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| **Aberdaron 400km Perm** | | |
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| Organiser: Brandon Edgeley | | |
| Emergency contact: 07846 725969 | | |
| This event is run under Audax UK Regulations | | |
| L=LEFT, R=RIGHT | | |
| T=T-JUNCTION | | |
| SO=STRAIGHT OVER (does not imply right of way) | | |
| Xroads=CROSSROADS | | |
| RBT=ROUNDABOUT | | |
| $=SIGNPOSTED | | |
| TL=TRAFFIC LIGHTS | | |
| imm=IMMEDIATELY | | |
|  |  |  |
|  | **Description** | **Dist** |
|  | Starting from the traffic lights head towards the town centre | 0.1km |
| 0.7 | L @ TL $Stoke on T | 0.7km |
| 0.5 | SO @ TL | 1.2km |
| 0.6 | 2nd EXIT @ RBT $ Winsford B5074 | 1.8km |
| 6.9 | L no $ and imm | 8.7km |
| 0.0 | **CONTROL: Church Minshull** | 8.7km |
| 3.3 | R@T $ Wettenhall | 12.0km |
| 3.0 | L $ Holmston Hall Fisheries (Hickhurst Lane) | 14.9km |
| 4.8 | L @ Xroads no $ to pass Jessie Hughes Village Hall | 19.7km |
| 1.2 | R Eaton Lane | 20.9km |
| 1.3 | SO @ staggered Xroads Birch Heath Lane | 22.2km |
| 2.4 | R @ T $ Beeston | 24.6km |
| 3.0 | L $ Hargrave (Huxley Lane) | 27.6km |
| 1.3 | R @ T $ Hargrave | 28.9km |
| 5.9 | SO @ Xroads $ Rowton (Moor Lane) | 34.8km |
| 0.6 | R @ Xroads $ Chester A41 | 35.4km |
| 2.4 | 3rd EXIT @ RBT $ Chester A5115 | 37.8km |
| 2.1 | Bear L @ TL | 39.9km |
| 0.9 | SO @ TL Grosvenor St | 40.7km |
| 0.2 | 2nd EXIT @ RBT $ North Wales | 40.9km |
| 0.8 | SO @ TL $ Lache | 41.8km |
| 0.1 | 3rd EXIT @ RBT $ Saltney (Hough Green) | 41.8km |
| 5.6 | 3nd EXIT @ RBT $ Broughton | 47.4km |
| 0.0 | 2nd EXIT @ RBT $ Conwy | 47.4km |
| 2.3 | 2nd EXIT @ RBT $ Pen y Ffordd | 49.7km |
| 0.2 | 2nd EXIT @ RBT $ Higher Kinnerton | 49.9km |
| 1.1 | R Kinnerton Old Road | 51.0km |
| 1.7 | 2nd EXIT @ RBT $ Buckley A549 | 52.7km |
| 5.9 | 5th EXIT @ RBT to Petrol Station | 58.6km |
| 0.2 | **CONTROL: Mold** | 58.9km |
| 0.1 | Out of Control, 4th EXIT from RBT $ Mold A541 | 59.0km |
| 1.0 | 3rd EXIT @ RBT $ St Asaph A541 | 60.0km |
| 0.2 | 3rd EXIT @ RBT $ St Asaph A541 | 60.2km |
| 0.7 | 2nd EXIT @ miniRBT | 60.9km |
| 23.7 | R @ TL $ Rhyl A525 | 84.5km |
| 0.8 | L $ Betws yn Rhos | 85.4km |
| 0.6 | **CARE! Sharp Bend** | 86.0km |
| 2.8 | 1st EXIT @ RBT $ Betws yn Rhos B5381 | 88.8km |
| 1.9 | 2nd EXIT @ RBT $ Betws yn Rhos | 90.6km |
