

Bangor - Gentle - 26 miles				
Stage	Total	Where	Notes	Elevation
0.00	0.00	Campsite	Leave through Botanic Garden.	177.17ft
0.93	0.93	Menai Suspension Bridge	Cross the A5 and continue along A5 towards Bangor.	118.11ft
1.28	2.21	Bryn Menai	Turn left into Ffordd Siliwen joining Sustrans route 5. Continue along the Menai Straits. This road becomes one way against traffic but bikes are permitted.	177.17ft
0.84	3.05	Tap and Spile	Road continues to the right. (Pier to the left. Small fee. No bikes permitted. Walk to good cafe at the end)	36.09ft
0.10	3.15	Just before the Boatyard Inn	Turn left following route 5. Continue through new housing development.	32.81ft
0.12	3.27	A5	Avoid the main road by turning sharp left following route 5.	26.25ft
0.24	3.52	A5 Beach Road	Turn left onto shared cycleway alongside the A5.	32.81ft
0.24	3.76	Porth Penrhyn turning	Turn left following route 5 towards the Port.	72.18ft
0.11	3.87	Start of Cyclepath	Turn right onto cyclepath. Route 5.	36.09ft
0.11	3.97		Follow up Afon Cegin.	42.65ft
1.23	5.21	Exit Cyclepath	Having passed under road bridge leave cyclepath to the right to join the lane.	88.58ft
0.01	5.22	Join Lane	Turn right on lane. (Ford is BEHIND you!)	88.58ft
0.69	5.91	A5 Junction	Turn left on joint use path to the roundabout.	154.20ft
0.06	5.97	Roundabout	Leave by the second exit and follow the road ignoring Route 5 diversions.	154.20ft
1.52	7.50	A55 Sliproad	As road turns right to join A55 Expressway turn left following Route 5 and pass over the A55.	98.43ft
0.14	7.64	Hendre Hall	Immediately after crossing the A55 and before Hendre Hall turn left onto a narrow lane. Follow lane (CARE) to Abergwyngregyn.	118.11ft
2.52	10.16	Abergwyngregyn	Community cafe a short distance up to the right.	88.58ft
0.22	10.38	A55	Pass public toilets on right and continue through parking area. Join cycleway alongside the A55 for half a mile.	91.86ft
0.41	10.79	Leave A55	Leave cycleway to right following Route 5. Turn left onto road.	65.62ft
0.10	10.89	Gwylt Rd	Turn left onto Gwylt Road follow this.	62.34ft
0.32	11.21	T junction	Turn right onto Aber Road. Continue into Llanfairfechan.	62.34ft
1.09	12.30	Llanfairfechan traffic lights	Turn left at lights down Station Road passing public toilets.	95.14ft
0.41	12.72	Promenade	Destination. Cafe, Toilets, Beach and Bird sanctuary to left. Small playground at the far end of the prom.	16.40ft
0.01	12.72	Option	It is possible to extend using the Tour route to Penmaenmawr following route 5 (5 miles return).	16.40ft
0.02	12.74	Return	Reverse the route to the campsite.	16.40ft
2.57	15.31	Abergwyngregyn		88.58ft
2.54	17.85	A55	Cross A55.	137.80ft
2.42	20.27	Join cyclepath	Do not go into the ford!	88.58ft
1.37	21.63	Bangor Dock		36.09ft
0.82	22.45	Bangor Pier	Visit the cafe?	29.53ft
2.18	24.64	Lane to Botanic Garden		118.11ft
0.94	25.57	Campsite	Da iawn / Well done!	173.88ft