

INTRODUCTION

This is a 3 night event based in Glan Dena which is one of the 3 properties owned by the Midland Association of Mountaineers (MAM). The plan is to arrange options of on and off road rides as below. The dates are September 22nd 23rd and 24th. Hopefully we can ride on the arrival day, and on the return on Friday 25th.

THE ACCOMMODATION



Glan Dena has 7 rooms (mostly 4 bed) with two-tier bunks and can accommodate up to 32 people. Room 4 will be reserved for female members. Other MAM members may also book to stay there but there are on others today (2nd Sept). It has a large communal kitchen which is very practical with cookers fridges a freezer and seating for about 20 people. There's a comfortable lounge with a welcome log burning stove and tons of wood available outside. Toilets and showers are provided. There's a drying room if we get our kit wet, and plenty of parking space. For more information see <https://www.themam.co.uk/index.php/huts/glan-dena-hut>

The main door has a digital lock, and the MAM will issue the code for this which will be posted on the WhatsApp group shortly before the event.

DOMESTIC ARRANGEMENTS

For the evening meals, if we all cooked our own food, it would be chaotic, so we've arranged communal meals for Tuesday and Wed evenings which will be much more sociable. Mike Thomas is cooking a mild Korma on the Tuesday and Sheila Woodcock had kindly offered to cook on the Wednesday evening. The cost of these will be sorted out at the time. You will need to bring your own breakfast food and packed lunches depending on your ride. If you want an afternoon snack after the ride you need to bring this. Given Glan Dena's somewhat isolated location the nearest grocers are in Bethesda over 5 miles west of Glan Dena on the the A5. Most importantly you need to bring your own booze!

PAYMENT

The MAM charge £17 per night for non members, and Mike will collect this with an on-line Nationwide account used for club events. Mike is currently using this for another event and will advise you of details on the WhatsApp group. Just let Mike know if you are not into online payments.

ELECTRIC BIKE CHARGING

The most practical way to charge e.bikes is in the kitchen over night. For security they could be left in the drying room.

BIKE SHOP

If you need anything bike related then there is Beics Betws in Betws-y-Coed.

Location - <https://maps.app.goo.gl/kCF9JcbSRhkzpY2VA>

TRAVEL

Glan Dena is situated on the A5 about 4.5 miles beyond Capel Curig. The address for the Glan Dena Hut is – Betws-y-Coed, Dyffryn Ogwen, Betws-y-Coed LL24 0EU, UK

For directions using Googlemaps use this PIN – <https://maps.app.goo.gl/Ls9AvvDD5xNPt3HF9>

Whilst the location is very straight forward its easy to miss the small turning on a fast section of the A5. The photo below shows the turn.



ROUTES - INTRODUCTION

Details of the on road and off road are shown below. The altitude of Glan Dena is over 1000ft so its quite exposed to the weather and altitude rain. For shelter the off-road routes near Betws-Y-Coed are are much lower and fairly sheltered by trees. For on road in the event of bad weather the ride on the Llyn Peninsula are recommended.