| 3.8 | 1st EXIT @ RBT $ Chester | 94.4km |
| 0.3 | 1st EXIT @ RBT $ Industrial Estate | 94.7km |
| 2.3 | R@T $ Towyn | 97.0km |
| 0.1 | L $ Bogtedwel | 97.2km |
| 1.5 | L@T $ Abergele | 98.6km |
| 1.4 | 2nd EXIT @ RBT $ Abergele A547 | 100.1km |
| 0.9 | SO @ TL $ Llandulas | 101.0km |
| 0.3 | 1st EXIT @ miniRBT | 101.3km |
| 0.9 | 1st EXIT @ RBT $ Conwy | 102.2km |
| 3.1 | 1st EXIT @ RBT $ Caer (Chester) | 105.3km |
| 0.1 | L $ Old Colwyn A547 | 105.4km |
| 4.3 | 3rd EXIT @ RBT $ Colwyn Bay A547 | 109.7km |
| 0.8 | 2nd EXIT @ RBT | 110.5km |
| 1.4 | 2nd EXIT @ miniRBT Conway Road | 111.9km |
| 0.7 | 2nd EXIT @ miniRBT $ Rhos on Sea | 112.6km |
| 0.3 | 3rd EXIt @ RBT $ Llandudno (Brompton Ave) | 112.9km |
| 2.4 | 2nd EXIT @ miniRBT $ Llandudno | 115.2km |
| 0.6 | 2nd EXIT @ RBT $ Llandudno | 115.9km |
| 2.9 | 1st EXIT @ RBT $ Hospital | 118.8km |
| 0.1 | 3rd EXIT @ RBT $ Town Centre | 119.0km |
| 0.6 | R @ TL $ Town Centre | 119.5km |
| 0.3 | Take the Right hand lane | 119.8km |
| 0.1 | L $ Town Centre (Mostyn St) | 119.9km |
| 0.6 | 3rd EXIT @ RBT North Parade | 120.5km |
| 0.3 | 2nd EXIT @ RBT | 120.8km |
| 2.3 | Bear Right @ T | 123.1km |
| 1.5 | **CONTROL: Llandudno** | 124.6km |
| 3.8 | L no $ | 128.4km |
| 0.1 | L @ T and imm | 128.4km |
| 0.0 | 3rd EXIT @ RBT Great Ormes Road | 128.5km |
| 1.1 | 2nd EXIT @ RBT $ Deganwy A546 | 129.6km |
| 3.7 | 1st EXIT @ miniRBT | 133.3km |
| 0.3 | 3rd EXIT @ RBT $ Conwy A547 | 133.6km |
| 1.2 | 2nd EXIT at miniRBT | 134.7km |
| 2.3 | L $ Aberconway Resort and Spa to join Cycle Route 5 | 137.1km |
| 7.1 | Follow Cycle Route 5 signs | 144.1km |
| 0.1 | Follow Cycle Route 5 signs | 144.2km |
| 1.5 | Follow Cycle Route 5 signs | 145.7km |
| 0.1 | Slight left onto NCR 5 | 145.7km |
| 0.3 | Turn right to stay on NCR 5 | 146.1km |
| 0.4 | L $Llanfairfechan | 146.5km |
| 2.5 | L $ Cycle Route 5 Ffordd Gwyllt | 149.0km |
| 0.5 | R $ Cycle Route 5 | 149.6km |
| 1.3 | R $Conwy | 150.8km |
| 0.2 | L@T | 151.0km |
| 0.0 | Join cycle path | 151.1km |
| 2.1 | carry on cycle path | 153.1km |
| 1.6 | R at end of cycle path | 154.7km |
| 0.0 | R@T $Tal-y-Bont | 154.8km |
| 2.4 | 1st EXIT @ RBT $A5/A55 | 157.2km |
| 0.5 | 1st EXIT @ RBT | 157.7km |
| 0.9 | 2nd EXIT@ RBT $ Betws y Coed A5 | 158.6km |
| 0.3 | 2nd EXIT @ RBT $ A4244 Llanberis | 158.9km |
