



GUIDED BIKE RIDES* IN SNOWDONIA 2019

New for 2019 are our Guided Rides. We are offering a range of guided rides on selected dates through the spring and summer of 2019. Our qualified and experienced Guides will help you to enjoy riding on lanes, tracks and trails in a variety of locations in Snowdonia and the Gwydir Forest.

Perhaps you are not familiar with the area, or want to challenge yourself but need some support, or don't like riding alone or want to enjoy the company of others. Take a look at our choice of rides listed below and give us a call to see if they are suitable for you.

Rides are of varying level and difficulty (see descriptions below) but none would be described as easy. You can hire our Hardtail bikes. E Hard tail bikes or use your own bike (if it is suitable). We need a minimum number of 4 people on each ride so we will take enquiries and confirm later. Payment will be taken when bookings are confirmed and joining instructions provided.

Bookings can also be taken for Guided Group rides on these or any other ride you may wish to do on any date you may wish. Please call or e mail to discuss and we can give you a quotation.

We also offer self guided rides where provide bikes, maps, instructions and back up support. Take a look at our cafe rides which have been mapped out for you with a number of the cafes offering 10% discount on food and drinks.

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RIDE 1 Carneddau and Conwy Mountain	Monday 6 th May Sunday 9 th June Saturday 7 th September	This route involves off road riding over open moors, tracks and hillside, The start is high in the hills above Rowen and is mainly downhill to Conwy with some steep rough downhill sections. Return to Rowen via quiet lanes for a semi circular route avoiding any big ascents! Driver/Car/bike transfers are involved and this is included in the prices. Cafes and pubs in Conwy.	20 miles 30km (12 miles/20 km off road and 8 miles/12 km on roads and lanes 6/7 hours including transfers	Hard –Technical Moderate = Physical Fitness	Minimum 4 Maximum 8	£70 including bike MTB hire £90 including E MTB bike hire £50 with own bike Bike and driver transfers included
RIDE 2 Capel Curig to Porth Penrhyn via Lon Las Ogwen	Friday 19 th April 2019 Tuesday 23 rd July Thursday September 5 th	This route follows the impressive scenery of the Ogwen valley through slate quarries along the old slate railway/Lon Las Ogwen cycle way to Porth Penrhyn. The route is one way, mainly traffic free and downhill and involves bike/car/driver transfers. Cafes and pubs en route.	20 miles 30km mainly on rough track, lanes and disused railways line 5 hours including transfers	Moderate/Easy technical and fitness	Minimum 4 Maximum 12	£55 including MTB bike hire £75 including E MTB bike hire £40 with own bike Bike and driver transfers included
RIDE 3 Sarn Helen Dolwyddelan and Capel Curig loop	Saturday 20 th April 2019 Sunday 23 rd June 2019 Friday 23 rd August	This is a great off road route taking in the old roman road Sarn Helen and from Betws Y Coed returning along a byway to Capel Curig and back. Mainly on tracks and lanes it involves some significant ascents and descent and one fairly technical section (which can be walked) It is great for e bikes. One of our favourite cafes can be visited en route. This route can be muddy and wet.	15 miles (23 km) mainly on rough track, forest road and lanes 4+ hours depending on cafe stops	Moderate - technical and fitness	Minimum 4 Maximum 8	£60 including MTB bike hire £80 including MTBE bike hire £40 with own bike



RIDE 4 Gwydir Mawr (Marin) trail	Sunday 26 th May 2019	This red single track route 25km of ascent and descent in the Gwydir Forest. It includes several sections of single track trails with burms, jumps, north shore, roots and features and forest fire road . Although route finding is relatively easy the route is best done with others . Start and finish at Saw bench car park	18 miles (25 km) mainly rough single track and forest fire road	Red – Very Hard – technical and fitness	Minimum 4 Maximum 8	£60 including MTB bike hire £80 including MTBE bike hire £40 with own bike
	Saturday 20 th July 2019					
	Sunday August 4 th 2019					
RIDE 5 Penmachno Bike trail Dolen Macho and Dolen Eryri	Monday 22 nd April 2019	This red single track route 30km of ascent and descent in the Gwydir Forest at Penmachno It includes several sections of single track trails with burms, jumps, north shore, roots and features and forest fire road . Although route finding is relatively easy the route is best done with others. Start and finish at the main car park just outside Penmachno village	30 KM (30 miles) mainly rough single track and forest fire road . Can be wet and muddy	Red – Very Hard – technical and fitness	Minimum 4 Maximum 8	£60 including MTB bike hire £80 including MTBE bike hire £40 with own bike To include bike transfer to Penmachno
	Sunday 18 th August 2019					
	Saturday 14 th September					
RIDE 6 Dolen Eryri Penmachno second loop, Ty Mawr, return to Betws Y Coed	Sat 25 th May 2019	This route starts at the second loop of the Penmachno trail and takes in some single track trail with forest fire road. It involves an uplift to the start and car collection at the end . The route involves returning to Betws through pretty lanes and steeply descending tarmac lanes.	20 km (14 miles) Rough single track and forest fire road . Quiet Lanes, bike and rider drop off included	Hard – Technical Moderate – fitness	Minimum 4 Maximum 8	£50 including MTB bike hire £70 including MTBE bike hire £35 with own bike To include uplift for bikes
	Saturday 29 th June 2019					
	Friday 9 th August					



