



Traws Eryri (Trans-Snowdonia)

Summary

The Traws Eryri route is one of the most scenic you could imagine! Beautiful trails complement the scenery and whilst it is hilly (everything in Wales is pretty hilly!) it is not super technical. It can be ridden on a mountain bike or sturdy gravel bike and will give you an amazing 3 or 4 day adventure. With great Welsh hospitality along the way, this makes for a brilliant few days of biking. For those who want more off road there are 4 trail centres along the route and for anyone wanting less technical trails there are some road shortcuts too.

Highlights

Tackling tantalisingly tricky passes
Endless views over stunning Lake District scenery
Superb contouring single-track that flows and challenges
Fantastic Lakeland hospitality

Example 3-Day Itinerary

Day 1. Arrive in Conwy/Llandudno then transport to Machynlleth. Stay overnight in a nice hotel, in readiness for the adventure ahead!

Day 2. Bike from Machynlleth to Dolgellau, distance approx. 35 miles (56km) with around 1025 metres of climbing. A great first day with easy terrain to start you off. A fantastic bit of off road trail that leads you high into the hills and gives great views over Barmouth Bay and towards Cadair Idris. A fast descent follows! Stay in Dolgellau.

Day 3. Bike from Dolgellau to Llan Ffestiniog, distance approx. 30 miles (49km) with 1025 metres of climbing. After a short warm up you head straight into the hills again and climb up to over 300 metres before descending towards the forest of Coed y Brenin. There are some fantastic trails at Coed y Brenin if you are feeling energetic. Continuing north you can enjoy the ride round the Llyn Trawsfynydd reservoir before you reach your comfortable accommodation.

Day 4. Bike from Llan Ffestiniog to Betws y Coed, distance approx. 30 miles (49km) with 1250 metres of climbing. A big climb takes you over to Penmachno before a winding, interesting and lovely ride brings you through the forest before Betws y Coed, a great place to stay the night

Day 5. Bike from Betws y Coed to Llandudno, distance approx. 37 miles (60km) with 1090 metres of climbing. A great day to end the trip with a beautiful ride through a steep sided valley to the north of Snowdonia. You then emerge near the north coast of Wales where one final, fun section of the North Wales Path take you high above the sea for some great views. Pass the iconic Conwy Castle and stay the night in or near Llandudno.

Day 6. Depart from Llandudno

Includes:

- 3 or 4 days of fantastic biking
- 4 or 5 nights' comfortable accommodation including breakfast
- Baggage transfers
- Comprehensive maps and gpx.files & list of services along the route
- Phone support from us

Available on request:

- Pick up and drop off at public transport links

Average Daily Distance:

50 to 65km (30 to 40 miles)

Grade:

Each day can be tailored to suit the group.

Average Technical Level: **Blue**

Dates:

Self-guided biking trips are available between April and October for groups of 2 or more. Contact us with the dates you have in mind.

What bike?

The trails in Wales can be ridden on a standard hardtail. A full suspension bike will make the riding more manageable and comfortable! An off road oriented Gravel bike will also be suitable for this route.

To make a booking or for more information:

Email us:

info@trailbrakes.co.uk

Phone us: +44 (0)7922 653327
or +44 (0)141 6286676



Lake District Singletrack – Further Information

Accommodation and food

We use only tried and tested accommodation providers on our trips, many that we have worked with for years, so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Accommodation in guest houses and hotels is always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. Most of our accommodation is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is now also pretty much universal in every location. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most bunkhouses can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal at a pub or restaurant within walking distance. Lunches can usually be bought during the course of the day as you will be passing through towns or villages. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single supplement of at least £30 per person, per night will apply, depending on your dates.

Clothing and kit

Western Wales receives a generally mild climate all year round with the Gulf Stream passing the western coastline. However, conditions can and do change quickly especially in higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>). General climatic information for Bangor, Wales is available here:

<https://www.timeanddate.com/weather/uk/bangor/climate>.

Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small back-pack or bikepacking bag with you on your trip, in which you can carry spare clothes and basic spares and tools that you might need during the course of a day on the bikes.

The trails

The Traws Eryri biking route is a brand new cycling route created by Cycling UK in partnership with Natural Resources Wales. The terrain varies a lot, from quiet country roads to forestry tracks and rocky singletrack. There are some prolonged, steep climbs but these are predominantly on paved or forestry roads. This trip, if completed in 4 days, has a **Fitness Grading** of **7** which means that you should have a very high level of fitness and stamina and regularly take part in cycling-based activities. You are comfortable riding for as much as 8 hours per day on terrain that can include sections of physically demanding terrain including physically demanding climbs and technical descents. This trip has a **Technical Grading** of **Blue**, meaning that the route is suitable for intermediate cyclists and mountain bikers with some off-road riding skill. Trails may include obstacles including small rocks and roots. Most gradients are moderate but may be steep in short sections. There are also a few short sections where you might have to push up very steep, rocky terrain.

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Self guided trips

Our self guided trips are the most popular choice and are designed for cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route (punctures etc.). For our self guided trips we will provide you with everything included in our fully supported trips except the vehicle back-up service. We will organise quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick-up and drop-off at locations convenient for your travel plans and a comprehensive list of bike shops that are located along the route. We will always be only a phone call away should you require any additional advice/support so you'll never be truly on your own!

Guided trips

Our guided trips are designed to give you a hassle free way to enjoy the amazing biking in the Lake District. We include a friendly, knowledgeable, SMO qualified guide who, as well as navigating you along the trails, can also give you tips to improve any aspect of your riding and take you on the best trails in the area. Our guides also carry spares and tools to help you keep rolling in the event of a mechanical problem, though if you're bringing your own bike you would be advised to bring spare inner tubes and spare parts specific to your bike, for example brake pads and rear mech hanger. In the event of a serious mechanical problem, our guides will be on hand to take you to a local bike shop. Our guides are trained in outdoor-specific first aid techniques so will make sure you, as well as your bike, are well looked after on the trails. As well as navigating for you, our guides are knowledgeable when it comes to the fascinating natural history of the Lake District. They will be delighted to share with you their knowledge of the areas through which you will be biking and point out wildlife and interesting historical locations along the way.

Bike hire

Unfortunately bike hire is not yet available on this route.

Transport and baggage transfers

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag unless prior arrangements are made.

Any questions?

We've tried to cover everything on our website and this information pack but if you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: info@trailbrakes.co.uk

Phone: +44 (0)7922 653327 or +44 (0)141 6286676

We look forward to seeing you on one of our fantastic biking adventures!