

TRIP ITINERARY · MOUNTAIN BIKING · ERYRI / SNOWDONIA, WALES

TRAWS ERYRI BY MOUNTAIN BIKE

Cross Eryri National Park from Machynlleth to Conwy: 138 miles of forest tracks, mountain passes and rocky singletrack in four days.

5 days

DURATION

4

DAYS RIDING

138 miles

DISTANCE

Hotels

ACCOMMODATION

★★★★★

DIFFICULTY

May –
September

SEASON

OVERVIEW

Traws Eryri, Welsh for 'Trans Snowdonia', crosses the wild heart of the National Park from Machynlleth to the medieval walled town of Conwy.

The Traws Eryri is one of the most exhilarating multi-day mountain bike adventures in the UK, traversing the wild heart of Eryri (Snowdonia) National Park from the historic town of Machynlleth to the medieval walled town of Conwy on the North Wales coast. Over four incredible days in the saddle you'll cover 138 miles of forest trails, ancient tracks and rocky singletrack, with over 4,400 metres of climbing — the equivalent of scaling Snowdon from sea level more than four times. The Traws Eryri route is not for the faint-hearted, but for riders ready to take it on, the rewards are extraordinary: jaw-dropping mountain passes, the legendary trails of Coed y Brenin, the eerie beauty of Llyn Trawsfynydd reservoir and a triumphant final descent to Conwy Castle. With More Adventure taking care of all the logistics — hotels, luggage transfers, support vehicle and expert guiding — all you need to do is show up, get on your bike and ride one of Wales's greatest journeys.

HIGHLIGHTS

- ✓ The Ffordd Ddu pass and views over the Mawddach Estuary
- ✓ The trails of Coed y Brenin
- ✓ Llyn Trawsfynydd reservoir
- ✓ The singletrack of Penmachno and Gwydir Forest
- ✓ The final climb over Conwy Mountain
- ✓ Finishing at Conwy Castle and quay

DATES & BOOKING

See the latest dates, availability and book online at

moreadventure.co.uk/event/traws-eryri-trans-snowdonia-mountain-bike/

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

DETAILED ITINERARY

1

ARRIVAL EVENING

OVERNIGHT: MACHYNLLETH

DAY 1: ARRIVAL IN MACHYNLLETH

Welcome to Machynlleth — once the ancient capital of Wales and the gateway to Eryri National Park. This evening you'll check in to your hotel, meet your guide and fellow riders over a group dinner, and get properly briefed on the four days of incredible mountain biking ahead. It's the perfect opportunity to go over the route, check your kit, sort out any last-minute questions and get excited — because tomorrow the real adventure begins. Get an early night; you'll be glad you did.



2

35 MILES • 1,400M

OVERNIGHT: DOLGELLAU

DAY 2: MACHYNLLETH TO DOLGELLAU

From Machynlleth's famous clock tower you head north through Dyfi Forest and up onto the ancient mountain pass of Ffordd Ddu, where the effort of the climb is rewarded with a staggering panorama over the golden Mawddach Estuary, Cadair Idris and the peaks of northern Eryri stretched out before you. The first day sets the tone immediately — this is rugged, remote, demanding mountain biking at its very best. After a thrilling descent through the Arthog and Mawddach Trail, you roll into the charming market town of Dolgellau, tired, exhilarated and already looking forward to tomorrow. Be under no illusions though — the climbing today is serious, and the technical descents require your full focus throughout.



3

27 MILES • 1,100M

OVERNIGHT: TRAWSFYNYDD

COED Y BREIN

DAY 3: DOLGELLAU TO TRAWSFYNYDD

The shortest day on the route but every bit as spectacular. You leave Dolgellau and head north through Coed y Brenin, the spiritual home of mountain biking in the UK, before climbing into raw, open slate country where the landscape feels ancient and utterly wild. The day's standout moment comes as you crest a ridge and the vast expanse of Llyn Trawsfynydd reservoir appears below — a moody, shimmering lake watched over by the hulking silhouette of Wales' decommissioned nuclear power station on the far shore. It's one of the most surreal and memorable sights on the entire route. Descend to your overnight stop in Trawsfynydd feeling like you've genuinely earned the evening ahead.



