

TRIP ITINERARY · CYCLING · ERYRI / SNOWDONIA, NORTH WALES

SNOWDONIA CYCLING WEEKEND

Two guided days on the finest roads in Eryri: the Llanberis Pass, Nant Gwynant and the Ogwen Valley, from a comfortable hotel in Llanberis.

3 days	2	83 miles	Hotels	★★★☆☆	April – October
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

The rugged peaks of Snowdonia have created some of the finest cycling roads in the UK. Ride out from our hotel in Llanberis each day and come back to the same comfortable room each night.

The rugged peaks of Snowdonia have created some of the finest cycling roads in the UK. Snowdonia National Park rises up from the sea in Northwest Wales, a vast expanse of vertiginous cliffs, thundering rivers and countless resident sheep – the scenery is simply breathtaking! The riding here is varied, from narrow and slightly undulating country lanes to challenging climbs on roads that carve their way through open expanses of craggy peaks. During this centre-based multi-day ride you'll experience the very best of this magnificent region from our hotel base in the sleepy mountain village of Llanberis.

★★★★★

"Tom and the team led us through the fantastic scenery of Snowdonia. Great routes, great support and great accommodation to come back to after a cracking day's riding."

Simon · Snowdonia Cycling Weekend, 2020

HIGHLIGHTS

- ✓ Breathtaking mountain scenery of Snowdonia National Park
- ✓ Conquering the mighty Pen y Pas (359m) at the foot of Yr Wyddfa (Snowdon)
- ✓ Visiting the picture-postcard village of Beddgelert
- ✓ Descending the exhilarating Llanberis pass
- ✓ Crossing impressive Menai Suspension Bridge onto Anglesey
- ✓ Relaxing in our comfortable, excellent quality hotel at the end of each day

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/snowdonia-cycling-weekend/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL EVENING | OVERNIGHT: LLANBERIS

DAY 1: MEET AT LLANBERIS HOTEL OR BANGOR TRAIN STATION

The trip begins in our hotel in Llanberis. If you're driving then we'll meet you at the hotel and give details on where to park. If you prefer to arrive by public transport we can meet you at Bangor train station (daily direct trains from London and other major rail hubs throughout the UK) to transfer you, your bikes and luggage to our hotel in Llanberis. At the hotel you will be met by the More Adventure team for a trip briefing and evening meal in preparation for tomorrow's ride.



2

38 MILES · 2,600 FT | OVERNIGHT: LLANBERIS

DAY 2: NANTLLE PASS, BEDDGELERT AND THE LLANBERIS PASS

After breakfast in our hotel, we'll begin our first ride of the trip. It begins by heading northwest towards Caernarfon to join the Lon Eifon, a scenic, paved traffic-free route that runs south alongside the Welsh Highland Way. At Penygroes we cut inland to our first climb of the day – the Nantlle Pass (aka Drws y Coed). It's a steady climb from the village of Nantlle, the road flanked either side by disused mining operations and striking rocky outcrops as we approach the summit. A fantastic descent leads to Rhyd Ddu (Black Ford) then onto Beddgelert, a popular tourist village whose name translates as Gelert's Grave in English. From Beddgelert we tackle the spectacular Nant Gwynant climb up to the Pen y Gwryd hotel where you'll be torn between pedalling and stopping for photos as the views back down the valley are simply stupendous.

The Pen y Gwryd hotel is steeped in mountaineering history as it was used as a base for many famous mountaineers training for the greater ranges, including Tenzing Norgay and Sir Edmund Hillary no less! From the hotel we'll tackle the final kilometre to Pen-y-Pass (359m) which is the starting point for most people climbing Snowdon. A definite highlight of the day is the road on the other side, the jaw-dropping descent of the Llanberis Pass, carving through a deep valley lined with vertigo-inducing cliffs. We pop out in Llanberis next to the stunning lake and make our way to our hotel for the evening.



