

<b>Bangor tour - 44 miles</b>				
<b>Stage</b>	<b>Total</b>	<b>Where</b>	<b>Notes</b>	<b>Elevation</b>
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
1.44	2.37	Bryn Menai	Turn left into Ffordd Siliwen joining Sustrans route 5. Continue along the Menai Straits. This road becomes	177.17ft
0.88	3.25	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	3.35	Just before the Boatyard Inn	Turn left following route 5. Continue through new housing development.	32.81ft
0.12	3.47	A5	Avoid the main road by turning sharp left following route 5.	26.25ft
0.24	3.72	A5 Beach Road	Turn left onto shared cycleway alongside the A5.	32.81ft
0.24	3.96	Porth Penrhyn turning	Turn left following route 5 towards the Port.	72.18ft
0.11	4.07	Start of Cyclepath	Turn right onto cyclepath. Route 5.	36.09ft
0.11	4.17		Follow up Afon Cegin.	42.65ft
1.23	5.40	Exit Cyclepath	Having passed under road bridge leave cyclepath to the right to join the lane.	88.58ft
0.01	5.42	Join Lane	Turn right on lane. (Ford is BEHIND you!)	88.58ft
0.69	6.11	A5 Junction	Turn left on joint use path to the roundabout.	154.20ft
0.06	6.17	Roundabout	Leave by the second exit and follow the road ignoring Route 5 diversions.	154.20ft
1.52	7.69	A55 Sliproad	As road turns right to join A55 Expressway turn left following Route 5 and pass over the A55.	98.43ft
0.14	7.83	Hendre Hall	Immediately after crossing the A55 and before Hendre Hall turn left onto a narrow lane. Follow lane (CARE) to	118.11ft
2.55	10.38	Abergwyngregyn	Community cafe a short distance up to the right.	88.58ft
0.22	10.60	A55	Pass public toilets on right and continue through parking area. Join cycleway alongside the A55 for half a mile.	91.86ft
0.41	11.01	Leave A55	Leave cycleway to right following Route 5. Turn left onto road.	65.62ft
0.10	11.11	Gwyllt Road	Turn left onto Gwyllt Road. Follow this.	59.06ft
0.34	11.45	T junction	Turn right onto Aber Road. Continue into Llanfairfechan.	62.34ft
1.09	12.54	Llanfairfechan traffic lights	Turn left down Station Road to the promenade. Public toilets on left.	95.14ft
0.40	12.94	The Promenade	Cafe, toilets and Recreation Area.	16.40ft
0.32	13.26	East End of Promenade	Turn right and pass under a narrow bridge.	22.97ft
0.11	13.37	T Junction	Turn left onto Penmaenmawr Road. As this becomes A55 slip road veer right following Sustrans Route 5.	49.21ft
0.35	13.72	Pendalar Road	Follow Route 5 and join spectacular bridges over a carriageway of the A55. The cyclepath continues	75.46ft
1.12	14.83	End of Bridges	Cross the High Street and turn right following bicycle signs.	118.11ft

0.05	14.89	End of Victoria Terrace on right	Opposite Victoria Terrace Route 5 turns sharp left and zig zags down under the Expressway.	118.11ft
0.23	15.12	Car Park	Route 5 continues through car park	0.00ft
0.17	15.29	Beach Area	Turn left onto beach road signed Route 5. Pass the Yacht Club (toilets) and continue through seaside kiosks	39.37ft
0.47	15.76	End of seaside area	Follow route 5 on cyclepath alongside the A55	13.12ft
3.18	18.95	Road	Route 5 joins the road	16.40ft
0.31	19.26	T Junction	Turn left onto Meirion Drive.	29.53ft
0.45	19.70	Roundabout	Turn right, (third exit) and follow Ellis Way and cross over the A55 onto Morfa Drive	19.69ft
0.32	20.03	Left Turn onto Joint Use Path	Turn left by school and follow the path alongside the River Conwy. BEWARE can be busy with pedestrians!	16.40ft
0.58	20.61	Junction with Lower Gate Street	Follow narrow steep road down through the Town Walls onto quay.	49.21ft
0.15	20.75	Conwy Quay	Destination. Toilet near The Smallest House. Explore the town for other facilities. To continue the route leave the	22.97ft
0.04	20.79	Traffic Lights	Straight on.	42.65ft
0.12	20.91	T Junction	Turn Right	68.90ft
0.04	20.95	Upper Gate Street	Turn left. Upper Gate street curves right and becomes Sychnant Pass Road. Continue along this climbing	78.74ft
2.09	23.04	Sychnant Pass	Enjoy the views then descend.	544.62ft
0.49	23.54	Fairy Glen	Fairy Glen to your left. Continue straight on. The road becomes Conway Old Road passing the Golf club on	232.94ft
1.61	25.14	T Junction	Turn left onto Bangor Road and continue through Penmaenmawr. Cafe and shops..	141.08ft
0.84	25.98	Victoria Terrace on left	Rejoin outward route via the cycle bridges.	121.39ft
1.56	27.54	Llanfairfechan	Continue straight through village.	49.21ft
0.41	27.95	Traffic lights.	Straight on following outward route to and through Abergwyngregyn.	95.14ft
3.55	31.50	Crymlyn (Option)	There is a left turn just after crossing a small bridge and by a cottage. The Tour route turns left into the	219.82ft
2.12	33.63	T Junction	Turn left (no signs) heading towards mountains.	587.27ft
0.36	33.98	Llanllechid	At small grass triangle the route continues to the right past a phone box. Continue on this road into the village	583.99ft
0.38	34.36	T Junction	With the Royal Oak on you left - turn right at the T junction. Continue down this road.	570.87ft
0.70	35.07	A5	Straight across the main road continuing on Llwyn Bleddyn Road.	419.95ft
0.26	35.33	Cross roads	After a sharp left hand bend turn right at the cross roads following the B4409.	429.79ft
0.75	36.08	Start of cycleway	Just after Pandy Motors turn left onto signed cyclepath. Follow this over another expensive cycle/horse bridge.	370.73ft
2.40	38.48	Rejoin Outward Route	You are now at the point where you left the cyclepath for Conwy. Reverse the route back to the campsite via the	88.58ft
5.63	44.11	Back at Treborth Camp	Cwrw neu te! (Beer or tea!)	173.88ft