

## The Glan Gwna 110km

Speed 12.5kph min to 30kph max. BP.

Start: Route 66 Cafe GlanGwna Holiday Parc, Caeathro, Caernarfon LL55 2SH

**08:30** Sunday Jun 8th 2025 *Chester and N. Wales Cycling UK event to Audax UK Regulations*

### Caethro to Ogwen Cottage 27 Km

Leave the Holiday Park to turn L onto A4085  
Soon L twice no sp to arrive at **Pontrug**  
2km. Left sp Bangor over bridge soon sharp  
R sp Bangor. At LH bend SO near large  
Chapel no sp **3km**

R at T soon (300m) L onto Lon Cae Meta no sp  
**6km**

R down a dip then L up again at 7/8km; SO  
main Rd at 9km to arrive at **Pentir. here** L then  
R then onto main Rd, soon L into village past  
Vaynol pub

**11km** Through village down to small bridge -  
keep R then next R 12.5km and again at X into  
**Glasinfryn.**

**INFO sign** opp turning. R in sight of the cycle  
track under A55 bridge

Turn R uphill onto cycle track Lon Las Ogwen  
Sp NCN 82. You will or can follow this all the  
way to control at **Ogwen/Idwal Visitor Centre.**

*If you stick to the NCN you will find a gravel  
section through and round Penrhyn quarry this  
can be missed by using the A5 for a short  
distance or even all the way to Ogwen but this  
misses the gorgeous road on the opposite side  
of the valley and may be busy*

My preferred route: Follow NCN to **Tregarth**  
there join the road R through the village ignore  
NCN signs L then R to arrive onto A5 at **20km**  
R onto A5 for 2km then R onto small lane Sp  
Lon Las Ogwen **22km**

Follow this lane along the Nant Francon  
Valley to the Visitor centre car park etc on  
your right **27.5km**

Cafe here as a **Control or INFO**

### Ogwen to Beddgelert- 28Km

R Out of VC onto A5 and follow past Tryfan  
and Llyn Ogwen to **Capel Curig 36km**

Here next Joe Brown's shop R onto A4086 sp  
Beddgelert

Past Plas y Brenin best views of Y Wyddfa on a  
clear day here Follow road keeping Left at  
PyG hotel for a long fast descent on A498  
through Nant Gwynant to arrive in **Beddgelert**  
**55km**

**Take care on the descent it is quite narrow  
with cars/busses in the middle of the road**

Here L at T over the river and through the  
village (shops, ice cream etc) sp Porthmadog

### **Beddgelert to Tremadog 11km**

leave village past the Goat and through the  
Aber Glasllyn Pass and Gorge  
Follow road through until you see the cliffs at  
Tremadog on your Right and the Cafe on your  
L **Control 65 km**

If you prefer the village shop in the main  
village on the L turn Sp A497 Porthmadog can  
provide receipt 66km

### **Tremadog to Penygroes 19km**

Again a small section of gravel here to avoid  
the main road out of the village optional  
NCN 8 (EV2) route turn R just before the main  
road A497 Sp NCN8 gravel section through  
wood

Alternatively Rt at RAB onto the A497 Sp  
Caernarfon and follow for 1.5 km through  
village of **Penmorfa** just after village Rt no Sp  
onto Hen Lon and the NCN route on road.  
68km Ffordd Gul blue sign

Follow Lon to R turn Sp NCN **71km**

Past Woolen Mill to soon fork R Sp NCN(8) &  
Bed sign, over 2 bridges to Turn L no Sp at T,  
follow to the A497 at **74km** briefly on the side  
on the road before Rt through

**Garndolbenmaen** Follow this lane to  
**Penygroes 85km** IGNOR NC N L TURN

### **Penygroes to Caethro 21km**

SO at RAB past Coop on L next Rt Sp

**Rhyd Ddu INFO just before junction**

87km R at **Tal y Sarn** follow through  
Nantlle and over the Bwlch to descend to  
Rhyd Ddu **INFO sign opp T 96km**

L here Sp Caernarfon Follow this road  
down to the finish at Caethro

Through Waunfawr and down SO @ to  
RAB at into CAEATHRO **109km**

Glan Gwna on the R in 600m

Control at Poolside Bar on the L opposite  
where you started from

R=right; L=left; T= T junction; sp=signpost;  
@=at; place name in **bold** type---you go  
through named place; RAB roundabout

V2 04/25