

**CTC Cymru Touring Rides - 2****Hilly Ride from Bettws-y-Coed (part of 13 Lakes 200k Audax)**

A very scenic but hilly 81 kilometre (50 mile) ride mainly on quiet roads which offers some excellent views of Snowdonia. There is wide selection of places both to eat and to stay in Bettws-y-coed

	Distance Km
In Centre of Bettws-y-Coed cross river via stone bridge SP Trefriw.	
R @ T SP LLANWRST.	5.0
Over river R @ T onto A470.	6.0
L & imm'R Sp NEBO & climb.	6.5
R @ T SP NEBO B5427.	12.6
Thro' NEBO & descend to PENTREFOELAS.	20.8
L @ XR onto A5 & 1 <sup>st</sup> L SP Denbigh A543 .SO to Chocolate Factory Café.	21.3
Climb over moors to Sportsmans Arms. (Height 435 metres)	32.0
R SP LLYN BRENIG B4501 (33K) Pass Llyn Brenig Visitors Centre on L. Descend to CERRIGYDRUDION.	45.0
R @ T & R @ T onto A5 (L to CAFÉ soon on R).	45.5
Continue on A5 Thro' GLASFRYN & L Sp RHYDLYDAN? (By pond).	51.5
L SP YSTBTY IFAN.	54.5
In YSTBTY IFAN L @ T onto B4407 & climb over moors.	59.0
R SP CWM PENMACHNO (Height 485 metres) (Don't go as far as T).	66.0
Descend keeping R to PENMACHNO onto B4406.	74.0
Continue to A5 where L @ T.	78.0
Descend keep L over Waterloo Bridge to BETTWS-Y-COED.	81.