

Bangor Challenge - 58 miles				
Stage	Total	Where	Notes	Elevation
0.00	0.00	Campsite	Leave through Botanic Garden.	183.73ft
0.90	0.90	Menai Suspension Bridge	Cross the A5 and continue along A5 towards Bangor.	118.11ft
1.30	2.20	Bryn Menai	Turn left into Ffordd Siliwen joining Sustrans route 5. Continue along the Menai Strait. This road becomes one	177.17ft
0.88	3.07	Tap & Spile	Road continues to the right. (Pier to the left. Small fee. No bikes so walk to good cafe at the end)	42.65ft
0.06	3.13	Just before the Boatyard Inn	Turn left following route 5. Continue through new housing development.	42.65ft
0.13	3.26	A5	Avoid the main road by turning sharp left following route 5.	26.25ft
0.24	3.50	A5 Beach Rd	Turn left onto shared cycleway alongside the A5.	22.97ft
0.24	3.74	Porth Penrhyn turning	Turn left following route 5 towards the Port.	72.18ft
0.12	3.86	Start of cyclepath	Turn right onto cyclepath. Route 5. Follow this to Tregarth.	36.09ft
2.93	6.79	Bridge	Expensive new cycle bridge!	262.47ft
0.48	7.28	End of cyclepath	Right turn onto B4409 into and through Tregarth.	344.49ft
1.95	9.22	Phone box on right (Option)	Turn right following Sustrans sign Lon Las Ogwen into Felin Fawr . Continue through the quarries - some tarmac	498.69ft
2.51	11.74	Gate	Turn right and continue up old road to the Ogwen Visitor Centre. (Option rejoins at this gate)	705.38ft
2.77	14.51	Visitor Centre	Cafe, toilets and stunning views. Turn right and follow A5 to Capel Curig.	1003.94ft
5.16	19.67	Capel Curig	Cafe, toilets and more splendid views. Continue along A5.	636.48ft
1.10	20.77	Phone box	Just after phone box and bus shelter turn right over river and continue along lane.	574.15ft
1.74	22.51	A5 junction (Option)	Main route - turn left onto A5 then almost immediately right up steep hill with Ty Hyll (tea rooms) on the left.	452.76ft
1.89	24.40	Lake	Continue past Llyn y Sarnau and Nant Bwlch y Haiarn Outdoor Centre.	833.33ft
1.78	26.18	T junction	Turn left then immediately left again onto B5106 signed Trefriw. (Optional route rejoins at this point)	42.65ft
1.72	27.90	Trefriw	Cafe in mill ,toilet and shops. Continue along the B5106 to Conwy through Dolgarrog and Ty'n y Groes.	49.21ft
9.75	37.66	Conwy Castle and Walls	The route turns left at a mini roundabout on the A547. Almost immediately to the right is the main street of	45.93ft
0.50	38.16	Conwy	The walled town has all facilities. The route continues from down on the quay.	42.65ft
0.03	38.19	The quay	Turn left passing The Smallest House in Great Britain.	22.97ft
0.09	38.28	Turn right	After passing through the town walls turn right. Follow a lovely shared use path around the estuary. Sustrans	39.37ft
0.62	38.90	T junction	Turn right.	16.40ft
0.18	39.08	T junction	Turn left after crossing A55.	22.97ft

0.15	39.23	Mini roundabout	Turn left. SP Route 5.	19.69ft
0.46	39.69	Right turn	Signposted Aberconwy Resort and Spa. SP Route 5. Continue through car park.	29.53ft
0.31	40.00	Start cyclepath.	Straight on. Route 5 takes you to Bangor.	16.40ft
3.18	43.18	Penmaenmawr	Cafe and toilets. Continue.	13.12ft
0.82	44.00	Pass under A55	Cyclepath goes under the road on a series of bends.	32.81ft
0.06	44.06	T junction	Turn right.	118.11ft
0.05	44.11	Left turn	Route 5 continues between the carriage ways using some expensive bridges.	118.11ft
1.41	45.52	T junction	Turn left onto road into LLanfairfechan	42.65ft
0.50	46.02	Traffic lights	Straight on.	95.14ft
1.09	47.11	Left turn	Ffordd Gwylt Route 5.	62.34ft
0.44	47.54	A55	Cyclepath runs alongside A55 for half a mile.	65.62ft
0.80	48.34	Abergwyngregin	Toilets. Cafe 200 yards up road on left. Route 5 continues straight on on narrow lanes.	91.86ft
2.56	50.91	T junction	Turn right and cross A55. Signposted route 5.	137.80ft
0.13	51.04	T junction	Turn right. SP Tal-y-Bont.	98.43ft
1.53	52.57	Roundabout (A5)	Turn left on first exit then immediately right into Lon Cefn Ty.	167.32ft
0.76	53.33	Ford	Just before the ford, turn left and rejoin your outward route. Return to Treborth via the port, the pier and	88.58ft
5.19	58.52	Finish	Da iawn / Very Good!	183.73ft