

		Caernarfon - Tour 41 miles	Treborth-Caernarfon. Into the mountains and down to the sea.	
Stage	Total	Where	Notes	Elevation
0.00	0.00	Start	Leave campsite by main entrance.	177.17ft
0.22	0.22	T Junction	Turn right CARE on Treborth Road. Follow for half a mile.	246.06ft
0.43	0.65	Bus stop	Left through railing area. (Sustrans route 5/8) Small lane then left on road to mini roundabout	216.54ft
0.11	0.76	Mini roundabout	Right onto Penrhos Rd. Go over A55 .	239.50ft
0.46	1.22	T junction	Turn left and follow cyclepath down the left side of the road. (Route 8).	236.22ft
0.43	1.66	Major roundabout	Cross busy road before roundabout and continue on cyclepath on the right side of B4547. (Route 8)	118.11ft
0.26	1.92	Cross road	Route 8 crosses road. Leave cyclepath and follow the B4547 through Y Felinheli.	91.86ft
1.38	3.30	Bus shelter on the right	Just after passing bus stop on left, turn left into Brynffynnon Rd. Continue up the road ignoring turns.	118.11ft
0.26	3.56	Y Junction	Follow road left up hill through housing and past school on right.	170.60ft
0.26	3.82	T junction	Left SP Bethel. Continue through lanes passing new housing.	203.41ft
0.62	4.44	Left turn	Turn left towards Bethel. Continue through lanes.	239.50ft
0.67	5.11	T junction Bethel	Turn left on B4366. Continue through village.	252.62ft
0.54	5.65	Recycling area on right	Turn right at recycling area towards Llanrug.	318.24ft
1.39	7.05	Llanrug	Straight across A4086. Go to the right of Ystorfa Llanrug and follow Ffordd Glanmoelyn. (Butchers with cafe down Station Road to the left with good bacon butties)	393.70ft
0.19	7.24	Cross roads	Straight on and follow lanes	390.42ft
2.07	9.31	T Junction	Turn left on A4085	416.67ft
0.69	10.00	Waunfawr	Continue through village.	511.81ft
1.92	11.92	Snowdonia National Park Sign	Continue	429.79ft
1.90	13.82	Lake	Llyn Cwellyn	472.44ft
2.13	15.95	Rhyd Ddu	Just before the Cwellyn Arms turn right signposted Nantlle. (Good cafe Ty Mawr just along the A4085 and public toilets further along the A4085 at the station on the left. Turn back to rejoin the route.)	603.67ft
1.34	17.28	Summit of pass	Enjoy!	748.03ft
0.49	17.78	Drws y Coed		554.46ft
1.95	19.72	Nantlle	Continue through village.	357.61ft
0.48	20.21	Road bends sharp left	Bench on the right in a few hundred yards. Good view towards Snowdon summit on a clear day	344.49ft
1.80	22.01	Left turn in Talysarn	Turn left SP Penygroes on B4418 passing vineyard!	354.33ft
1.04	23.05	Ex-servicemans club on left	100 yards after club turn left into Victoria Rd. (Option - by the club there is a cyclepath that avoids the town and rejoins our route just before the cycle bridge)	364.17ft
0.12	23.17	Cross Roads by Coop	Straight across into Snowdon St. Small cafe in bakery on the left open Mon-Sat until 1.30. (Toilets along the road to the left in car park) .	344.49ft
0.15	23.32	War Memorial on right	Continue straight .	347.77ft

0.08	23.40	Cycle Bridge	Cross over A487 and ignore Route 8. Follow lane between houses.	337.93ft
0.28	23.68	T Junction	Turn right and go down the lane.	314.96ft
1.64	25.32	T Junction	Turn right on cyclepath on right hand side of A499.(metal chicane)	36.09ft
0.97	26.29	Glynllifon gateway	Right under gateway into estate and bear left to cafe, craft shops and toilets in the grounds	111.55ft
0.10	26.39	Left Turn	In a short distance right from Glynllifon cross busy road CARE and down lane on the left SP Llandwrog.	131.23ft
0.37	26.76	Harp Inn	Opposite the Harp turn right into Church Cottages. Follow road ignoring turnings.	62.34ft
2.30	29.06	Saron	Continue.	65.62ft
0.60	29.66	Left Turn	After a short hill turn left SP Y Foryd. Continue down to the sea.	78.74ft
0.85	30.51	Sharp right turn	Follow lane along Strait to Caernarfon.	6.56ft
2.61	33.12			19.69ft
0.15	33.27	Footbridge	Please walk across.	19.69ft
0.06	33.33	Castle	Turn left and follow road through the town walls.	22.97ft
0.13	33.46	Ice cream shop	The route turns left into Palace St between Palace Vaults and the Ice cream shop. (Straight leads to the Maes with all facilities).	49.21ft
0.13	33.59	Exit the Walls	After passing the Black Boy Inn exit the walls and continue straight on Balaclava Rd. (Route 8).	29.53ft
0.14	33.73	Galeri	After passing Galeri turn left and follow Route 8 around the Marina. The cyclepath follows the Menai Strait NE.	29.53ft
2.47	36.20	Roundabout	Cyclepath continues on shared use path.	65.62ft
1.17	37.37	End Cycle Path	Route 8 continues left along Beach Road.	98.43ft
0.48	37.85	Toilets	Go right and the immediately left on slate path. Signed Route 8.Continue through housing and past the marina.	26.25ft
0.47	38.32	T Junction	Turn left rejoining the outward route. Follow this back to Treborth.	114.83ft
2.79	41.10	Finish	Time for a panad.	177.17ft