

## Biking around Dinas Mawddwy

There are fantastic opportunities for biking in the area, from scenic coastal routes to full-on technical mountain biking courses

### Road cycling

There are a number of quiet roads that can be explored round Dinas that can be joined to give a circuit.

One that has been suggested to me (but I haven't tried yet) is the circuit:

Dinas – Aberangell – Aberllefenni- Corris- Esgairgeilog- Llanwern (via B4404) – Aberangell – Dinas

Be warned – I've been told the route has some really steep climbs, but some fantastic downhill! Be prepared to get off and push, and make sure your brakes are in good order.

Between Corris and Esgairgeilog is the Centre for Alternative Technology, which might be worth a visit. Also just S of Corris is the start of the Cli-Machx mtb trail (see below).

### Family friendly off-road trails

Not many of these that I know. There is the **Yr Afon** family trail at Coed y Brennan

[http://www.mbwales.com/en/content/cms/Centres/Coed\\_y\\_Brenin/Yr\\_Afon/Yr\\_Afon.a.spx](http://www.mbwales.com/en/content/cms/Centres/Coed_y_Brenin/Yr_Afon/Yr_Afon.a.spx)

This is about 11km long, contours the valleys and is mainly on forest tracks.

Another scenic, easy ride is the **Mawddach Trail** which runs along an old railway line from Dolgellau to Barmouth.

**START:** the car park on the right of the bridge at the entrance into Dolgellau (Grid Ref: 727179). The large car park is expensive and one can save pounds by using the adjacent (but not all that well signed) long stay car park: go into the main car park and along a short lane on its left side to the car park opposite a cricket ground. There is also free parking alongside the trail at Penmaenpool and some people may like to start the ride there (Grid Ref: 695185).

The trail finishes at the end of the railway bridge at the beginning of Barmouth. Almost everyone who does the trail visits the resort. Turn Left at the main road, taking care as it is often busy, or one can dismount and walk on the pavement - the harbour is only a few yards away.

After the harbour Barmouth has a long sea front. Cycling is permitted on the promenade, though this is narrow and crowded during the season: experienced cyclists may prefer the road which is not too busy and fairly wide.

A quiet forest route you could try is **Abergynolwyn to Brynchrug** and return along forest trails with just a small road section. The main details of this route can be found here:

[http://www.cycle-route.com/routes/Tywyn\\_to\\_Abergynolwyn\\_via\\_Bryncrug-Cycle-Route-70.html](http://www.cycle-route.com/routes/Tywyn_to_Abergynolwyn_via_Bryncrug-Cycle-Route-70.html)

On the website the route starts from Tywyn, but you can pick up the trail at Abergynolwyn forest site and miss out the Tywyn leg.

### **MTB routes**

North Wales has the deserved reputation of having some of the best mountain biking in the world, and two of the best areas are within half an hours drive from the hut!

### **Coed y Brenin**

This is the 'mecca' for mountain bikers and has 6 purpose built routes 1 family, 3 red and 2 black. All the red and black routes are technically difficult so take care! You need to be proficient in negotiating rock steps of 8" or more.

Also at the centre is a café, shop and facilities for bike hire <http://www.beicsbrenin.co.uk/hire.htm>. Expect to pay up to £40 per day for a good quality full suspension bike.

Coed y Brenin is located 5 miles North of Dolgellau. Full directions and details can be found on their website:

<http://www.forestry.gov.uk/website/recreation.nsf/LUWebDocsByKey/WalesGwyneddNoForestCoedyBrenin>

### **Machynlleth**

This has 3 cross-country routes starting from the town itself (mach 1, 2 and 3) and a purpose built trail (the cli-machx) which starts 5 miles away by Ceinws just outside Corris.

I've tried the **Cli-Machx** and it's a brilliant route, but the last section is very technical and needs a lot of skill and care especially when its wet. To get there you head north on the A470 towards Dolgellau. About a mile after the summit of the pass take the A487 left for about 8 miles. Just the other side of Corris look out for a road left over a bridge with a bike signpost. Take this and go right the other side of the bridge. Follow the round, bearing left at the fork and go up a steep rutted track to a car park to reach the trail head. (About 25 mins drive).

More info about the routes can be found here

<http://www.dyfmountainbiking.org.uk/climachx.html>

Other info on Wales mountain biking can be found on [www.mbwales.com](http://www.mbwales.com)

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