



Gwynedd Traverse 200km
Energy Cycles
0800 Saturday 1st September 2012

Start location: Braint Common Room (Opposite Bar Uno) at Bangor University Halls of Residence. Use Bar Uno car park. Post code LL57 2GX

Event phone: Jasmine on 07748 584927

L	turn left	Distances in km
R	turn right	Places you pass
RBT	roundabout	through are in
X	crossroads	CAPITALS
T	T junction	
\$	signpost	
Imm	immediate	

This ride is held under the regulations of Audax UK. The organisers have provided a checked route; they cannot be held responsible for any accident involving participants of this event. If you decide not to finish, please call Jasmine **07748 584927**

Leg 1 - Bangor to Betws y coed (48km)		
0.0	Exit car park L	
0.2	R @ T	
0.3	1st L	\$ No thru road - contraflow
2.0	L @ T	onto A5
4.1	1st ex RBT	\$ A5/A55
4.5	1st ex RBT	\$ Llandegai NCN5
6.9	L before A55	\$ NCN5
7.1	1st L	\$ NCN5
11.3	Continue thro sign for 'No thro road'	
11.5	Slight L thro gap	\$ NCN5
12.4	R thro thicket, Imm L	Onto road
12.9	R @ T	Llanfairfechan
14.6	SO @ lights	
	R imm before RBT	\$ dead end/ cycle path
15.4		
16.3	L	\$ NCN5, bridges
17.7	After bridge, R	In Penmaenmawr
19.2	R @ pub after ped X	\$ SYCHNANT
23.7	Climb past Sychnant Pass Hotel then 1st R	
25.2	R @ T	No \$
25.7	1st L	\$ Henrhyd
26.7	R @ T	No \$
26.9	1st L	\$ ROWEN
27.2	INFO CONTROL	
28.3	R @ T	No \$
29.8	L imm after Rowan Village stores	
31.9	R @ T	\$ TREFIW
42.7	R	\$ BETWS, Capel Uchaf
47.8	Over bridge then L @ T	
47.8	Betws y coed - Free control. Get receipt from any café or shop. For fast control, Spar on R. Times: 09.36 - 11.12	

Leg 2 - Betws y coed to Tremadog		
47.9	Continue along A5	
	R imm before Cotswold Outdoor Rockbottom	
	R @ T	no \$
	Climb Crimea Pass & descend to Blaenau	
	2nd ex RBT (A496)	\$ Porthmadog
71.6	R @ T	\$ MAENTWROG
73.9	R @ T (A497)	\$ Porthmadog
74.5	1st R	\$ RHYD
80.7	R @ T	\$ Beddgelert
	Imm L	\$ TREMADOG
83.0	Cross Railway	Take Care!
83.4	L @ T	\$ Porthmadog A498
85.4	Control on L - Eric's Café. Times: 10.50 - 13.40	

Leg 3 - Tremadog to Aberdaron		
87.3	2nd ex RBT	\$ CRICCIETH A498
88.0	R @ T	\$ CRICCIETH A497
100.5	2nd ex RBT	\$ PWLLHELI
101.4	2nd ex RBT	\$ PWLLHELI
104.3	2nd ex RBT	\$ PWLLHELI
107.3	1st ex RBT	\$ Town Centre
107.5	1st L	\$ Abersoch
107.7	2nd ex RBT	
107.8	2nd ex RBT	\$ Abersoch
108.9	1st ex RBT	\$ Abersoch A499
113.9	R in LLANBEDROG	\$ MYNYTHO
121.6	L	\$ RHIW
127.3		
127.6	R @ T then Imm L	\$ NCN 43
129.6	R @ T	\$ NCN 43
132.9	To Aberdaron. Receipt from shop or café, PO shop beyond bridge. Times: 12.22 - 16.44	

Leg 4 - Aberdaron to Penygroes		
	Continue over bridge and climb hill	
139.3	L @ X	\$ Playground
140.5	Bear R	\$ Llangwanadl
155.1	L @ RBT B4417	\$ TUDWEILIOG
165.5	L @ RBT A499	\$ CAERNARFON
	cont thro PONTLYFNI	
176.6	R	\$ PENYGROES
179.4	L	\$ Ffordd Clynnon
179.7	Onto bridge over road	
179.8	Continue onto road in PENYGROES	
180.2	L @ T	
180.3	Control - Londis on R - obtain receipt.	
	Times: 13.52 - 19.44	

Leg 5 - Penygroes to Bangor		
	Continue along road from control	
182.2	2nd ex RBT, Imm L	\$ Lon Eifion NCN
182.3	R @ T	onto cyclepath
183.3	Continue through gates, cross road	
185.2	At chicane, continue on Lon Eifion path by RBT, cross A499 , then L thro gap	
	Continue thro gate, on cyclepath to end of path by station in CAERNARFON	
190.5	R @ T	onto road
190.7	1st ex RBT	\$ NCN5, castle
190.9	L @ T	around castle
191.3	1st ex mini-RBT	\$ 8'9" max
191.6	1st R	after arch \$ NCN5
180.3	1st ex mini-RBT	
191.9	1st ex mini-RBT	
192.0	L in car park onto cyclepath, thro chicane	
	Continue on path to RBT	
195.5	L @ RBT (2nd ex)	\$ Y FELINHELI
200.1	After \$ Llanberis on R, L onto cyclepath	
200.5	Cross A487 , proceed L up hill on cycle path	
201.3	At crest, R onto road	\$ Hospital
202.0	2nd ex mini-RBT	
202.8	1st ex mini-RBT	
204.2	1st ex mini-RBT, imm R	
204.8	R @ T	
205.0	2nd L	Halls Entrance
205	FINISH - Braint Common Room on RIGHT after halls reception. Times: 14.40 - 21.20	