4

42 MILES • 1,200M

OVERNIGHT: BETWS-Y-COED

PENMACHNO

DAY 4: TRAWSFYNYDD TO BETWS-Y-COED

The big one. Today is the longest and most demanding day of the trip, and also the most varied and rewarding. The route climbs past the Roman remains of Castell Tomen y Mur, pushes through remote and exhilarating terrain to the legendary singletrack trails of Penmachno, then dips into the beautiful Lledr Valley before one final climb into the enchanting Gwydir Forest. By the time Betws-y-Coed appears in the valley below you'll have ridden through landscapes that feel genuinely untouched and earned every single metre of descent. Betws-y-Coed is a brilliant overnight stop — full of great pubs and restaurants — and a wonderful place to reflect on what has been a truly epic day in the mountains.



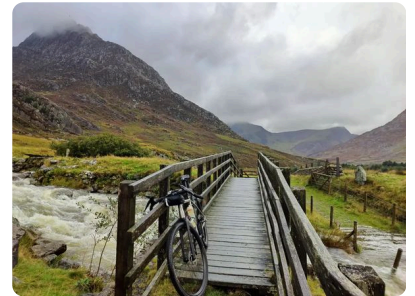
5

34 MILES • 950M

THE FINISH!

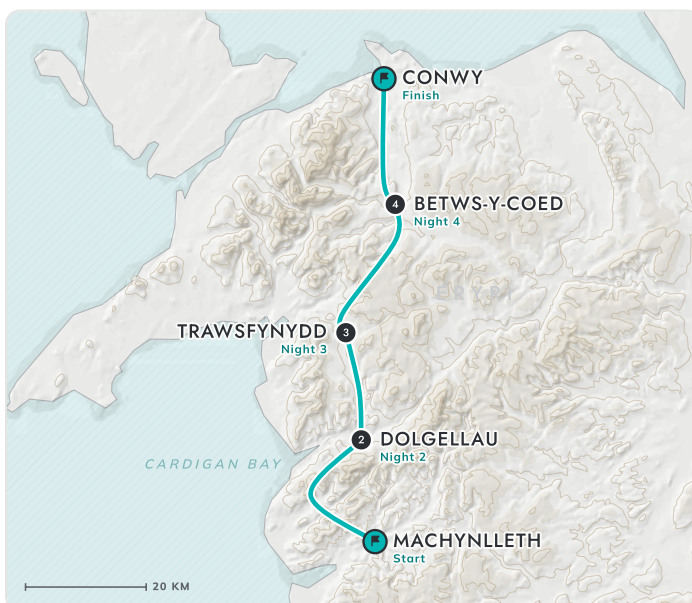
DAY 5: BETWS-Y-COED TO CONWY — TRIP ENDS

The final day begins with coffee in Betws-y-Coed and the knowledge that Conwy is within reach — but Eryri has one last surprise in store. Leaving town you head into Gwydir Forest for flowing descents and short punchy climbs before the landscape opens up and the Irish Sea appears on the horizon for the first time. Between you and the finish stands Conwy Mountain — one last breathtaking climb — but the reward is extraordinary: sweeping views over the Menai Strait and Anglesey, followed by a glorious final descent into the medieval walled town of Conwy. Ride to the quayside, touch the water, take the photo. You've crossed Eryri. Congratulations!



THE ROUTE

MACHYNLLETH TO CONWY



Day 2 • Machynlleth → Dolgellau **35 miles**

Day 3 • Dolgellau → Trawsfynydd **27 miles**

Day 4 • Trawsfynydd → Betws-y-Coed **42 miles**

Day 5 • Betws-y-Coed → Conwy **34 miles**

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

GRADE: CHALLENGING ★★★★★

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

INCLUDED

- ✓ Professional cycle leader
- ✓ Support driver & bicycle mechanic
- ✓ Support vehicle throughout
- ✓ 4 x nights hotel accommodation (min 3*) throughout*
- ✓ 4 x breakfasts
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Risk assessments and event insurance

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

This is a challenging route for experienced, confident mountain bikers comfortable riding varied, technical terrain for five or more hours a day, with steep climbs, rocky descents and some remote sections where you may need to push.

WEATHER

Eryri's weather is famously changeable, with rain, wind and cold possible even in summer, especially on high ground. Come prepared for all conditions; we'll send a kit list when you book.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

NOT INCLUDED

- ✗ Bicycle and helmet
- ✗ Evening meals, drinks and personal snacks
- ✗ Getting to/from start/finish locations*
- ✗ Personal travel insurance

Single room: +£200, added when you book.

Getting there: Machynlleth has a station on the Cambrian Line; ask us about getting your bike to the start.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

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

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Email info@moreadventure.co.uk

Web [moreadventure.co.uk](https://www.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.