DAY1

Short Route

Choose this route if you want a more relaxed cycling pace with less distance and climbing.

This route makes its way to Betws-Y-Coed and then takes the country lanes to Capel Curig. It then heads towards Snowden (Yr Wyddfa) which looms in the distance (subject to good weather!). At the Llanberis turn, it descends the southern side of Snowdon and enters Beddgelert where there are multiple cafes. If you have time, visit Gelert's grave and read about this fable. The route then follows the Welsh Highland Railway line and the spectacular river down to Nantmoor, where it then leaves the main road and heads towards Garreg. Shortly after Garreg you will see the RSPB site which has a viewing gallery for nesting Ospreys (if they return this year). At Tremadog you could take a short excursion into Porthmadog or continue on the route to Criccieth which greets you with a spectacular view of the town and castle.

Possible cafe stops are:

* 13 miles - Betws-Y-Coed
* 16 miles – Ty Hyll Tearoom (The Ugly House)
* 18 miles – Caffi Siabod
* 28 miles – Caffi Gwynant
* 31 miles - Beddgelert
* 41 miles - Porthmadog

https://www.glaslynwildlife.co.uk/

Medium Route

This route is similar to the short route but diverts to Porthmadog, Borth-y-Gest and Morfa Bychan

This route makes its way to Betws-Y-Coed and then takes the country lanes to Capel Curig. It then heads towards Snowden (Yr Wyddfa) which looms in the distance (subject to good weather!). At the Llanberis turn, it descends the southern side of Snowdon and enters Beddgelert where there are multiple cafes. If you have time, visit Gelert's grave and read about this fable. The route then follows the Welsh Highland Railway line and the spectacular river down to Nantmoor, where it then leaves the main road and heads towards Garreg. This route now makes the excursion from the short route and travels through Penrhyndeudraeth eventually reaching the cycle path along the 'Cob' into Porthmadog. It ascends the back streets to reach the beautiful cove called Borth-y-Gest (a few steps to navigate on the descent). The route goes around the cove to the viewpoint before turning back and heading towards Morfa Bychan and Black Rock Sands - some beautiful country lanes and spectacular views before reaching the main road. Criccieth greets you with a spectacular view of the town and castle.

Possible cafe stops are:

* 13 miles - Betws-Y-Coed
* 16 miles – Ty Hyll Tearoom (The Ugly House)
* 18 miles – Caffi Siabod
* 28 miles – Caffi Gwynant
* 31 miles - Beddgelert
* 42 miles - Porthmadog
* 43 miles - Seaview Cafe Bistro & Coffee Lounge, Borth-y-Gest

Long Route

This route is similar to the medium route but diverts to Llanberis and rides around the East, North and West sides of Snowdon.

This route makes its way to Betws-Y-Coed and then takes the country lanes to Capel Curig. It then heads towards Snowden (Yr Wyddfa) which looms in the distance (subject to good weather!). At the Llanberis turn, it climbs towards the Llanberis Pass on the eastern side of Snowdon and descends to Llanberis, where there are multiple cafes. The route traverses the north and west sides of Snowdon, passing through Ryd-Ddu, eventually reaching Beddgelert where again there are multiple cafes. If you have time, visit Gelert's grave and read about this fable. The route then follows the Welsh Highland Railway line and the spectacular river down to Nantmoor, where we leave the main road and head to Garreg. After Penrhyndeudraeth we ride on the cycle path along the 'Cob' into Porthmadog and ascend the back streets to reach the beautiful cove called Borth-y-Gest (a few steps to navigate on the descent). The route goes around the cove to the viewpoint before turning back and heading towards Morfa Bychan and Black Rock Sands - some beautiful country lanes and spectacular views before reaching the main road. Criccieth greets you with a spectacular view of the town and castle.

Possible cafe stops are:

* 13 miles - Betws-Y-Coed
* 16 miles – Ty Hyll Tearoom (The Ugly House)
* 18 miles – Caffi Siabod
* 31.5 miles – Pantri, Llanberis
* 45 miles - Beddgelert
* 55 miles - Porthmadog
* 56 miles - Seaview Cafe Bistro & Coffee Lounge, Borth-y-Gest

DAY2

Short Route

Choose this route if you want a more relaxed cycling pace with less distance and climbing.

This route makes its way to Llanystumdy, where you can visit the David Lloyd George Museum and his grave. The route then finds quiet country lanes towards Mynytho and reaches spectacular views of the Llyn Peninsula and the Snowdon Mountain range. It descends to Hells Mouth before the killer climb to the village of Rhiw. The climb is worth it not only for the outstanding views across Hells Mouth to Sarn-Bach, but also the long descent to the beautiful remote village of Aberdaron. There are several cafes either side of the bridge and stop to think how different it would look if this place had won over Hollyhead to be the major port to Ireland! A short climb out of Aberdaron and the route takes quiet country lanes with sea views on the left all the way to Tudweillog and onto Morfa Nefyn. At the 40-mile mark, the route takes you on a short excursion across the golf course to Porth Dinllaen, where you can visit the 'Ty Coch Inn' - the famous pub on the beach. The route then heads back to Morfa Nefyn and along the main road to our hotel at Nefyn.

