

## The Glan Gwna 110km

Sp

### Caeathro 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 imm L up again at 7km; 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 R at X into  
**Glasingfryn.**  
R on to the cycle track under A55 bridge INFO  
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 eB**

### Ogwen to Beddgelert- 28Km

R Out of CP 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 views of Y Wyddfa on a  
clear day here Follow road keeping Left (SO) 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 Hotel 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 Cowshed is closed use shop 1k further on  
on the Left in Tremadog**  
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

**Control** receipt in village shops pubs  
etc.

### **Penygroes to Caeathro 21km**

SO at RAB past Coop on L next Rt Sp

**Rhyd Ddu** pub on R

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 Caeathro

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

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