

Shortest distance 208km, suggested route 212km.  
Bits of cycleway (or A547) along the sea front at Colwyn Bay.  
Up the Conwy valley before climbing over to the A5 and eventually up to Pen-y-Pass. Turning short of Caernarfon to pick up a tarmac cycleway, the Lon Eifion, that clears most of the holiday traffic on the A487 before you turn onto the lanes of Llyn. The A497 to Porth Madog is much more friendly to bikes these days. Thence past Migneint to Bala on quiet roads.

Good backpackers hostel here.  
<http://www.bala-backpackers.co.uk/>

Log from 2006, route now rejigged to use Lon Eifion without too much extra distance.  
W5 (215k). Bala, Pwllheli, Bethesda, Llanwrst, (Conwy), Mold.  
16/09/06, 135m on clock, 13hr08, 0546-1854. Sunny day eventually, no wind.  
Out in dark on main drag, R into the light on B road to Ffestiniog.  
Cycleway over the Cob at Porth Madog but main drag to Pwllheli which was quiet this early on in the day. Familiar lanes from Y Ffor to pick up cycleway at Pont Glas to Caernarfon. Main road chocker but only a mile of it as I slipped off the bypass onto B roads to Bethesda.  
A break here as the heat kept building up.  
After Capel I tried a new climb at Ugly House which left me walking for 50 yards but the rest of the climb was easy.  
In Llanwrst it was well warm and time for a break.  
At this point I dropped a bollock. I should have followed the road round to Conwy but had not marked this on my map which was the only guide I had to go by.  
Instead I took a much harder but shorter route to Denbigh.  
A long steady climb over the Denbigh Moors towards Llansannon.  
I got stopped by a car that wanted to know if I'd seen a conker tree!  
Then a bit of walking ( memories of the Brenig) then took main drag to Denbigh, longer but easier on a very hot afternoon.  
Now I started worrying about distance – this ride seemed too short.  
After Denbigh I got lost but after asking about I got a nice new route over the Clwydian Hills.  
(Moel Famau, the main alternative, is very steep from this side.)  
Lots of signs out for a cycling challenge of some sort at the weekend.  
Main drag to Mold and Flint where I got a receipt for a meal.  
Just as well, as when I got home I checked my route with the computer and found only 201k from Bala to Flint. Peter was feeling kind and gave it to me.  
In fact I'd ridden 145m and on a much harder route.



