



Family Route Map
Ascent/Descent 350m

Start: - Follow track past the pond and the house and down the hill towards the road 1. 0.5km turn left towards the village of Abercegir. 2. 1.5km After entering the village take the left fork uphill follow this backroad past the Gader Goch Descent through a woodland glade. 3. 4.5km At the fork turn right past the farmyard and barking dogs up the steep hill towards Darowen. 4. 5.5 On entering the village turn left after the terrace of Houses.

Follow the backroad past the farms. At this point there is an option to take a shorter route back to Abercegir. Just follow the road past the Church. This route is 10km in total. 5. 7.5km Take a left off the tarmac road towards the forest track and through the gate, follow this track which opens out to spectacular views to the North. 6. 10.5km Rejoin the tarmac road and turn left up the hill 7. 12km turn right at the junction and rejoin the start of the route. Just after this point a bridleway starts up the field towards glyndwrs Way. This route is cross

country and more challenging and involves lifting bikes over fences and gates. 8. 15km As you reenter the village take the first right after the two bungalows up the track to join Glyndwr's Way up the track. 9. 15.5km At a big stone near the gate leave Glyndwrs Way and follow the track back to the start of the route.

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