

DENBIGH MOORS and VALE OF CLWYD

Route Description

The ride is roughly 63 miles, { 100 Kilometres } it starts in the historic market town of **Ruthin**, crosses the **Denbigh Moors**, passing the **Brenig & Aled Reservoirs** before descending to the **Elwy Gorge** visits the historic town of **Denbigh**, before descending to the **Vale of Clwyd** and returning to **Ruthin** The route is quite hilly in places with a long climb upto the moors, but riders are rewarded with excellent views of Snowdonia. There is further climbing between Llansannan and Denbigh, but the Vale of Clwyd is mainly flat
The route is based on the The Dee to Sea Audax ride, & is funded by Adfywio {Rural Recovery Wales} and the CTC Countryside Trust

Attractions

Historic Ruthin

Ffynon Sarah [Sarahs Well] an ancient well and shrine, with alleged healing properties

The ancient village church of Derwen with its Celtic cross

Cloclaenog forest and Visitor Centre

Llyn Brenig and its Visitor Centre

The Denbigh Moors

Llyn Aled & Aled Isaf Reservoirs.

Bontnewydd and Afon [river] Elwy Gorge

Historic Denbigh and its castle.

Time to Allow

One or Two days. Suitable places to break the ride is at Llansannan or Llanfair T.H

There is plenty of accommodation available in Ruthin.

Getting there

The nearest railway station is Rhyl 15 miles from Ruthin, but the ride could be started from Denbigh. Ruthin is situated at the junction of the A494 & the A525

The ride starts from the Castle Park Free car park Ruthin, just off the A494

<u>Route</u>	<u>Distance in Kilometres</u>
L out of car park & imm' L @ TJ Sp Bala {A494}	0.2
Continue SO at mini RBT onto B5105 Sp Cerrigydrudion .	0.5
Follow this road to Clawddnewydd .	7.5
Fork L Sp Derwen, cont' on this road passing Ffynon Sarah [Sarahs Well] on R.	9.0
To visit the ancient church at Derwen & its Celtic Cross take the 1 st L sp Derwen . {after visiting Derwen retrace route }. Adds 6k	
Cont' & take the 1 st R {after Bryn Dreiniog farm on L} to the Cloclaenog Forest.	10.5
L onto B5105, {to visit Visitors Centre L at XR SP Visitors Centre.}	12.0
Otherwise cont' SO descend to Llanfihangell G.M passing Penybryn Farm World on L. and continue to Cerrigydrudion [Shops, café.pubs & bank]	22.0
In Cerrigdrudion R SP Llyn Brenig B4501 and climb excellent views on left of Snowdonia.	
To visit Llyn Brenig , Visitors Centre and Café R Sp Visitors Centre. Otherwise cont' on B road	28.0
If visiting Llyn Brenig follow exit signs and rejoin route turning R onto B road.	

Cross cattle grid and L onto A 543 Sp Pentrefoelas Pass Sportsmans Arms on R and derelict shooting lodge. Cont' more good views on R of Snowdonia.	32.0
Descend & R Sp Llyn Aled cont' on this passing Llyn Aled & Aled Isaf Reservoirs, ignore all turnings & descend to Llansannan [shops & pubs].	36.0
L @ T junction onto A 544	46.0
Climb, ignore all turnings & descend to Llanfair T.H	52.0
R @ TJ onto A548 {L & first L to visit village {shop & pub}}	52.0
Cont' to XR where R Sp St Asaph B5381	56.0
Continue on this road, which offers good sea views, & descend to TJ. R imm' BEFORE TJ Sp Cefn Meiriadog . {Opposite Castle Gate House }	62.0
Cont' on this road Fork R Sp Bontnewydd , descend keeping R Sp Bontnewydd & cross <i>River Elwy</i> .	66.5
Climb keeping L { passing the Newydd Arms pub} on R. Climb out of valley	67.0
L @ TJ No Sp	69.5.
At XR R Sp Denbigh	71.0
Cont' to Denbigh SO at mini roundabout & climb to roundabout.	75.5
L into High Street & R Sp Castle follow signs to Castle . Retrace route after visit & R into High Street.	
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Descend to Traffic Lights R Sp Ruthin	77.0
At roundabout take 2nd exit Sp Llandyrnog .	78.0
In Llandyrnog take 3rd exit at roundabout & cont' to village {shop & 2 pubs}	82.0
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At XR in village L Sp llangwyfan ,	83.0
Cont' & R opposite shelter No Sp?	84.5
Cont' through Llangynhafal passing Golden Lion pub	88.0
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Eventually R after phone box Sp Ruthin ,	92.5
SO @ XR Sp Ruthin { <i>Cycle Route</i> }	93.5
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Enter Ruthin , R @ TJ & take 2nd exit roundabout Sp Town Centre { to visit Craft Centre take 4th exit Sp Craft Centre & immediately L. Retrace route after visit }	98.0
Climb to roundabout take 3rd exit & descend to complete ride.	100.

Places you go through are in bold letters.

Abbreviations

Cont' = Continue Imm' = immediately, L = Turn Left, R = Turn Right, SO = Straight On, SP = Sign Post, TJ = T junction, XR = Cross Roads. OS map 116 applies

Places to stay

Ruthin *Ye Olde Cross Keys Llanfwrog near Ruthin 01824 705281*

Eyarth Station Llanfair D.C near Ruthin 01824 703643

Llansannen *The Red Lion Hotel 01824 870256*

Cycle Shops

Ruthin *Cellar Cycles 01824 707133*

Denbigh *E Davies, Henllan Street 01745 813859*