



Traws Eryri (Trans-Snowdonia)

Summary

The Traws Eryri route is one of the most scenic routes through Wales that 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 4-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



Traws Eryri (Trans-Snowdonia) – Further Information

Accommodation and food: We pride ourselves in using the best quality accommodation on our trips at every price point. We have worked with many of the hotels for years, so we know that you will receive an excellent level of service.

Hotels/guest houses: We generally use 3 or 4 star accommodation that will provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Almost all of the accommodation we use is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is universal in every location.

Cheaper options: If you would prefer hostel or bunkhouse style accommodation it is possible in some locations (and we can mix and match between accommodation types). In a bunkhouse breakfast is usually not included, although many 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.

Evening meals: 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 or before you depart in the morning. We will give you advice about this in your trip information. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

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

Clothing and kit: Wales receives a generally mild climate between April and October, 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 and we can 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>).

Weather and Climate: General climatic information for the UK is available on the Met Office Website - <https://weather.metoffice.gov.uk/climate/uk-climate>

Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (we find this is only accurate a couple of days before) - <http://www.metoffice.gov.uk/public/weather/forecast/>

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The trails: The Traws Eryri biking route is a brilliant 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.

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 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!

Bike hire: We can arrange mountain bike hire for this route, including electric bikes

Transport: 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 will most likely apply for extra transport but we will always help you work out the best way to travel.

Baggage transfers: 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 or Whatsapp: +44 (0)7922 653327

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