| 3.8 | L $ Rhiwlas and imm... | 162.7km |
| 0.1 | R no $ | 162.8km |
| 1.3 | L @ Xroads no $ | 164.0km |
| 1.7 | **CONTROL: Deiniolen** | 165.7km |
| 0.0 | L out of control | 165.7km |
| 2.8 | 2nd EXIT @ RBT $Caernarfon | 168.5km |
| 5.0 | L $ Beddgelert A4085 | 173.5km |
| 1.9 | 2nd EXIT @ RBT $ Portmadog A487 | 175.5km |
| 2.7 | 1st EXIT @ RBT $ Porthmadog A487 | 178.2km |
| 2.1 | 2nd EXIT @ RBT $ Porthmadog A487 | 180.3km |
| 0.6 | 2nd EXIT @ RBT $Pwllheli A499 | 180.9km |
| 2.2 | Pick up cycleway parallel to A499 | 183.2km |
| 3.1 | Continue on road parallel to A499 | 186.3km |
| 0.7 | Continue on cyclepath | 187.0km |
| 0.6 | Continue on cyclepath | 187.5km |
| 3.3 | L@T | 190.8km |
| 0.4 | L no $ | 191.3km |
| 3.8 | Continue on road parallel to A499 | 195.1km |
| 0.8 | L onto road parallel to A499 | 195.9km |
| 1.2 | 2nd EXIT @ RBT $ Llithfaen | 197.0km |
| 10.3 | 3rd EXIT @ RBT $ Aberdaron A4417 | 207.3km |
| 15.8 | R @ Xroads $ Aberdaron | 223.1km |
| 6.4 | **CONTROL: Aberdaron (INFO)** | 229.6km |
| 0.0 | Continue out of Aberdaron | 229.6km |
| 13.9 | R @ T $ Llanbedrog | 243.4km |
| 3.8 | L @ Xroads $ Pwllheli | 247.3km |
| 4.9 | 2nd EXIT @ RBT $ Pwllheli A497 | 252.2km |
| 1.1 | **CONTROL: Pwllheli, any shop or cafe** | 253.3km |
| 0.1 | 2nd EXIT @ RBT $ Criccieth A497 | 253.4km |
| 0.1 | 2nd EXIT @ RBT | 253.5km |
| 0.3 | R@T $ Criccieth A497 | 253.8km |
| 0.1 | 3rd EXIT @ RBT $Marina | 253.9km |
| 3.0 | 2nd EXIT @ RBT $ Porthmadog A497 | 256.9km |
| 2.9 | 1st EXIT @ RBT $ Porthmadog A497 | 259.9km |
| 0.9 | 2nd EXIT @ RBT $ Portmadog A497 | 260.8km |
| 12.4 | 2nd EXIT @ RBT $ Porthmadog A497 | 273.2km |
| 1.7 | 3rd EXIT at RBT $ Dolgellau A487 (Stryd Fawr) | 274.9km |
| 0.6 | **CAUTION: Train tracks in the road** | 275.4km |
| 0.2 | Use the traffic free bike path on the LHS | 275.6km |
| 1.5 | Rejoin the A497 | 277.1km |
| 1.8 | 2nd EXIT @ RBY $ Penrhyndeudraeth A487 | 278.9km |
| 1.1 | R @ Xroads $ Harlech | 280.0km |
| 0.1 | L@T $ Harlech | 280.1km |
| 1.8 | L @ staggered Xroads $ Maentwrog | 281.9km |
| 6.4 | R@T $ Dolgellau A487 | 288.3km |
| 0.2 | L $ Blaenau Ffestiniog A496 | 288.5km |
| 4.5 | L $ Bala B4391 | 293.0km |
| 4.8 | L $ Ysbyty Ifan B4407 | 297.8km |
| 13.0 | R @ xroads $ Pentrefoelas | 310.8km |
| 4.4 | L@T $Pentrefoelas | 315.2km |
