

		<b>Caernarfon - Gentle - 29 miles</b>	<b>Treborth to Caernarfon - Gentle - 29 Miles</b>	
<b>Stage</b>	<b>Total</b>	<b>Where</b>	<b>Notes</b>	<b>Elevation</b>
0.00	0.00	Start	Leave campsite by main entrance.	177.17ft
0.18	0.18	T junction	CARE. Turn right on Treborth Road. Follow for half a mile.	203.41ft
0.48	0.66	Bus stop	Left through railing area. (Sustrans routes 5/8) Small lane then left on road to mini roundabout.	216.54ft
0.13	0.79	Mini Roundabout	Right onto Penrhos Rd. Follow this over A55.	246.06ft
0.48	1.28	T Junction	Turn left and follow cyclepath down the left side of the road. (Route 8)	236.22ft
0.41	1.68	Major roundabout	CARE. Cross busy road before the roundabout and continue on cyclepath on the right side of B4547.(Route 8)	118.11ft
0.24	1.93	Cyclepath crosses road	CARE. Cross the road and continue on the shared use section.	114.83ft
0.22	2.15	Left Turn.	Signposted Llanberis. Continue a short way up the hill.	88.58ft
0.08	2.23	Right turn	CARE. Turn right into small lane signposted Siloh.	88.58ft
0.15	2.38	Lon Las Menai	Turn right onto cyclepath. (Route 8)	78.74ft
0.42	2.80	Ignore bikely map	Straight on on cyclepath.	68.90ft
0.27	3.07	Old Station	Pass old station and continue on cyclepath.	78.74ft
0.24	3.30	Leave cyclepath	Turn right after gate and after a few yards turn left onto B4547.	111.55ft
0.51	3.81	Right Turn	Turn sharp right signposted Traeth/Beach. Continue a short distance and turn sharp left onto Lon Las Menai.	114.83ft
0.04	3.85	Lon Las Menai	Follow cyclepath along the Menai Strait into Caernarfon.	98.43ft
3.31	7.17	Exit Cyclepath	Exit cyclepath into car park and continue along Balaclava Rd. It is possible to continue around the flats by the water to rejoin the route at Galeri.	22.97ft
0.19	7.36	Galeri		29.53ft
0.14	7.50	Town Walls	Turn left and follow around the outside of the walls.	29.53ft
0.16	7.66	Mini Roundabout	Destination 1 Caernarfon. To the left is Y Maes and the town centre . To the right is the Castle and a nice ice cream shop. All facilities will be found in this area.	49.21ft
0.01	7.67	Mini roundabout	To continue the ride return to the mini roundabout and go down the hill towards the quay.	32.81ft
0.02	7.69	Car Park	Turn left just before the car park and follow St Helens Rd.	32.81ft
0.25	7.95	Lon Las Eifion	Turn left onto the cyclepath. Continue on this going gently uphill.	42.65ft
2.63	10.58	Dinas Station (Option)	The route continues on the cyclepath. (Option a shortening of the route is possible by turning right along a narrow path onto the lane, which is followed to a T junction. Turn right to rejoin the main route at Saron.)	177.17ft
1.79	12.37	Tafarn Pennionyn	As the cyclepath meets the road, with Tafarn Pennionyn on the left, turn right. Go down to and straight across the roundabout and continue down the lane (Lon Cefn Glyn).	249.34ft
1.08	13.45	T junction	Turn left on cyclepath alongside the A499.	127.95ft
0.63	14.08	Glynllifon Gateway	DESTINATION. Inside the park there are toilets, cafe, playground and craft shops. Return to this point to start your return journey. Retrace you outward journey for a hundred yards.	111.55ft
0.10	14.17	Landwrog Turning	CARE. Cross busy main road and go down lane signpost Llandwrog.	114.83ft

0.36	14.53	Harp Inn	Turn right opposite the Harp Inn into Curch Cottages. Follow the road ignoring turnings.	62.34ft
2.31	16.84	Saron	Straight on. (The shortened route rejoins here)	65.62ft
0.59	17.43	Left turn	After a short hill left turn SP Y Foryd. Follow the lane alongside the bay to Caernarfon.	78.74ft
1.30	18.73	Picnic Place		3.28ft
2.16	20.89	Park	Toilets and playground.	13.12ft
0.16	21.06	Footbridge	Please walk across.	19.69ft
0.06	21.11	The Castle	Turn left and then right through town walls.	22.97ft
0.12	21.24	Ice Cream Shop	Turn left in front of ice cream shop and follow Palace St.	49.21ft
0.13	21.36	Exit Town Walls	After passing Black Boy Inn and small playground exit the town walls. Follow route 8 passing Galeri.	29.53ft
0.34	21.71	Rejoin cyclepath	Turn right and follow cyclepath towards Y Felinheli. (Outward journey in reverse)	22.97ft
3.31	25.01	Exit cyclepath	Turn left and follow Beach Road down into Y Felinheli.	98.43ft
0.49	25.51	Toilets	Go right and immediately left on slate path. Signed Route 8. Continue through housing and past the marina.	26.25ft
0.45	25.96	T Junction	Turn left and follow B4547.	75.46ft
0.88	26.83	Faenol / Vaynol Estate Gate	Rejoin outward route. Follow back to Treborth.	114.83ft
1.90	28.73	Finish	Relax.....	177.17ft