

The Glan Gwna 200km (2,600m ascent) AAA2

Speed 14kph min to 25kph max. BR

Start Route 66 Glan Gwna Holiday Park, Caeathro Caernarfon LL55 2SH

08:00 Sunday 9th June 2024 *Chester and N. Wales CTC event to Audax UK Regulations*

Caeathro to Aberdaron 54 Km

Leave the Holiday park to turn L onto A4085

Soon (2nd) Rt onto Tia GlanGwna no sp

R at T no sp 1.5km

L at RAB onto A487 Sp Porthmadog 3km

SO at RAB, 5km; 2nd exit at RAB sp Pwllheli

A499 6km

Cycle route on LHS for all its length

recommended thro **Clynnog Fawr 15km**

to RAB at 22km where

R Sp **Nefyn B4417**

32 km in **Nefyn R SP Aberdaron B4417**

48km R onto B4413 Sp **Aberdaron**

Control in **Aberdaron Cafes & shops 54km**

Aberdaron to Pwllheli- 35Km

Uphill out of town past church Sp **Rhiw** and
Eglwys. (NCN 43) Follow B4413 through **Rhiw**
(**68km**)

74km R Sp Llanbedrog

@ Mynytho 77km fork L to stay on NCN42

School signs either side

79km R at T sp NCN 42

Info Steep descent but how steep?

83km R onto NCN 41 (42 goes L) descend into

Pwllheli many shops etc **89km**

(**not a control in 200km ride**)

Pwllheli to Tremadog

21km

Leave town from the town centre via A497 sp

Criccieth. Follow A497 SO at RAB and R onto

High Street to leave town. Station on R

[There is a cycle route along the L side of most of
the route which you can avoid the main road as it
may be busy. Starts at end of the town rarely does
it add much distance. Bit poor on the last 2km
before Criccieth though]

Follow to **Criccieth** 104km and

through the town still on or adjacent to A497

110km L at RAB onto A498 sp Beddgelert

111km SO at RAB into **Tremadog 112km**

Spar on R in village just off the road or cafe

control 2km beyond village at what is now the

Cowshed Cafe (Eric Jones' cafe at foot of the
cliffs) who will sign cards

Tremadog to Ffynnon Eidda

25km

A498 out of Tremadog to **Prenteg 115km**

where Rt onto B4410 Sp **Garreg**

in **Garreg** R im L to stay on B4410 sp

Llanfrothen 118k

Up hill to pass Llyn Mair, steeply down to L onto

A487 sp Dolgellau **124km**

Soon L onto lane no Sp but width warning signs at
end of this lane **127km**

Sharp R onto A496 Imm sharp L onto B4391 Sp

Llan Ffestiniog

In L Ffestiniog keep R onto A470 then L back on

to B4391 Sp Bala **129km**

L Sp Ysbyty Ifan onto B4407 132km continue to

climb to the high point of the ride at **Ffynnon**

Eidda a spring

INFO 135km & L turn at R bend here no Sp

Ffynnon Eidda to Betws y Coed 17km

Follow down the cwm for 10km plus through

Penmachno to join A5 (149km) to continue the

descent into **Betws y Coed** on A5 **153km**

Many shops etc here for a control before leaving
town

Betws y Coed to Conwys 24km

R off A5 onto B5106 over bridge Sp **Trefriw**

L to stay on B5106 Sp **Trefriw**

158km

Cont thro **Trefriw & Dolgarrog to Conwy**

On entering Conwy L at RH bend Sp **Conwy** up
small hill to sharp L turn

Bryn B&B sign opposite - **Info Control**
(or receipt anywhere in **Conwy**)

The next section over Sychnant Pass can be
avoided should you have had enough hills not
mind 2-3 km extra, if you descend into Conwy
and follow NCN 5 around the coast

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R at T and soon R again into Glan Gwna Holiday Parc

Conwy to Caeathro 36km

Turn R opp B&B sign or if you have been into town leave town on Upper Gate St/Pass road to climb over the Sychant Pass and descend into

Penmaenmawr 183km

L onto High Street through town to join NCN 5 (L) just before A55 tunnel Sp Llanfairfechan 2

Control at Poolside Bar on the L Opposite where you started.

Bar and food here

You can book to stay on the Parc which offers self catering accommodation

Follow NCN5 out of town up a ramp & down into **Llanfairfechan 185km**; R then L through town to the main street follow out of town (cafe on R) Sp Bangor NCN5

Just before road junction fork R onto NCN5 next to A55 and out into linear carpark near Abergwngregyn

Follow through and out of village to Rt under A55 and join new cycle route on opposite side of the A55 near Bangor Uni Farm Temporary Yellow sign 189km

At the end of cycle track sl R effectively SO through Tan y Lon to reach **Llandygai** here cross A5 at a RAB L then imm R onto Cefn Ty Lon (NCN5 sp) and Ford sign **195km**

Just before Ford L to join Lon Las Ogwen NCN82 for a short distance (up hill) 196km

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

V2 06/24

Leave NCN 82 where you get to a bridge under A55 we fork L up gradual hill to L turn 198 km Sp Studio & Ty Ty y Ffridd to **Pentir** follow up to A 4244 where R **201km**

400m on A4244 then L sp Rhiwlas, imm R no Sp Follow to SO over Aroad to T **204km**

R up a short bank at the top soon L no Sp **205km**. Descent to T here R and in 500m L on RH bend **207km**

SO at end of this lane onto larger road near Nazareth Chapel **209km**

L at T onto A4085 Sp Llanberis **210km**

Cross river imm Rt at **Pontrug 211km**

212km Fork R no signpost but GlanGwna signs on Rt in bushes now

212km