For the .gpx files for the on road rides email Mike.Thomas@CoventryCTC.org.uk

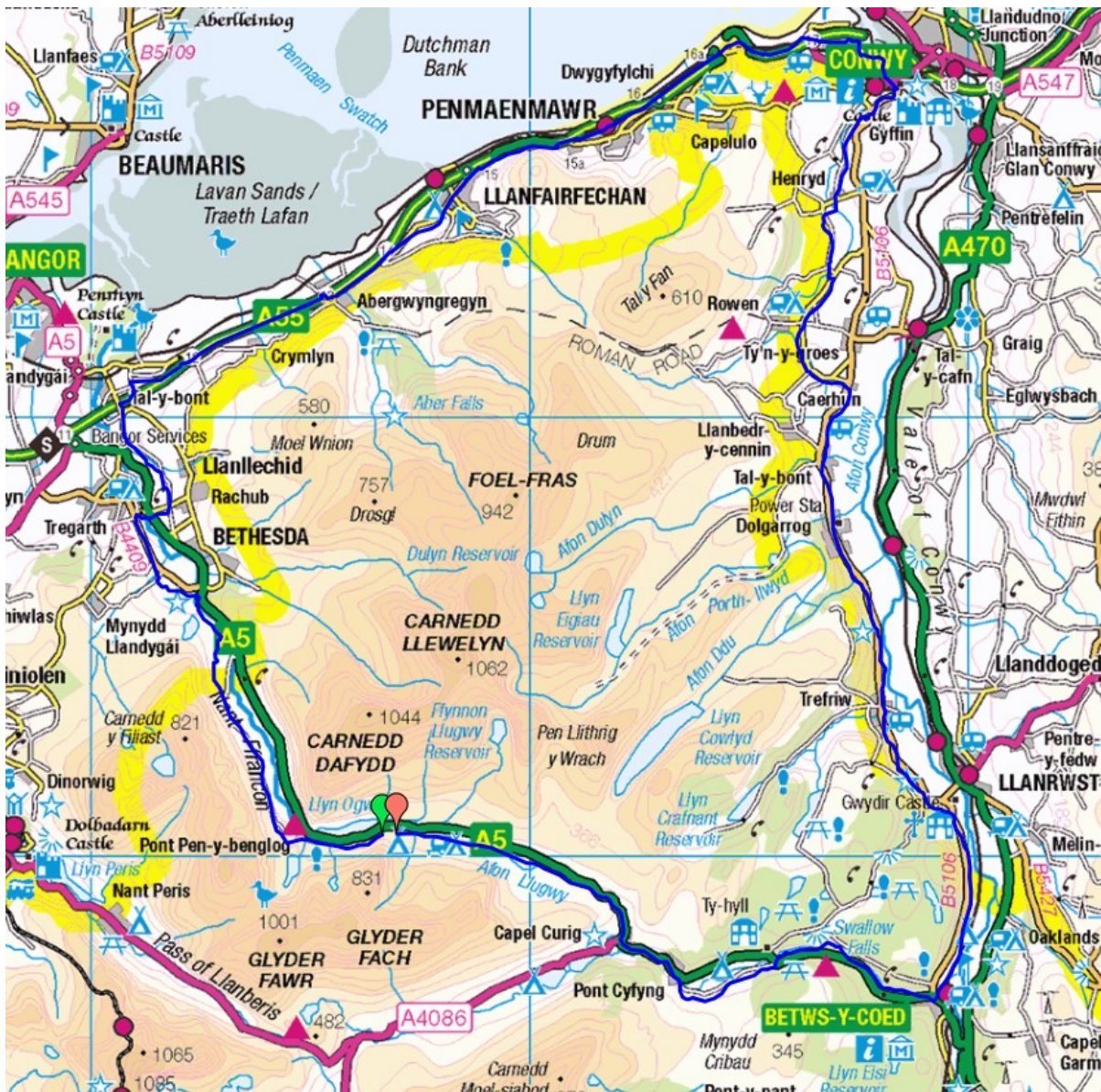
and for the off-road routes email Alan.Jelley@CoventryCTC.org.uk

ON ROAD ROUTES

ROUTE 1 : GLAN DENA - BETHESDA - CONWAY - BETWS-Y-COED - CAPEL CURIG - GLAN DENA

This route follows the delightful old road down the Nant Ffrancon glaciated valley to Bethesda, then follows the Sustrans route to Conway with superb views across the Menai Straights to Anglesey. From Conway to Betws-y-Coed the route follows a quiet back road along the Conwy Valley. From Betws to Glan Dena the ride follows the A5 for most of the way. Whilst this is one of the Welsh main roads its wide and no longer used for heavy traffic going to Holyhead.

48 Miles 3934 ft ascent GD-CONWY-BETWS.GPX



ROUTE 2 : GLAN DENA - BETHESDA - LLANBERIS - CAPEL CURIG - GLAN DENA

This classic ride follows the same roads to Bethesda, and then climbs fairly steeply on quiet high roads to Deiniolan. It then descends to the old slate mining town of Llanberis partly off road. From Llanberis the route follows the road up the Llanberis pass on the A4086. This is a superb climb up to Pen-y-Pass where there's a rewarding cafe, and is the popular starting point to climb Snowdon. From here the road descends steeply to the Pen y Gwryd Hotel. A brief stop here is essential to see the hotel used by Edmund Hillary and his team training for the first ascent of Everest. From here the road is a scenic descent to to Capel Curig. You may want a brief stop at Plas Y Brenin which is the UK National Outdoor Centre, famous for running courses worldwide for outdoor activities. From Capel Curig the route follows the A5 back to Glan Dena. This a classic must-do bike ride in North Wales.

