Over the Hills and SPAR Away 300

Wednesday 21-Apr-2027

Organiser: Matt Thurlow

Emergency Contact: 07851-371374

This event is run under Audax UK Regulations

You must ride to your ability and route conditions

L=LEFT, R=RIGHT

T=T-JUNCTION

SO=STRAIGHT OVER (DOES NOT imply right of way)

X=CROSSROADS

RBT=ROUNDABOUT

$=SIGNPOSTED

TL=TRAFFIC LIGHTS

imm=IMMEDIATELY

0.0	Out of control then L	0.0 km
0.2	3rd EXIT @ RBT $ Pedley Street	0.2 km
5.0	3rd EXIT @ RBT $ Nantwich Town Centre	5.2 km
1.5	L @ miniRBT no $ (at Nantwich pet vets)	6.7 km
0.1	2nd EXIT @ RBT $ Swimming Pool (Hospital St)	6.8 km
0.2	L @ miniRBT no $ (past Morrisons)	7.0 km
0.3	2nd EXIT @ RBT $ Swimming Pool (Water Lode)	7.3 km
0.6	L @ TL no $ over river bridge (Welsh Row)	7.9 km
0.8	SO @ TL $ Chester	8.6 km
1.3	L @ church no $ (Monks Ln)	9.9 km
0.7	Bear L $ Chorley (Swanley Ln)	10.6 km
0.2	SO @ X no $ (Swanley Ln)	10.8 km
7.7	R @ T $ Cholmondley	18.5 km
0.8	CARE: Crossing A49 - fast traffic!!	19.3 km
0.0	SO @ X $ Egerton (Bickerton Rd)	19.4 km
2.3	L $ Malpas	21.7 km
3.9	CARE: Crossing A41 - fast traffic!	25.5 km
0.0	SO @ X no $	25.5 km
0.4	L @ T no $	25.9 km
2.2	L @ T $ Heber School (High St)	28.1 km
0.1	R @ monument no $	28.3 km
11.1	L $ Wrexham (Whitchurch Rd)	39.4 km
0.5	R @ T $ Wrexham A525	39.9 km
0.6	L $ Johnstown B5426	40.5 km
3.1	2nd EXIT @ RBT $ Johnstown B5426	43.6 km
6.0	R @ TL $ Rhosllanerchrucog	49.6 km
0.3	L @ War memorial $ Rhosllanerchrucog (Maelor Rd)	49.8 km
0.9	SO @ miniRBT $ Minera (Market St)	50.8 km
0.3	L imm after CONTROL (Smith St)	51.0 km
0.0	**SPAR RHOSLLANERCHRUCOG CONTROL**	51.1 km
0.0	L no $ (Bonc Wen)	51.1 km
0.1	SO @ X $ Penycae into cycle path	51.2 km
0.5	L @ T rejoin road (Lower Mountain Rd)	51.8 km
0.0	R @ T (Bridge St Pant)	51.8 km
0.1	R no $ (Stryt-Issa)	52.0 km
1.1	R @ T $ Pen-y-Bryn (Chapel St)	53.1 km
4.6	R @ T no $	57.6 km
0.9	Follow R (Panorama Walk)	58.5 km
2.5	L no $ over cattle grid	61.0 km
1.8	L @ T no $ over canal bridge	62.8 km
0.1	R @ T no $ then imm ...	62.9 km
0.0	L $ Betws-y-Coed over bridge	62.9 km
0.2	After CONTROL, turn around back over bridge	63.2 km
0.0	**SPAR LLANGOLLEN (OPTIONAL) -** Various cafés also available	63.2 km
0.2	L @ T $ Ruthin A542	63.4 km
2.1	L $ Rhewl B5103	65.5 km
12.5	R @ T no $ NOT over bridge	78.0 km
3.5	L $ Llangollen Corwen	81.5 km
0.8	R @ T (@ Owain Glyndwr status)	82.3 km
0.9	Bear L $ Cynwyd B4401	83.2 km
2.7	R $ Ffatri Ifor Williams	85.9 km
0.0	**SPAR CYNWYD (OPTIONAL)**	85.9 km
0.4	L no $ just after Dee bridge	86.3 km
9.1	L @ T no $	95.4 km
0.4	R @ T (war memorial) $ Bala	95.9 km
4.4	L @ T $ Bala A494	100.3 km
2.2	**SPAR BALA CONTROL**	102.5 km

