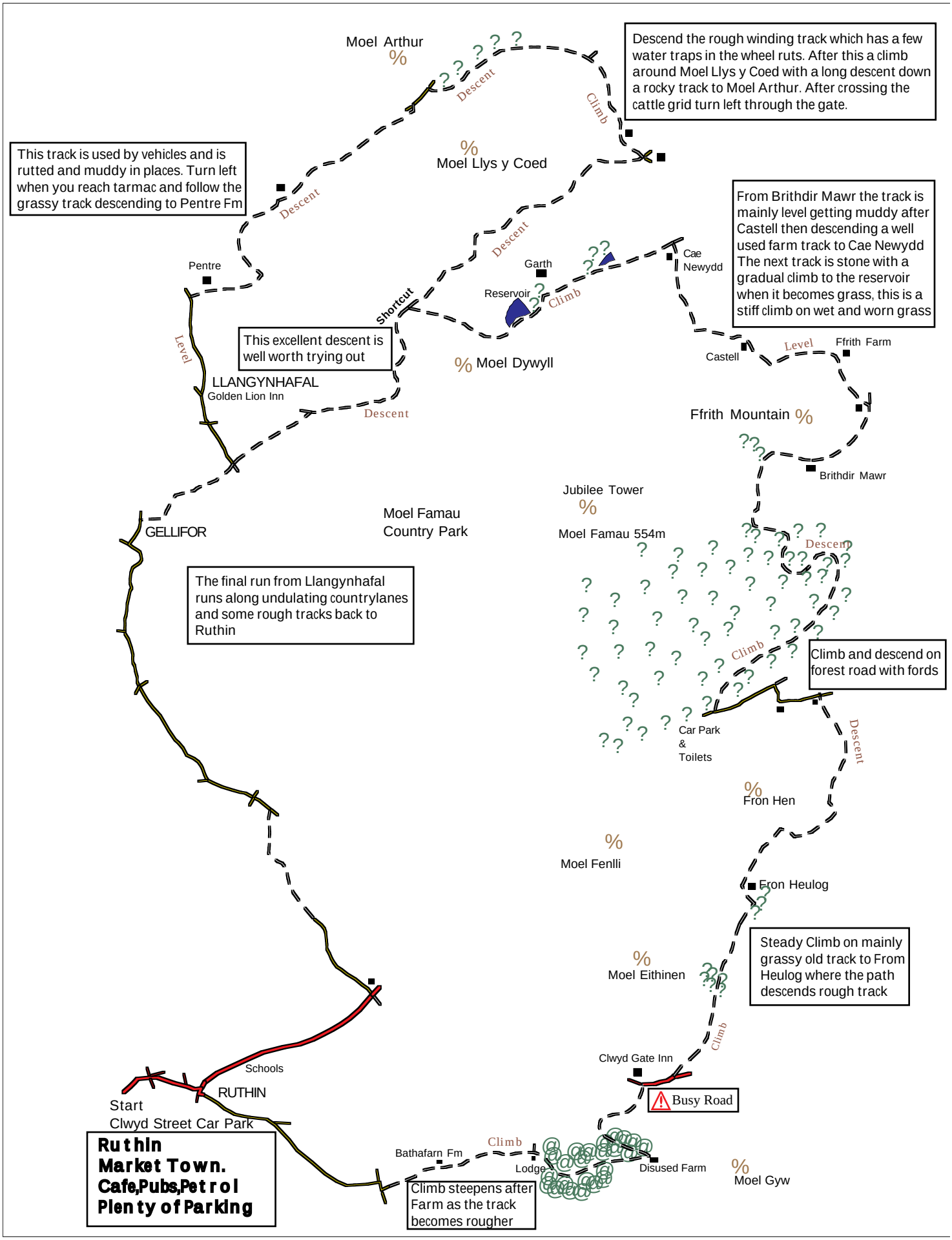
Moel Arthur
Descend the rough winding track which has a few water traps in the wheel ruts. After this a climb around Moel Llys y Coed with a long descent down a rocky track to Moel Arthur. After crossing the cattle grid turn left through the gate.
Descent
Climb
Moel Llys y Coed
This track is used by vehicles and is rutted and muddy in places. Turn left when you reach tarmac and follow the grassy track descending to Pentre Fm
Descent
Pentre
Garth
Reservoir
Climb
Cae Newydd
From Brithdir Mawr the track is mainly level getting muddy after Castell then descending a well used farm track to Cae Newydd The next track is stone with a gradual climb to the reservoir when it becomes grass, this is a stiff climb on wet and worn grass
Shortcut
Descent
Level
This excellent descent is well worth trying out
Moel Dywyll
Castell
Level
Ffrith Farm
LLANGYNHAFAL
Golden Lion Inn
Descent
Ffrith Mountain
Brithdir Mawr
Jubilee Tower
Moel Famau 554m
Moel Famau Country Park
GELLIFOR
Descent
The final run from Llangynhafal runs along undulating countrylanes and some rough tracks back to Ruthin
Climb
Climb and descend on forest road with fords
Car Park & Toilets
Descent
Fron Hen
Moel Fenlli
Fron Heulog
Steady Climb on mainly grassy old track to From Heulog where the path descends rough track
Moel Eithinen
Climb
Clwyd Gate Inn
Busy Road
Schools
RUTHIN
Start
Clwyd Street Car Park
Ruthin
Market Town.
Cafe,Pubs,Petrol
Plenty of Parking
Climb
Bathafarn Fm
Lodge
Disused Farm
Moel Gyw
Climb steepens after Farm as the track becomes rougher