Distance 29 miles 2760 ft ascent GD_LLANBERIS_.GPX



ROUTE 3 : LLEYN PENINSULA LOOP SOUTH OF CAERNARFON

This is a delightful loop from Caernarfon extending into the north east side of the Llyn Peninsula. This ride would be recommended if the weather was rough up in the mountains. There's parking in the Coed Helen Holiday Park. From here the ride initially follows the coast road with excellent views across the western end of the Menai Strait. From here the route goes south to Penygroes and then up the valley of the Afon Dwyfach to join the Lon Efon Cycleway. This disused railway line, takes us along the National Cycle Network Route 8 (Cardiff to Holyhead) all the way to Caernarfon. The railway line is now shared by Welsh Highland Railway line. This narrow gauge railway once carried slate to the coast for export, but has been re-open in stages and is a wonderful tourist attraction extending to Porthmadog and fully opened in 2011. At the end of the ride there's an opportunity to explore Caernarfon and its fine castle. To cross the river back to the car park there's a lovely swing bridge.

Distance 31 miles Ascent 1400ft LLYN_LOOP_S_OF_CAERNARFON.GPX



ROUTE 4 : LLYN PENINSULA SOUTHERN LOOP

This 38 mile loop explores the south western end of the Peninsula. It starts at the resort of Abersoch and makes its way round to Aberdaron which is almost at the tip of the Peninsula. From this resort its possible to take a boat to the isle of Bardsey, famous for its remoteness and bird life. From Aberdaron the route goes north to join the coast road with views of this scenic coast. The route then circles round back to Abersoch. A great way to see the end of an under rated beautiful part of Wales.

Distance 38 miles Ascent 2500 ft. Llyn_Penn-south.gpx



OFFROAD / MOUNTAIN BIKE ROUTES

To get the best out of the region it seems to be best to get off the main roads and into the forests and moorland of this part of Wales. However we have no experience of riding any routes in the area so we've obtained information on three routes from a local bike shop in Betws-y-Coed called Beics Betws. (<https://bikewales.co.uk/>). They have been generously spirited enough to share their maps and gpx files - all credit to them !. Hopefully these routes should be do'able and enjoyable for all reasonably capable riders as a mix of single track, forest and moorland trails, and quiet countrylanes. The distances are reasonable, albeit it with significant climbing, and the scenery looks amazing.

Most routes are suitable for Gravel bikes although there are some sections which will require "hike a bike" for a short duration (route 11) if using a Gravel bike. Route 8 is entirely suitable for Gravel bikes. 7c entirely suitable for Gravel bikes.

Suggested parking is at the Cae Llan Car Park, Station Road, Betws y Coed near the Railway Station. The rate is £6 for all day. The googlemaps PIN is - <https://maps.app.goo.gl/G51d1izBqrX7vEbHA>

OFFROAD ROUTE 7C



A really interesting Half-day Ride

<https://bikewales.co.uk/index.php/rides-and-tours/mapped-routes/route-7c>

Interestingly for any skilled Mountain Bike Riders there is a single track route which shadows the 7c route which might prove interesting ! Gwydir Mawr is 25 km in length and combines some great single track with sections of forest fire trail and is graded red (hard). There are big climbs and big descents, and amazing scenery. A real trail to remember and to be taken seriously. [Download Gwydir Bach flyer](#)

OFFROAD ROUTE 8



A Day ride up to some lakes -

<https://bikewales.co.uk/index.php/rides-and-tours/mapped-routes/route-8>

OFFROAD ROUTE 11



A Day ride in the forests and across moorland -

<https://bikewales.co.uk/index.php/rides-and-tours/mapped-routes/route-11>

A POSSIBLE SCHEDULE

On the drive up day the 22nd

The plan would be to break the journey at Betws-y-Coed and do Route 7c as a half day ride in the afternoon.

On the 23rd and 24th

we can then do Route 8 and Route 11, once again necessitating driving to, and parking at, Betws-y-Coed.

On the 25th

As an option when we are due to be driving back home there is a possibility to take a short diversion off the A5 and go up to the **Llynbreinig Visitor Centre** (<https://llynbreinig.com/cycle-routes-llyn-brenig/>) where there a number of fun routes from the Visitor Centre.

Of particular interest there is the [Two Lakes Circular route](https://cycle.travel/map/journey/835725) and this is a plotted map of the route -

...and for a quick blast the exciting [Elorgarreg trail](https://cycle.travel/map/journey/835732) and this is a plotted map of the route -