



Summary

Though not technically difficult, still not a ride for the faint hearted. Nine hundred metres of ascent over twenty six kilometres will leave most riders feeling a little weary at the end of the day.

The Upper Ceiriog loop uses old roads, high green lanes and some cheeky singletrack to take the rider both high and low in this quiet and remote corner of Wales.

Llanarmon Dyffryn Ceiriog 

Expert 

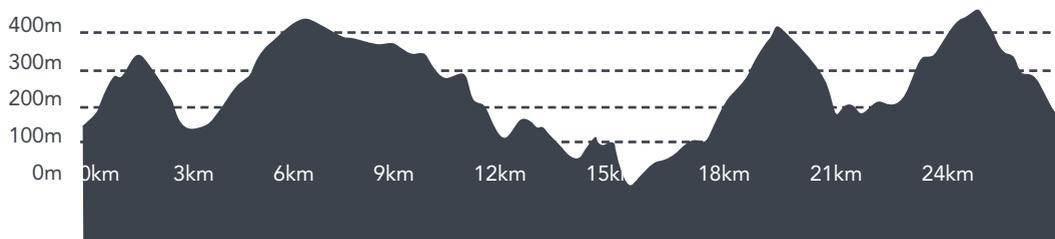
Difficulty 

26 km 

900m 

3-5 hrs 

Explorer 265 

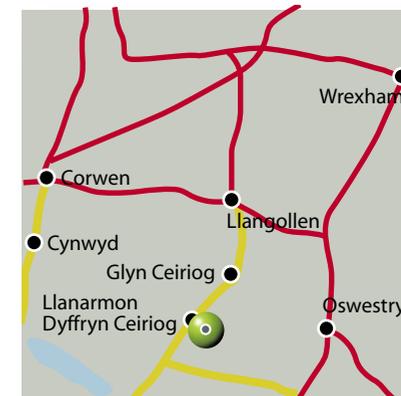


Start Point

Start in the small village of Llanarmon Dyffryn Ceiriog just a few miles south of Llangollen or West of Oswestry and at the end of the B4500.

Start

From the village head up the lane opposite the West Arms, passing the church and going steeply up to the crest of the hill.



Local Services

Services in the area are very spread out and you might find yourself having to drive a fair way if you need to fix your bike. As for other services though, you will find plenty of friendly hotels, pubs and cafés in the area. If you do feel the need to head for where the crowds congregate then Bala is the place for you. Otherwise it just adds to the attraction of the area that it's so hard to spend your money!

Food & Drink

The Visitor & Craft Centre at Lake Vyrnwy has several cafes which include the friendly little Caffi Hen Ysgubor and a bike hire shop (01691 870377) next to the Tourist Information Centre. If you fancy something a bit grander, just across the dam wall is the Lake Vyrnwy Hotel with pub and tea shop attached.

The Tanat Valley Inn in Llangynog is a great pub with good old fashioned food or to fill up after a ride and down the road in Llanrhaeadr ym Mochnant there are pubs, cafes and a shop. The tea rooms at Pistyll Rhaeadr make a good midway point for route combos, and practically every village has the regulation local pub serving good old pub grub.

Bike shops & Hire

R.H Roberts Cycles on the High St in Bala www.rhroberts-cycles.co.uk 01678 520 252

Oswestry and Shrewsbury have several bike shops including Stuart Barkley Cycles in Oswestry. 01691 658705

Accommodation

There is basic camping at Pystyll Rhaeadr if you want to be in the heart of things or plenty of more up market camping around Bala.

Plenty of self catering accommodation is available at Rhos y Gwalia Outdoor Centre, with local knowledge from mountain bike riding owners Sam and Simon, www.rygoutdoor.co.uk 01678 520395

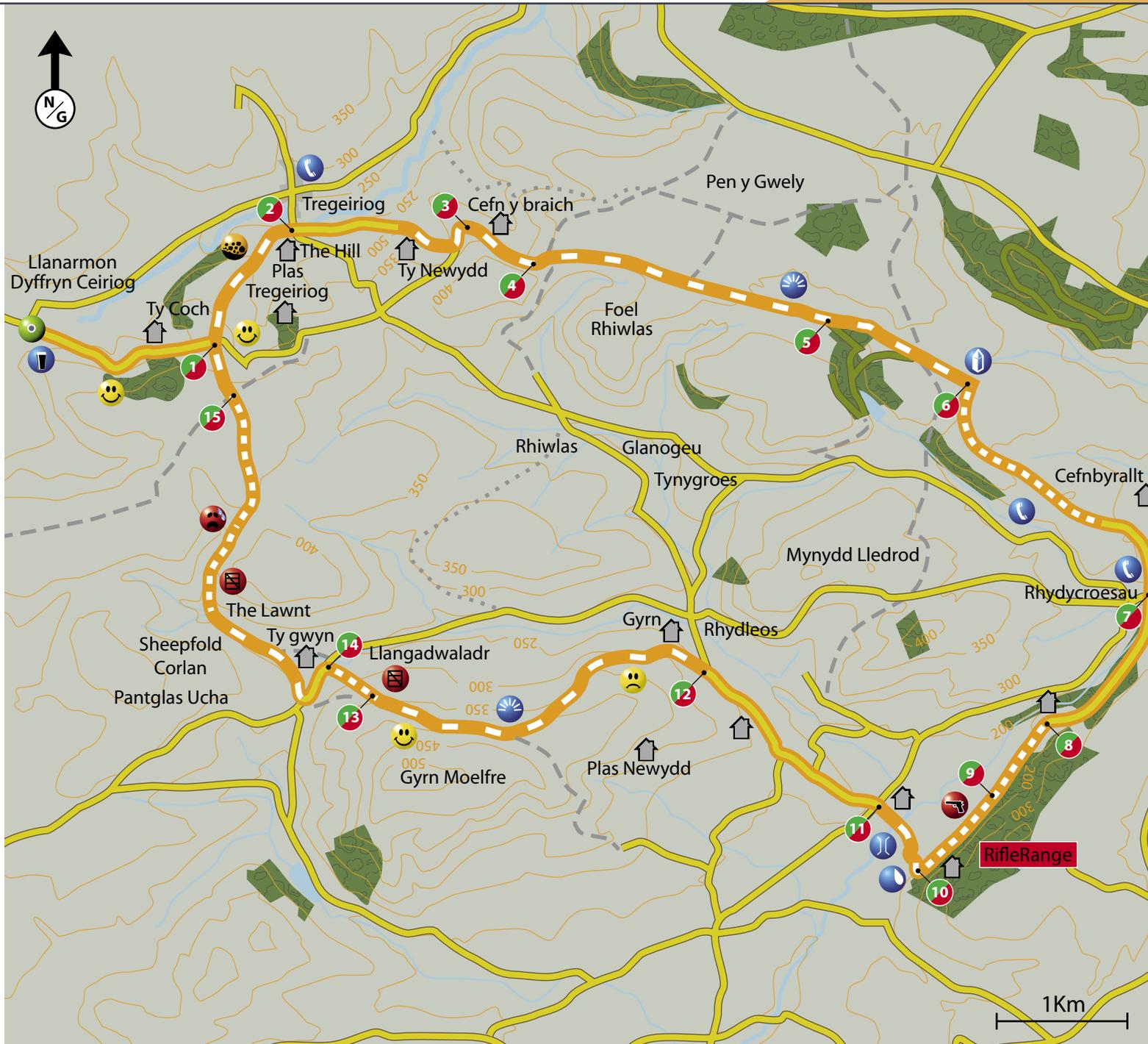
The Oaks B&B near the Vyrnwy visitor centre is well located and bike friendly.

