



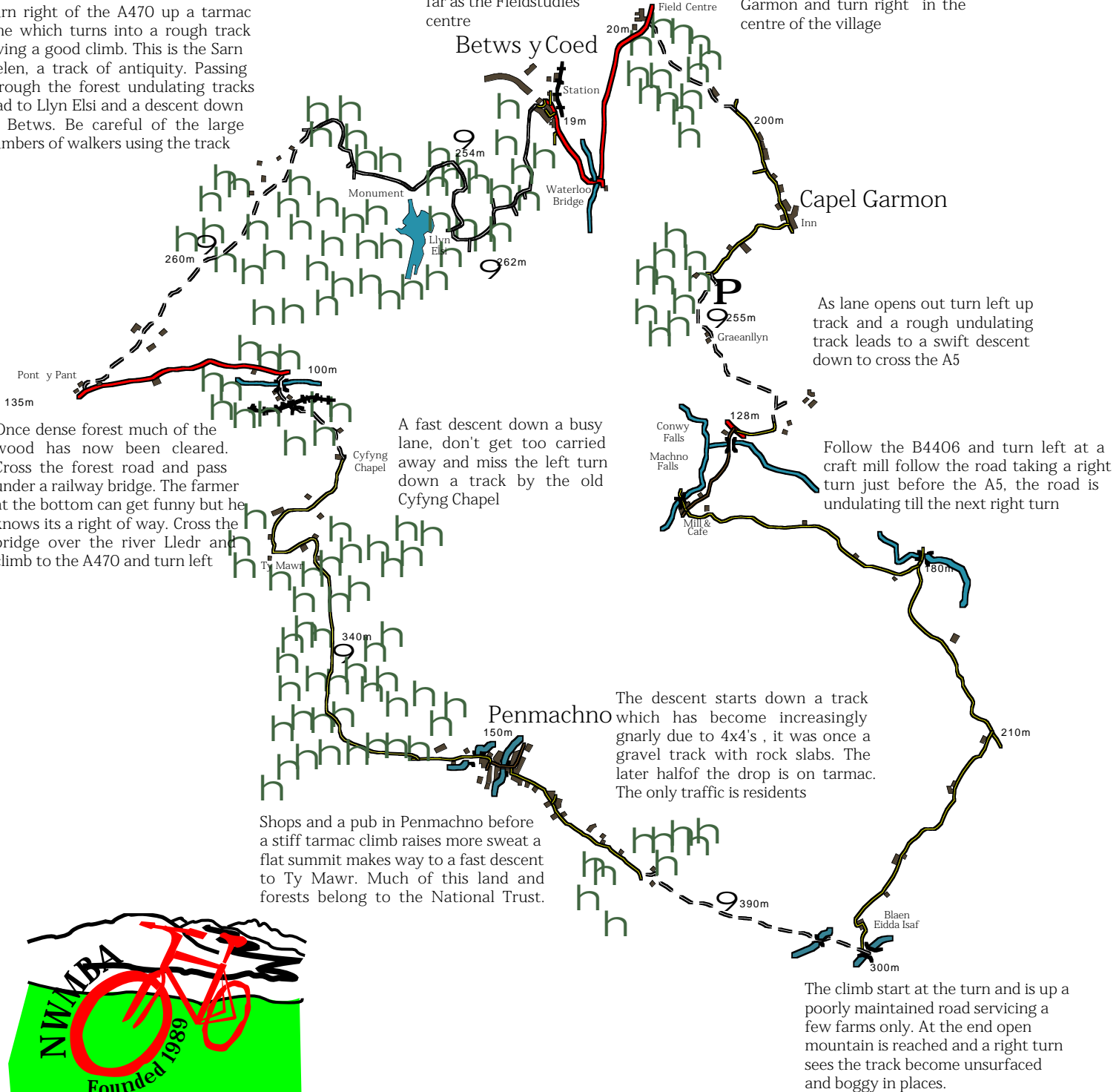
A hilly ride around Gwydyr forest

North Wales Mountain Bike Assoc <http://www.nwmba.demon.co.uk>

Turn right of the A470 up a tarmac lane which turns into a rough track giving a good climb. This is the Sarn Helen, a track of antiquity. Passing through the forest undulating tracks lead to Llyn Elsi and a descent down to Betws. Be careful of the large numbers of walkers using the track

Start from Betws, cross the Waterloo Bridge and turn left up the A 470 as far as the Fieldstudies centre

Turn right and climb up a rough track and head onto Capel Garmon and turn right in the centre of the village



Once dense forest much of the wood has now been cleared. Cross the forest road and pass under a railway bridge. The farmer at the bottom can get funny but he knows its a right of way. Cross the bridge over the river Lledr and climb to the A470 and turn left

A fast descent down a busy lane, don't get too carried away and miss the left turn down a track by the old Cyfyng Chapel

As lane opens out turn left up track and a rough undulating track leads to a swift descent down to cross the A5

Follow the B4406 and turn left at a craft mill follow the road taking a right turn just before the A5, the road is undulating till the next right turn

The descent starts down a track which has become increasingly gnarly due to 4x4's, it was once a gravel track with rock slabs. The later half of the drop is on tarmac. The only traffic is residents

Shops and a pub in Penmachno before a stiff tarmac climb raises more sweat a flat summit makes way to a fast descent to Ty Mawr. Much of this land and forests belong to the National Trust.

The climb start at the turn and is up a poorly maintained road servicing a few farms only. At the end open mountain is reached and a right turn sees the track become unsurfaced and boggy in places.

