

The Three Lakes 128 km, 2150 m, BP, AAA 2.25

Entry No. _____

An event organised under the regulations of Audax UK - event number : 09-239

Start Corwen – Green Lane Car Park, grid ref. SJ 080 434

8:30am Sunday, 9 August 2009

Speeds Minimum: 13kmh⁻¹ + Maximum: 25kmh⁻¹

	Distance km
Corwen to Frongoch	
R out of car park	
L @ T sp Ruthin	0.8
SO @ X then	2.0
R sp Ruthin A494	
<i>In Gwyddelwern</i>	3.7
L no sp (to cross disused railway)	
<i>In Betwys Gwerfil Goch</i>	
L @ X sp Maerdy	8.7
info control at X	
R no sp (imm. over river)	9.2
L @ T no sp (cemetery on left)	14.6
R @ T no sp A5	19.1
L sp Bala B4501	20.1
R @ T sp Trawsfynydd A4212	31.6
control – on L, Frongoch Cafe	31.8
<i>opens: 9:46 + closes: 10:57</i>	

	Distance km
Frongoch to Vyrnwy	
L out of control towards Trawsfynydd	
L sp Llidiardau	43.4
info control at junction	
R @ T sp Bala A4212	55.3
SO @ X sp Llangynog B4391	56.3
R sp Llanuwchllyn B4403 {12}	57.5
L sp Dinas Mawddwy {12}	64.4
info control at Bwlch-y-groes summit	71.3
L sp Vyrnwy {12}	71.7
R @ T no sp	77.2
control - on R, Old Barn Café	84.3
<i>opens: 11:52 + closes: 14:59</i>	

	Distance km
Vyrnwy to finish	
L out of control then	84.3
R to cross dam	
R @ T no sp B4393	85.0
L sp Penybontfawr B4396	86.4
L @ T sp Llangynog B4391	95.9
info control in Llangynog	97.8
R sp Corwen B4402 {16}	112.8
follow {16} to Cynwyd (end)	
L @ T sp Llandderfel B4401 {16}	114.5
R sp Llandderfel B4402 (War Memorial)	115.0
R no sp {16}	115.6
<i>At end {16}</i>	
R to cross River Dee, thru Cynwyd to	
L @ T sp Corwen B4401	124.4
R no sp, imm. after Corwen town sign	127.2
R @ T A5 then imm.	128.4
L sp 'car park' (statue)	
finish – on R, Green Lane Car Park	128.5
<i>opens: 13:38 + closes: 18:23</i>	

Abbreviations

sp - sign post, X - cross roads, T - tee junction,
O - roundabout, L - turn left, R - turn right,
SO - straight on,
{16} – regional cycle route & number.
Blue text : landmark for identification.

Ride Description

A tour of lakes Celyn, Bala and Vyrnwy, climbing Bwlch-y-groes (easy side) and Milltir Cerrig. Total ascent is 2150 metres and earns 2.25 AAA points.

Many of the descents are steep with sharp bends. There may be gravel on the surface and sheep are loose on the mountains. Please exercise caution, particularly if the roads are unfamiliar.

No service or facilities are provided on the route. Controls are at cafés where the staff will stamp your brevet card. Please support them with your custom.

The event is classified as a Brevet Populaire and qualifies for the AAA competition.

Notes