www.vyrnwyaccommodation.co.uk 01691 870250

In the Tanat Valley, The New Inn at Llangynog does B&B (01691 860229), as does The Wynnstay Arms in Llanrhaeadr (01691 780210).

Useful Contacts

Lake Vyrnwy Tourist Office 01691 662488
www.mid-wales-tourism.org.uk
www.bala-snowdonia.com



Route Description

1 Crest of hill

Just after the crest of the hill is a stony crossroad with lanes going off on both sides. Turn left and hang on for real yeehaa ride down hill.

2 Minor Road Crossing

At the bottom of the lane, cross a minor road and go straight on along a small tarmac lane. As you continue this lane becomes rougher and rougher, eventually turning into a dirt track by a farm. Continue past the farm, through a gate and up the dirt track.

3 Fork / Tarmac Lane

At the signposted fork carry on left along the dirt lane, soon passing another farm and then arriving at a fork in the track.

4 Fork in Track / 'Llwybr Beicio Ceiriog' signpost

Go right at the fork and continue all the way along the desolate moorland track until the trail forks just before a forest. This section of the trail can be a lot of fun with a choice of lines on the rutted track and a host of watersplashes en-route.

5 Indistinct Fork

Just before the trail dips down to the small forest is an indistinct fork. Go left off the bigger trail and along the smaller dirt track towards the dip in the skyline. Continue to the big stone border marker.

6 'Cymru / Lloegr' Marker Stone

You have now just left Wales and are entering England briefly. Go right at

the sharp bend in the track just after the marker stone. Continue on down here, through several gates, for some very enjoyable descending following the Upper Ceiriog Way. When the track turns into tarmac continue down, keeping right at a fork to reach the crossroads at Rhydycroesau.

7 Rhydycroesau Crossroad

Go straight on and after just a 100 metres take the small lane on the right to Pen y Dyffryn Country Hall Hotel. Pass the hotel and continue along the minor road into the forest. Once in the forest heed the signs and stay on the tarmac until it ends abruptly at a house.

8 House / Wooden Gate

Go through the wooden gate and into the trees to follow a small trail along the edge of the woods. This can get very overgrown at the height of summer.

9 Firing Range

Occasionally this section of trail is closed or firing on the adjacent range. There will be red flags up if firing is going on.

10 House

As you reach a house on the left the trail widens out again. Continue down to a gate and military firing sign and double back right on yourself down a small wet lane. Go through a ford (there is a small bridge hiding on the right) and up to the main road.

11 Main Road Junction

Go across the main road and up a minor road towards Rhydleos and Llangadwalader. Go along the lane for 1.7km to reach a stony track going off left.

12 Rough Track

Go left up the stony track. Just up from the start of the track is a green letter box with 'Gyrn' written on it. The track starts off steeply and then turns into a steady climb up Gyrn Moelfre. There may be a few dummy spitting moments on this climb, but just remember that what goes up must also go down! And indeed at a spectacular high point by the gate the trail does eventually start to drop for great grassy descent until a metal gate with a private sign.

13 Private Sign

At the metal gate the trail has been diverted to the R. Go through the small gate and down the edge of a couple of fields to pop out on a minor road.

14 Minor Road

Go L along the minor road and after passing Ty Gwyn Farm take the track on the right. Go easily along this to start and at a collection of sheepfolds the trail steepens up considerably. Keep to the track on the right hand side of the stream and keep working your way upwards. It may involve some pushing with lots of rocky steps but soon eases off again. Keep going to a big junction at the top. When done in the opposite direction, this section of the trail provides a thrilling descent for the adrenalin thirsty in the group.

15 Track Junction

At the junction go straight on for a final fast stony descent to the minor road. At the minor road turn left and zoom all the way back down the hill for beers at the pub.




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