0.1	R no $ imm before White Lion (Cambrian Terr)	102.5 km
0.1	SO @ X (Heol y Castell)	102.6 km
0.4	R $ Private Road	103.0 km
0.2	L @ T (opp Coleg y Bala)	103.1 km
0.5	Bear L $ Rhyduchaf	103.6 km
11.9	L @ T then imm ...	115.5 km
0.0	R $ Ffestiniog B4391	115.5 km
13.0	R @ T $ Betws-y-Coed A470	128.6 km
2.2	Bear L @ T $ Maentwrog A496	130.8 km
2.3	R @ T $ Porthmadog A487	133.1 km
6.4	**SPAR PENRHYNDEUDRAETH (OPTIONAL)**	139.5 km
1.1	2nd EXIT @ RBT $ Porthmadog	140.6 km
1.8	R no $ onto cycle path (just after $ Narrow Road	142.4 km
0.0	L onto cycle path	142.4 km
1.5	L to rejoin road at end of path @ Premier Inn	143.8 km
0.1	CARE: Train tracks	144.0 km
0.5	**SPAR PORTHMADOG CONTROL**	144.5 km
0.1	2nd EXIT @ RBT $ Caernarfon A4971	144.6 km
0.2	SO @ miniRBT no $	144.8 km
0.6	1st EXIT @ RBT $ Caernarfon A487	145.3 km
0.4	R $ Tremadog A498	145.7 km
0.5	R @ T no $ (Stryd Fawr)	146.2 km
10.7	R opp Prince Llewellyn no $	156.9 km
18.8	R @ T $ Betws-y-Coed A5	175.7 km
4.2	L $ Llanrhychwyn	179.9 km
5.9	L @ T $ Llanrwst B5106 then imm ...	185.7 km
0.0	R $ Llanrwst B5106	185.7 km
0.6	L @ T $ Conwy A470	186.4 km
0.1	**SPAR LLANRWST INFO CONTROL**	186.5 km
0.0	R $ Abergele A548	186.6 km
9.3	Bear R no $ (opp cattle fold)	195.8 km
2.2	R @ T no $	198.1 km
0.3	L no $ imm before white house [Capel Garnedd]	198.3 km
5.6	R @ T	203.9 km
7.8	R @ T no $	211.7 km
0.7	L $ Community College	212.4 km
0.1	R into SPAR @ Shell garage	212.5 km

0.1	**SPAR ABERGELE CONTROL**	212.6 km
0.1	Out of control and L	212.7 km
0.1	L @ T then imm	212.8 km
0.1	2nd EXIT @ RBT $ Rhuddlan A547	212.9 km
4.3	2nd EXIT @ RBT $ Rhuddlan A547	217.2 km
2.5	2nd EXIT @ RBT $ Rhuddlan	219.7 km
0.8	2nd EXIT @ RBT $ Dyserth (Princes Rd)	220.5 km
0.8	R @ T $ Dyserth A5151	221.3 km
7.3	**SPAR TRELAWNYD (OPTIONAL)**	228.5 km
0.7	L $ Walwen	229.3 km
2.7	L $ NCR5	231.9 km
1.7	R @ T $ NCR5	233.6 km
2.6	Bear L @ T no $	236.2 km
1.9	Bear L $ Town Centre (Whitford St)	238.1 km
0.8	L no $ (past Lidl)	238.9 km
0.1	R no $ (Rosehill)	239.0 km
0.3	L @ T no $	239.3 km
2.1	R @ T $ Flint (opp Boot & Ship)	241.4 km
0.3	Bear R before TL onto cycle path	241.7 km
0.4	Bear R to rejoin road at end of path	242.1 km
2.6	Bear R $ NCR5	244.7 km
1.0	SO, crossing after TL to rejoin A548	245.7 km
2.4	2nd EXIT @ RBT $ Chester A548	248.1 km
0.5	Bear L onto cycle path	248.6 km
1.0	SO at end of cycle path no $	249.6 km
0.6	2nd EXIT @ RBT $ Connah's Quay B5129	250.2 km
0.1	1st EXIT @ RBT $ Connah's Quay B5129	250.3 km
5.0	Bear L $ Town Centre B5441	255.2 km
0.1	L @ X no $ (Station Rd)	255.3 km
0.2	**SPAR QUEENSFERRY CONTROL -** Closes 21:00 but other food outlets available nearby	255.6 km
0.6	R imm after blue bridge onto cycle path	256.2 km
5.5	LRL around bridge to stay on cycle path	261.7 km
3.4	Bear R to stay on cycle path	265.1 km
0.2	SO @ end of cycle path $ Humps	265.3 km
0.4	R @ miniRBT no $	265.7 km