RIDE 7 Treffiw to Llyn Crafnant over to Llyn Sarnau/Nant BH and return via Llanwrst **	Saturday 4 th May 2019	This route involves some climbing on road and forest track. It is mainly on forest fire track, road and lanes. An optional circuit of Llyn Crafnant can be included. A great circular route with views and lovely forest landscape	34 km (24 miles) Lanes, tracks and forest fire road involving some ascent and descent	Moderate/Hard Fitness Moderate – Technical	Minimum 4 Maximum 10	£50 including MTB bike hire £70 including MTBE bike hire £35 with own bike to include transfers to Treffiw
	Wednesday July 31 st 2019					
	Tuesday 27 th August 2019					
RIDE 8 Circuit of Llyn Elsi **	Friday 31 st May 2019	This circular route is a pleasant ride taking in forest fire roads from Betws Y Coed to Llyn Elsi and return. It involves some sustained climbing and exciting downhill sections but these can be walked if necessary.	12 km (8 miles) Mainly forest fire road involving some climbs and descents	Easy – technical Moderate - fitness	Minimum 4 Maximum 10	£40 including MTB bike hire £60 including EMTB bike hire £30 with own bike
	Saturday 3 rd August 2019					
	Thursday 22 nd August					
RIDE 9 Betws y Coed to Ysbtly Ifan and return via Penchmacho	Saturday 6 th July 2019	This route follows lanes and tracks through beautiful quiet countryside avoiding main roads. Starting and ending in Betws Y Coed, the route is mainly on quiet lanes many of which can be hilly .	24km (16 miles) Quiet lanes and rough tracks involving some ascent and descent	Easy – technical Moderate to hard - fitness	Minimum 4 Maximum 10	£50 including MTB bike hire £70 including EMTB bike hire £35 with own bike
	Sunday 1 st September 2019					
	Monday 5 th August					



RIDE 10 Llyn Colwyd Loop	Sunday 28 th April	Although fairly short this ride is technical and requires some stamina. Starting in Capel Curig and taking in Llyn Cowlyd and Llyn Crafnant the scenery and landscape is spectacular (but hilly!)	25 km (16.6 miles) Rough tracks and technical trails. Remote location and wild landscape. . Sustaining climbing	Red – Very Hard – technical and fitness	Minimum 4 Maximum 8	£60 including MTB bike hire £80 including MTBE bike hire £40 with own bike
	Sun 2 nd June					

RIDE DIFFICULTY DESCRIPTION

Cycling in the Conwy Valley and Gwydir Forest can be challenging, this is why you might be choosing to ride with one of our Mountain Bike Guides. In addition to the length of the ride, they may involve hills, rough uneven surfaces, mud and puddles and some areas may be difficult to navigate.

Generally the area does not have much for the inexperienced cyclist. Using an electric bike can take the challenge out of some of the hills but more care may be needed descending on the rough and muddy tracks. You may decide to participate in these rides on your own bike or to hire one of ours. If you use your own bike we may need to check that it is suitable for the ride in question. All our rides include some off road cycling on rough tracks.

When booking rides you can expect to be asked about your previous cycling experiences and level of fitness. Our Guides are experienced at leading groups of fairly mixed ability but we do attempt to ensure that people are booking onto rides which should be within their capabilities. To help decide this our rides are colour coded according to the level of technical or physical difficulty



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2019*

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April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	2	3
21	5	23	24	25	26	27
10	29	30				

May

S	M	T	W	T	F	S
			1	2	3	7
5	1	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	6
4	27	28	29	30	8	

June

S	M	T	W	T	F	S
						1
10	3	4	5	6	7	8
1	10	11	12	13	14	15
16	17	18	19	20	21	22
3	24	25	26	27	28	6
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	9
7	8	9	10	11	12	13
14	15	16	17	18	19	4
21	22	2	24	25	26	27
28	29	30	7			

August


S	M	T	W	T	F	S
				1	2	8
4	9	6	7	8	6	10
11	12	13	14	15	16	17
5	19	20	21	8	3	24
25	26	7	28	29	30	31

September


S	M	T	W	T	F	S
9	2	3	4	2	6	1
8	9	10	11	12	13	5
15	16	17	18	19	20	21
22	23	24	25	26	27	10
29	30					


 EASY – Technical
MODERATE – Physical Fitness

 EASY – Technical
MODERATE TO HARD – Physical Fitness

 MODERATE – Technical
MODERATE – Physical Fitness

 MODERATE – Technical
MODERATE/HARD – Physical Fitness

 HARD – Technical
MODERATE – Physical Fitness

 VERY HARD – Technical
VERY HARD – Physical Fitness

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