

The Glan Gwna 120km

Speed 13kph min to 25kph max. BP.

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

08:30 Saturday Jun 6th 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 77km fork L to stay on NCN42
School signs either side
75km R at T sp NCN 42
Steep descent but how steep?
79km R onto NCN 41 (42 goes L) descend into
Control in **Pwllheli** many shops etc **85km**

Pwllheli to Pant Glas 21km

Retrace up hill out of town SO at first ~X to R
in front of Salam Chapel soon L at T onto
Caernarfon Rd A499
Follow up hill SO X roads at **Y Ffor** to turn R
500m later No Sp **88km**
(Large stone barn & bus stop here)
L Sp **Pencaenewydd** **90km**

In **Pencaenewydd** SO at X onto NCN40 **96km**
follow NCN40 to L turn **98km**

104km another L turn off NCN40 sp Clynnog
Fawr

107km R turn no Sp, towards **Pant Glas**
Descend short hill to sharp L hand bend soon
onto cycle track NCN8 **103km INFO**

INFO control on gates

Alternative route at 104km - SO to follow
Cycle route 40 soon L through farm yard on
NCN40 and to **Bryncir** (small ind units) here
on to NCN8 back towards Caernarfon and see
info at Pant Glas after approx 5km

*Cafe at garden centre close by onto main A487
turn R South for 400m (10am to 4pm) close to
this route*

.Pant Glas to Caeathro 18km

Follow NCN8 on a gentle descent adjacent
to the A487 through Groeslon to arrive at
the Goat RAB **114km**
follow NCN signR just before RAB in front
of the old Goat Hotel in Ty Hen. Here cross
the new A487 bypass to then cross and
follow the old road road; Sp Caernarfon /
Bontnewydd now A4871, last time I
passed here Sp still said A487 but single
carriageway)

(3rd exit at RAB affectively)

Cross 1 small RAB to descend into

Bontnewydd

*(You could use the NCN8 for another 2km
should you prefer but now as the road is
bypassed I do not)*

118km In Bontnewydd R at RAB sp

Llanberis

Pass Gypsy Wood at top of the hill fork L
no Sp **120km**

L at T in Caeathro soon Rt into Glan Gwna

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

V2 04/25