3

45 MILES · 3,600 FT | TRIP ENDS

DAY 3: OGWEN VALLEY AND NANT GWYNANT

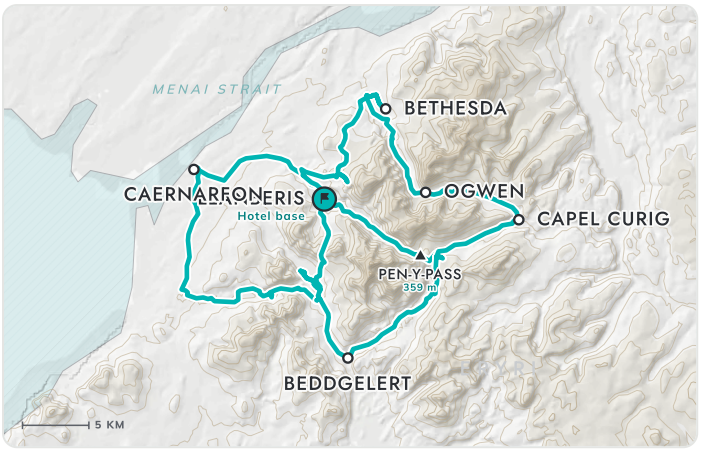


After a good night's rest we begin our second day cycling, a slightly longer route with a touch more ascent than the previous day. We'll cut inland through open farmland to Llanrug before. We begin with a pleasant warm-up along the banks of Llyn Padarn on a traffic-free cycle lane. At the northern end of the lake we begin our first climb of the day up through ancient woodland to the mountainous moors above Dinorwig. On a clear day there are incredible views of Snowdon and the Glyders. A short descent leads to the foot of the Ogwen Valley just south of Bethesda. It's impossible to ignore the presence of the once-thriving slate industry in this part of Wales. Welsh slate once "roofed the world", with huge global exports providing employment for many people of the region, many of which were employed in nearby Penrhyn quarry which we'll ride directly beneath. We turn off the main road and ascend the valley along Lon Las Ogwen (The Ogwen Trail), which mainly follows the route of the old railway line that brought slate down the valley from Bethesda slate quarry to the coast, where it was shipped around the world. It's a relatively gentle climb with two short and sharp sections near the top, but the views of the wide open valley behind are completely worth the effort. We'll stop briefly at Ogwen Cottage on the banks of the lake, where you'll see the shark fin peak of Tryfan towering above. On a clear day you can see Adam & Eve, two distinctive summit rocks that many people jump across when reaching the top of this mighty mountain.

From here we descend to Capel Curig then turn right back up to the Pen y Gwryd hotel, this time continuing straight to descend the road above Nant Gwynant. It's exhilarating, with immaculate tarmac, sweeping turns, and views that are difficult not to stop for. At Beddgelert we continue northwest towards Rhyd Ddu then ride along the beautiful banks of Llyn Cwellyn. On the way back we have an optional climb on a lesser-known road above Llanberis. On a clear day we'll enjoy views of the summit of Snowdon, down to magical Llyn Padarn below, the peaks of the Glyders beyond and the glistening sea in the distance behind us. After many photos and a breather we'll descend into Llanberis. Here the trip comes to an end and we say our farewells. If you're travelling by train, we'll transport your bikes and luggage to the train station for your onward journey.

THE ROUTE

TWO LOOPS FROM LLANBERIS



Day 2 · Llanberis → Llanberis	38 miles
Day 3 · Llanberis → Llanberis	45 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader(s)
- ✓ Support vehicle (for larger groups)
- ✓ Snacks and water whilst riding
- ✓ 2 x night's hotel accommodation (twin sharing)
- ✓ 2 x breakfasts
- ✓ Bicycle and luggage transfer from/to Bangor (if required)
- ✓ GPX files of the full route (emailed when the trip is confirmed)

NOT INCLUDED

- × Bicycle and helmet
- × Transport to and from start and finish points
- × Taxi/bus from Bangor to Llanberis (if required)
- × Evening meals, lunches, drinks and personal snacks
- × Travel/bicycle Insurance

Small groups: Runs for as few as two people. If the dates don't suit, ask about private dates.

Getting there: Drive to Llanberis, or take the train to Bangor and we'll transfer you, your bike and luggage.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which will be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle. You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. You will need to get some hill practice in! A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

WEATHER

The weather in North Wales is variable throughout the year and in a single day you can experience all four seasons. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. Whilst North Wales has its fair share of good weather, it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

HEALTH

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments. It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

INSURANCE

We recommend that you obtain personal travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and as a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off. Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

MONEY

Lunches tend to cost between £5 and £10, evening meals between £10 and £20 each. You will need British pounds sterling to spend in Wales.

ACCOMMODATION

Accommodation for this trip is in an excellent quality hotel in Llanberis which has hot water showers, excellent amenities and secure bicycle storage. It is based upon twin sharing.

FOOD

Breakfast will vary each morning but will generally consist of continental-style with some hot food items, hot drinks and juices. Lunches will be eaten in local cafes along the way featuring some fabulous local food and drinks. We will also be stopping at shops and cafes along the way for you to buy snacks and drinks. Lunches, evening meals and drinks are not included in the price and we will eat out as a group at a local cafe/restaurant.

EQUIPMENT

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable. Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs. You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Continental Grand Prix 4 Season Schwalbe Durano Plus). We do not provide helmets but it is essential you bring your own to wear. If you wish to hire a bicycle instead of bringing your own then please get in touch. If you choose to hire we will visit the hire shop on Day 1 to pick your bike up and the More Adventure team will drop it back off on the final day.

CLOTHING

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weather. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to "have and not need than to need and not have"!

LUGGAGE

All luggage will remain in the hotel as you cycle but you will need to carry inner tubes, snacks and water. The support vehicle will however also be on hand to carry further spares and layers whilst cycling if required. Bike boxes and bags will be transported to the hotel upon arrival.

LEADERS

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, for larger groups another leader drives a support vehicle offering assistance where necessary. This trip will run on a minimum number of 4 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

HOW TO BOOK

1. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.