

Bangor and North East (OS sheet 115) – Gentle ride – 26 miles

This varied ride (with just one steady hill) heads from the campsite along cycle paths and narrow lanes towards Bangor Pier and the resorts on the North coast.

Leaving the campsite through the Botanic Garden the route follows the old A5 into the city and past various university buildings. It follows alongside the water and down to the pier. It is not possible to ride along the pier but it is an interesting walk (small fee) along to the cafe, situated at the far end in the middle of the Straits, with magnificent views all round. Through Porth Penrhyn / Penrhyn Port the route rises gently following Lon Las Ogwen inland. Continuing around Penrhyn Castle (a destination in its own right) the ride heads for Tal y Bont and then through narrow lanes with a steady hill to Abergwyngregyn (cafe and toilets in the village.) The route continues along Sustrans Route 5 into Llanfairfechan which is a typical seaside village with cafes, shops, toilets and a pleasant promenade. Penmon Point and Ynys Seiriol / Puffin Island – the destination on the Ynys Môn East rides are visible across on the island. There is a small playground at the far end of the promenade (GR 684755). If more cycling is wanted then an extension is worthwhile following over and under some impressive (and expensive!) cycle bridges across the A55 to the next resort of Penmaenmawr. The ride returns to the campsite by reversing the route above.

Bangor and North East (OS sheet 115) – Touring ride – 41 miles

This varied ride heads from the campsite along cycle paths and narrow lanes to the World Heritage Site of Conwy with its walled town and castle then goes inland, over the Sychnant Pass, and back via cycle paths and lanes to Treborth.

Leaving the campsite through the Botanic Garden the route follows the old A5 into the city and past various university buildings. Through Porth Penrhyn / Penrhyn Port the route rises gently following Lon Las Ogwen inland. It next follows narrow hillier lanes to Abergwyngregyn (cafe and toilets in the village) and continues along Sustrans Route 5 into the small resorts of Llanfairfechan (facilities) and, over and under some impressive (and expensive!) cycle bridges across the A55 to the next resort of Penmaenmawr. Penmon Point and Ynys Seiriol / Puffin Island – destinations on the Ynys Môn East rides are visible across on the island. The ride runs along Route 5 into the impressively walled town of Conwy with its castle and bridges – built by Telford and Stephenson paralleling the two bridges over the Menai Straits. Conwy provides all facilities on and around the quay area including the 'Smallest House in Great Britain!' Leaving the town via the upper gate in the walls, the ride pulls up over the Sychnant Pass, (the route followed by the mail coaches when the tide was in - before the railway was opened!) and follows the lanes down and back along the coast. The route then goes towards the mountains and back down Lon Las Ogwen, over another fine new cycle bridge and back to Bangor and Treborth.

Bangor and North East (OS sheet 115) – Challenge ride – 55 miles

This magnificent ride circles round the Carneddau. From the port at Bangor it follows Lon Las Ogwen to Ogwen and Capel Curig. It continues along the A5, turns to climb over the hills above Betws y Coed and then down, via Trefriw, to the coast again at Conwy. From here it follows Sustrans Route 5 back to Bangor and the campsite.

Leaving the campsite through the Botanic Garden the route follows the old A5 into the city past various university buildings to the pier. Through Porth Penrhyn / Penrhyn Port it rises gently following the cycle path Lon Las Ogwen inland. On reaching Bethesda the ride threads its way through the Penrhyn slate quarries and finally up Nant Ffrancon to the new Ogwen Centre (facilities). It continues deep into the heart of the mountains to Capel Curig on the A5 as far as Ty Hyll / The Ugly House. A detour on a possibly busy A5 via Betws y Coed (facilities) can avoid a very steep hill (details on route sheet) but whichever way is followed the ride continues to Trefriw with its water powered woollen mill and spa. It then drops down to the World Heritage site of Conwy with its impressive Edwardian castle and walls. Conwy also has two bridges – built by Telford and Stephenson paralleling the two bridges over the Menai Straits. Conwy provides all facilities on and around the quay area including the 'Smallest House in Great Britain! Leaving Conwy the route returns along Sustrans Route 5, over some impressive (and expensive!) cycle bridges finally reaching Bangor and the campsite at Treborth.