

## The Glan Gwna 200km

Speed 15 kph min to 25 kph max. BP.

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

**08:00** Saturday Jun 7th 2025 *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 21km

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 (64km) 70km** R Sp Llanbedrog @ Mynytho 73km fork L to stay on NCN42 School signs either side 75km 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 **82km (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 100km** and through the town still on or adjacent to A497

**106km** L at RAB onto A498 sp

Beddgelert **107ykm** SO at RAB into

**Tremadog 108km** 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**

**111km** where Rt onto B4410 Sp **Garreg**

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

**Llanfrothen 114k** Up hill to pass Llyn

Mair, steeply down to L onto A487 sp

Dolgellau **120km** Soon L onto lane no

Sp but width warning signs at end of

this lane **123km** 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**

**125km** L Sp Ysbyty Ifan onto B4407

132km continue to climb to the high

point of the ride at **Ffynnon Eidda** a

spring **INFO 131km & 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 **149km** 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 154km** Cont thro

**Trefriw & Dolgarrog to Conwy On**

**entering Conwy** L at RH bend Sp

**Conwy** up small hill to sharp L turn B&B

sign opposite - **Info Control** (or receipt

anywhere in **Conwy**) (The next section over Sychnant Pass can be avoided should

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you have had enough hills & not mind 2-3 km extra, if you descend into Conwy and follow NCN 5 around the coast )

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

**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 Synchant Pass and descend into **Penmaenmawr 174km** L onto High Street through town to join NCN 5 (L) just before A55 tunnel Sp Llanfairfechan 2 Follow NCN5 out of town up a ramp & down into **Llanfairfechan 179km**; R then L through town to the main street follow out of town (cafe on R at a X roads t/l) 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 sp Conwy, join new cycle route on opposite side of the A55 near Farm L then R round farm **183km**

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**  
**V2 04/25**

R twice 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 **186km** Just before Ford L to join Lon Las Ogwen NCN82 for a short distance **187km** Leave NCN 82 where you get to a road under a bridge under A55 at **Glasingfryn** imm L follow up to A 4244 where R **194km** 2km on A4244 to Pentir then L sp Rhiwlas, imm R no Sp Follow to SO over A road to T **200km** R up a short bank at the top soon L no Sp **201km**. Descend to T here R and in 500m L on RH bend **203km** SO at end of this lane onto larger road near Nazareth Chapel L at T onto A4085 Sp Llanberis **205km** Cross river imm Rt at **Pontrug 206km** Fork R no signpost but GlanGwna signs on Rt in bushes now R at T and soon R again into Glan Gwna Holiday Parc Control at