Possible cafe stops are:

* 23 miles - Aberdaron
* 36 miles - Cwt Tatws Cafe and Shop
* 41 miles - Ty Coch Inn, Porth Dinllaen

Medium Route

This route is similar to the short route but after Mynytho diverts to the village of Abersoch.

This route makes its way to Llanystumdy, where you can visit the David Lloyd George Museum and his grave. The route finds quiet country lanes towards Mynytho and reaches spectacular views of the Llyn Peninsula and the Snowdon Mountain range. It now diverts from the short route and descends to the small coastal village of Abersoch where there are multiple cafes. As an option, at 20 miles there is a short excursion to the beach front cafe. After leaving Abersoch, the route heads towards via Sarn-Bach and navigate the quiet country lanes around Hells Mouth before reaching the killer climb to the village of Rhiw. The climb is worth it not only for the outstanding views across Hells Mouth to Sarn-Bach, but also the long descent to the beautiful remote village of Aberdaron. There are several cafes either side of the bridge and stop to think how different it would look if this place had won over Hollyhead to be the major port to Ireland! A short climb out of Aberdaron and the route takes quiet country lanes with sea views on the left all the way to Tudweillog and onto Morfa Nefyn. At the 49-mile mark, the route takes you on a short excursion across the golf course to Porth Dinllaen, where you can visit the 'Ty Coch Inn' - the famous pub on the beach. The route then heads back to Morfa Nefyn and along the main road to our hotel at Nefyn.

Possible cafe stops are:

* 19.5 miles - Just Mary's Cafe, Abersoch
* 20.2 miles - caffi treath, Abersoch beach
* 33 miles - Aberdaron
* 43 miles - Cwt Tatws Cafe and Shop
* 48 miles - Ty Coch Inn, Porth Dinllaen

Long Route

This route is similar to the medium route but with a few detours including a ride to the sea front in the town of Pwllheli.

This route makes its way to Llanystumdy, where you can visit the David Lloyd George Museum and his grave. After this it detours from the medium route riding on quiet country lanes with an excursion to Pwllheli to ride along the sea front. It then proceeds towards Mynytho where there are spectacular views of the Llyn Peninsula and the Snowdon Mountain range. It then joins the medium route and descends to the small coastal village of Abersoch where there are multiple cafes. As an option, at 30 miles there is a short excursion to the beach front cafe. After leaving Abersoch, the route heads towards via Sarn-Bach and navigate the quiet country lanes around Hells Mouth before reaching the killer climb to the village of Rhiw. The climb is worth it not only for the outstanding views across Hells Mouth to Sarn-Bach, but also the long descent to the beautiful remote village of Aberdaron. There are several cafes either side of the bridge and stop to think how different it would look if this place had won over Hollyhead to be the major port to Ireland! A short climb out of Aberdaron and we ride on beautiful country lanes with sea views on our left all the way to Tudweillog, with a short diversion from the medium route to Dinas before reaching Morfa Nefyn. At the 61-mile mark, the route takes you on a short excursion across the golf course to Porth Dinllaen, where you can visit the 'Ty Coch Inn' - the famous pub on the beach. The route then heads back to Morfa Nefyn and along the main road to our hotel at Nefyn.

Possible cafe stops are:

29.5 miles - Just Mary's Cafe, Abersoch

30.5 miles - caffi treath, Abersoch beach

43.5 miles - Aberdaron

54 miles - Cwt Tatws Cafe and Shop

62 miles - Ty Coch Inn, Porth Dinllaen

DAY3

Short Route

Choose this route if you want a more relaxed cycling pace with less distance and climbing.

The route climbs out of Nefyn to the village of Llithfaen where there are spectacular views. It then descends to the village of Llanaelhaearn before taking quiet country lanes and a disused railway line to Pen-y-groes. The route detours from the cycle route to visit the café before returning and continuing the cycle route towards Caernarfon. It then circles the castle and heads out following the shoreline and marina on cycle paths towards Bangor. In Bangor, the route crosses the Menai bridge and follows the coastal road to our accommodation in Beaumaris.

Possible cafe stops are:

* 20 miles – Pant Du Vineyard and Cafe, Penygroes
* 27.5 miles – Caffi Ty Winsh Café, Caernarfon
* 32 miles – The Swellies, Y Felinheli

Medium Route

This route is similar to the short route but has an extra few miles after Beaumaris where it carries on to Trwyn Penmon Point before returning to the accommodation Beaumaris.

