

## **Ynys Môn / Anglesey West (OS sheet 115) – Gentle ride – 27 miles (+ 4 mile optional extension to beach.)**

Leaving through the Botanic garden and crossing the Menai Suspension bridge this ride follows lanes and cycle ways visiting some of the beaches of West Anglesey and (well worth a visit) the Marquis of Anglesey's Column.

From the Môn end of the bridge the route leaves Porthaethwy / Menai Bridge up a steady hill and continues along Sustrans Route 8 through Llanddaniel Fab towards Dwyran and the White Lodge cafe at GR 431650. Continuing along the A4080 to Newborough / Niwbwrch it is possible to extend the ride to the beautiful beach of Traeth Llanddwyn Beach - a return trip of 4 miles. (Details on route sheet.) Returning via the Malltraeth estuary and the Lon Las Cefni cycle path across the marsh it then follows the old A5 (little traffic nowadays) to \*Llanfair Pwllgwyngyll (shops, cafes, toilets in 'James Pringle Weavers'). From here the road becomes busier passing the Marquis of Anglesey's Column – small charge – until the Suspension Bridge leads back to the campsite.

*\*Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch* (St. Mary's Church in a hollow by the white hazel near the rapid whirlpool and St. Tysilio's Church by the red cave. if you must!!)

## **Ynys Môn / Anglesey West (OS sheet 114) – Touring ride – 45 miles**

Leaving through the Botanic Garden and crossing the Menai Suspension bridge this ride follows the lanes and cycle ways of West and Central Anglesey viewing coast and countryside and returns via the market town of Llangefni.

From the Môn end of the bridge the route leaves Porthaethwy / Menai Bridge up a steady hill, over the Four Crosses roundabout and continues along Sustrans Route 8 through Llanddaniel Fab towards Dwyran and the White Lodge cafe. Continuing along the A4080 to Newborough / Niwbwrch it is possible to extend the ride to the beautiful beach of Traeth Llanddwyn Beach - a return trip of 4 miles. (Details on route sheet.) From here the A4080 is followed to Malltraeth and then quiet back lanes lead to Aberffraw, the capital of the Princes of Gwynedd in the Middle Ages – the Llys Llewelyn Heritage Centre here has information, a cafe and toilets. Continuing along the lanes the ride joins Sustrans Route 8 and then Lon Las Cefni to reach Llangefni the central market town on the Island with a variety of shops, banks cafes etc. On through the Dingle (a nature reserve with picnic tables) to connect with Sustrans Route 5 until the ride finally drops down to Porthaethwy and, after a short section of busy A545, the Menai Suspension Bridge, and through the Botanic Garden back to the campsite.

## **Ynys Môn / Anglesey West (OS Sheet 114) – Challenge ride – 67 miles**

After crossing the Menai Suspension bridge this varied ride follows the lanes and cycle ways of West and Central Anglesey along the coast and through the countryside almost to the port of Holyhead, returning via Llynnon Mill and the market town of Llangefni.

From the Môn end of the bridge the route leaves Porthaethwy / Menai Bridge up a steady hill, over the Four Crosses roundabout past Pili Palas and continues along Sustrans Route 8 through Llanddaniel Fab towards Dwyran and the White Lodge cafe. Continuing along the A4080 to Newborough / Niwbwrch it is possible to extend the ride to the beautiful beach of Newborough Warren a return trip of 4 miles. (Details on route sheet.) From Newborough the A4080 is followed to Malltraeth and then quiet back lanes lead to Aberffraw, the capital of the Princes of Gwynedd in the Middle Ages – the Llys Llewelyn Heritage Centre here has information, a cafe and toilets. The ride then passes through Rhosneigr and skirts round Valley Airfield – where Prince William was recently based. It continues around the coast to the small resort of Treaddur and finally heads to Penrhos Coastal Park on the inland sea where there are toilets and (usually) a refreshment van. From here the ride takes Route 5 to Llynnon Mill (1775 and the only working windmill in Wales) with its craft shop and tearooms. The return to the campsite is via the Dingle – a nature reserve with picnic tables - and on through Llangefni to connect with Sustrans Route 5 until the ride finally drops down to Porthaethwy and, after a short section of busy A545, the Menai Suspension Bridge, and through the Botanic Garden back to the campsite.