| 0.4 | **CONTROL: Pentrefoelas, bus shelter on RHS** | 315.7km |
| 0.1 | R @ Xroads $ Llangollen A5 | 315.8km |
| 5.2 | L $ Cefn Brith | 320.9km |
| 0.1 | Bear Right | 321.0km |
| 1.6 | L no $ (approx 100m after the house called Bwythyn Celyn) | 322.6km |
| 1.5 | L@T no $ | 324.1km |
| 1.3 | L@T | 325.4km |
| 1.5 | R $ Pentrellyncymer | 326.9km |
| 5.4 | L @ Xroads no $ | 332.3km |
| 0.4 | R no $ | 332.6km |
| 6.3 | R@T $ Cyffylliog | 338.9km |
| 0.5 | L@T $ Ruthin | 339.4km |
| 5.8 | L@T $ Ruthin B5105 | 345.2km |
| 0.5 | SO @ miniRBT | 345.7km |
| 0.4 | R@T $ Mold A494 | 346.1km |
| 0.0 | **CONTROL: Ruthin, any shop or cafe** | 346.1km |
| 0.7 | 2nd EXIT @ RBT $ Mold A494 | 346.9km |
| 7.2 | R $ Llanarmon-yn-Ial B5430 | 354.1km |
| 1.1 | R@T | 355.2km |
| 7.2 | L @ XRoads $ Chester A5104 | 362.4km |
| 2.8 | R $ Llanfynydd B5101 (Ffordd Llanfynydd) | 365.2km |
| 5.3 | L@T | 370.5km |
| 2.2 | R@T $ Wrexham A541 | 372.6km |
| 0.1 | L $ Llay B5102 | 372.7km |
| 0.5 | R (Park Road) | 373.3km |
| 1.0 | L on RH bend to join cycle path through Alyn Waters Country Park | 374.2km |
| 1.3 | L@T no $ | 375.5km |
| 0.2 | R (Pentre St) | 375.8km |
| 0.8 | R@T no $ | 376.6km |
| 0.6 | L just past the Griffin Inn | 377.1km |
| 0.2 | SO @ TL (Vicarage Ln) | 377.4km |
| 0.4 | SO @ TL (Vicarage Ln) | 377.7km |
| 1.8 | R@T $ Burras | 379.5km |
| 0.2 | R@T $ Borras | 379.8km |
| 0.5 | L $ Common Wood | 380.2km |
| 4.4 | L@T | 384.7km |
| 1.6 | R @ Xroads $ Nantwich B5130 (Sibbersfield Lane) | 386.3km |
| 0.2 | SO @ XRoads $ Crewe-by-Farndon | 386.6km |
| 0.8 | L $ Stretton (Wetreins Ln) | 387.4km |
| 2.8 | R@T no $ | 390.1km |
| 1.7 | SO @ Carden Arms | 391.8km |
| 0.2 | L $ Duckington | 392.0km |
| 2.8 | SO @ XRoads $ Duckington | 394.8km |
| 0.4 | R@T | 395.3km |
| 0.5 | R @ XRoads no $ | 395.8km |
| 1.5 | R@T $ Malpas | 397.3km |
| 0.1 | imm L (Hampton Post Lane) | 397.3km |
| 1.0 | L @ XRoads (Shay Ln) | 398.4km |
| 3.1 | R@T opposite castle grounds | 401.4km |
| 2.3 | SO @ XRoads $ Chorley (Wrenbury Road) | 403.7km |
| 0.8 | L $ Nantwich (Nantwich Road) | 404.6km |
| 7.7 | 2nd R on bend (essentially straight on) $ 7.5T weight limit and Except for Access | 412.3km |
| 0.2 | R@T no $ | 412.5km |
| 0.7 | R@T no $ at Acton Church | 413.2km |
| 1.3 | SO @ TL | 414.4km |
| 0.8 | **Arrivee!** | 415.2km |