The route climbs out of Nefyn to the village of Llithfaen where there are spectacular views. It then descends to the village of Llanaelhaearn before taking quiet country lanes and a disused railway line to Pen-y-groes. The route detours from the cycle route to visit the café before returning and continuing the cycle route towards Caernarfon. It then circles the castle and heads out following the shoreline and marina on cycle paths towards Bangor. In Bangor, it crosses the Menai bridge and follows the coastal road through Beaumaris onto Trwyn Penmon Point - with views towards Puffin Island and Trwyn Du lighthouse. The route reverses to retrace the steps back to our accommodation in Beaumaris.

Possible cafe stops are:

* 20 miles – Pant Du Vineyard and Cafe, Penygroes
* 27.5 miles – Caffi Ty Winsh Café, Caernarfon
* 32 miles – The Swellies, Y Felinheli

Long Route

This route is similar to the medium route but leaves the cycle path shortly after Pen-y-groes to ride the coastal route into Caernarfon. It also does a slightly longer route to Trwyn Penmon Point after Beaumaris.

The route climbs out of Nefyn to the village of Llithfaen where there are spectacular views. It then descends to the village of Llanaelhaearn before taking quiet country lanes and a disused railway line to Pen-y-groes. The route detours from the cycle route to visit the café before returning and then deviating from the medium route to ride the coastal route into Caernarfon. It then circles the castle and heads out following the shoreline and marina on cycle paths towards Bangor. In Bangor, it crosses the Menai bridge and follows the coastal road through Beaumaris onto Trwyn Penmon Point - with views towards Puffin Island and Trwyn Du lighthouse. The route reverses to retrace the steps back to our accommodation in Beaumaris.

Possible cafe stops are:

* 20 miles – Pant Du Vineyard and Cafe, Penygroes
* 30.5 miles – Caffi Ty Winsh Café, Caernarfon
* 35 miles – The Swellies, Y Felinheli

DAY4

Short Route

Choose this route if you want to get back to the hotel / car for an earlier drive back home. If time is tight, there is the option in Conwy to miss the Llandudno / Great Orme part of the route and head directly back to the hotel.

The route leaves Beaumaris and heads back towards Bangor and crosses the Menai bridge again, after which it takes cycle lanes towards Conwy. There is a short diversion in Penmaenawr, for a café stop before rejoining the coastal cycle route. This is an interesting cycle route as it criss-crosses the North Wales Expressway, using bridges and skirting around tunnels. The route around the coast into Conwy is very scenic before crossing the bridge and heading towards Llandudno. Some of you will have done this section of the route before from the Conwy to Belper C2C ride. After Llandudno the route circles the Great Orme with scenic coastal cliffs before heading back through Conwy and back to the hotel.

Possible cafe stops are:

* 20 miles – Penbakes Bakery and Cafe/Bistro, Penmaenmawr
* 25 miles – Conwy
* 30 miles Llandudno

Medium Route

This route is similar to the short route but has an extra few miles after Conwy to ride adjacent to Llandudno promenade. Also, after returning across Conwy bridge, it leaves the main road to take some quiet country lanes back to the hotel.

The route leaves Beaumaris and heads back towards Bangor and crosses the Menai bridge again, after which it takes cycle lanes towards Conwy. There is a short diversion in Penmaenawr, for a café stop before rejoining the coastal cycle route. This is an interesting cycle route as it criss-crosses the North Wales Expressway, using bridges and skirting around tunnels. The route around the coast into Conwy is very scenic before crossing the bridge and heading north towards Penryn Bay and then onto Llandudno. Some of you will have done the next section of the route before from the Conwy to Belper C2C ride. After Llandudno the route circles the Great Orme with scenic coastal cliffs before heading back through Conwy and onto country lanes to the hotel.

Possible cafe stops are:

* 20 miles – Penbakes Bakery and Cafe/Bistro, Penmaenmawr
* 25 miles – Conwy
* 35 miles Llandudno

Long Route

This route is similar to the medium route but after Conwy has an extra excursion to Colwyn Bay and an optional detour to the cable car station at the top of the great Orme. Also, after returning to Conwy, it follows the east side of the estuary to take some quiet country lanes back to the hotel.

The route leaves Beaumaris and heads back towards Bangor and crosses the Menai bridge again, after which it takes cycle lanes towards Conwy. There is a short diversion in Penmaenawr, for a café stop before rejoining the coastal cycle route. This is an interesting cycle route as it criss-crosses the North Wales Expressway, using bridges and skirting around tunnels. The route around the coast into Conwy is very scenic before crossing the bridge and heading northeast towards Colwyn Bay and then onto Llandudno. There is an optional excursion to ride the steep climb to the cable car station. The route circles the Great Orme with scenic coastal cliffs before heading back on the east side of the estuary on country lanes to the hotel.

Possible cafe stops are:

* 20 miles – Penbakes Bakery and Cafe/Bistro, Penmaenmawr
* 25 miles – Conwy
* 36 miles Llandudno