0.3	L @ X	266.0 km
0.0	R $ Northgate Arena (past Tesco)	266.0 km
0.2	L $ Shopmobility	266.2 km
0.3	R @ T no $ (over canal bridge)	266.5 km
0.1	At miniRBT onto path before 1st EXIT (in front of Lock Keeper pub)	266.6 km
0.0	R onto canal path	266.6 km
0.1	SO on road adjacent to canal path (Canalside)	266.7 km
0.4	R after Barton Rouge (Steam Mill St)	267.1 km
0.1	L $ Dual carriageway	267.3 km
1.6	R opp Shell garage no $ (Pearl Ln)	268.9 km
0.5	At A41 Ring Road, cross using Toucan crossing	269.4 km
0.0	L onto cycle path	269.4 km
0.1	R at end of cycle path (Pearl Ln)	269.5 km
0.8	R @ X (Little Heath Rd)	270.3 km
1.2	L $ NCR71 (Plough Ln)	271.5 km
1.1	R @ X $ Waverton (Brown Heath Rd)	272.6 km
0.9	L @ T $ Stapleford (Guy Ln)	273.5 km
6.3	SO @ X no $ (Willington Rd)	279.8 km
1.8	SO @ X no $ (Wood Ln)	281.6 km
1.9	SO @ X no $ (Smithy Ln)	283.5 km
2.6	SO @ X $ NCR71 (Utkinton Rd)	286.1 km
0.1	CARE: Crossing A49 - busy road with fast traffic	286.2 km
0.0	SO @ X no $	286.2 km
0.8	Bear L @ fork $ Leisure Drive	287.0 km
0.2	L @ T $ unreadable (Beech Ln)	287.2 km
1.5	L $ Northwich (Park Rd)	288.7 km
1.9	R @ X $ Winsford/A54 (Chester Ln)	290.6 km
2.4	1st EXIT @ RBT $ Whitegate	292.9 km
1.8	**SPAR WINSFORD INFO CONTROL**	294.8 km
0.1	2nd EXIT @ RBT $ Nantwich/B5074 (Swanlow Ln)	294.9 km
1.1	SO @ TL (Swanlow Ln)	295.9 km
5.1	L @ miniRBT $ Leighton Hospital (Cross Ln)	301.1 km
3.2	R $ Nantwich/A530 then imm ...	304.3 km
0.0	L $ No Through Road	304.3 km
0.4	Bear L @ end to rejoin main road	304.7 km
0.1	2nd EXIT @ RBT $ Crewe	304.8 km
0.4	SO @ RBT	305.2 km
0.2	1st EXIT @ RBT $ Crematorium (Bradfield Rd)	305.4 km
2.1	3rd EXIT @ RBT $ Sandbach (before the Coop) then imm ...	307.5 km
0.1	R $ Town Centre (Middlewich St)	307.6 km
1.1	L @ TL (Vernon Way)	308.7 km
0.5	1st EXIT @ RBT $ M6 Congleton (Earle St)	309.2 km
0.3	2nd EXIT @ RBT $ Congleton A532	309.5 km
0.3	R @ miniRBT no $ (Macon Way)	309.8 km
0.7	**CREWE ARRIVÉE**	**310.4 km**