1
	1 st R no Sp.	140.3
	R @ T in ABERERCH.	143.0
	R @ T Sp PWLLHELI A497.	143.9
11	L @ RBT in PWLLHELI Sp?	145.5
	2 nd L Sp Town Centre? & SO @ 2 mini RBTS.	146.0
3	L @ RBT SP LLANBEDROG Abersoch.	147.5
	R in LLANBEDROG SP ABERDARON B4413.	152.5
106	L SP RHIW [IGNORE ROAD CLOSED SIGN].	156.2
	CLIMB excellent views behind of Snowdona	
10	Cont' to ABERDARON (Control) at HEN BLAS CAFÉ or SHIP HOTEL. (Opens 12.40. Closes 18.20).	170.0

ABERDARON to PANT GLAS 46KM [UNDULATING]

Height Metres		Distance Km
	Out of control & cont thro village Join B4413 & cross stream.	170.5
103	L SP NEFYN B4417.	176.0
32	L @ MINI RBT in NEFYN SP Caernarfon B4417 (Info Control).	192.5
255	R @ T in LLANAELHAEARN SP Pwllheli A499.	202.4
	L just before leaving village NO SP [opp garage].	204.0
	L @ T NO SP & keep R @ Post Box.	208.3
	L @ XR NO SP.	213.6
170	R @ T SP PANT GLAS.	214.1
137	DESCEND TO (Control) ON R @ LLYNS NURSERY.	216.0

PANT GLAS to BETTWS-Y-COED 52KM {2 LONG CLIMBS}.

Height Metres		Distance Km
	L out of control imm'R onto LON EIFION CYCLEWAY (Tarmac after 1.5k). Or R & L @ T onto A487 flw to RB L & R To join CYCLE WAY.	
	SO @ XR over road Sp Cycle Route 8.	222.2
95	R over By- Pass via bridge No Sp & join road.	222.3
	SO @ XR into Victoria Road (SP RHYD-DDU B4418?).	223.0
	R @ T NO SP.	223.5
200	R @ T SP BEDDGELERT B4418 Pass Llyn Nantile Uchaf.	225.5
	Climb pass Llyn Dywarchen R @ T SP BEDDGELERT A4085.	235.1
38	Pass Llyn -y-Gader L in BEDDGELERT SP CAPEL CURIG A498.	241.0
300	Pass Llyn Dinas & Llyn Gwynant Climb NANTGWYNANT PASS.	
200	Pass Llyn Mymbyr R @ T in CAPEL CURIG SP BETTWS-Y -COED A5.	259.2
190	Descend to BETTWS-Y-COED.	268.0
192	(Control) ON R @ LITTLE CHEF OR SHELL GARAGE on R AFTER. LITTLE CHEF CLOSSES 22.00. GARAGE 24HRS.	

BETTWS-Y-COED to CYNWYD (or CORWEN) 35k

Height Metres		Distance Km
	R out of control & follow A5 thro' CERRIGYDRUDION.	287.5
	R @ TL SP Bala A494 & imm' L Sp CYNWYD Cont' SO to CORWEN.	298.0
165	L @ T No Sp.	299.6
	R @ T & IMM' L Sp CYNWYD.	301.0
106	R in CYNWYD & IMM' L SP YOUTH HOSTEL & flw to CONTROL. OPENS 17.06 CLOSSES 03.12.	302.8 303.0