



Llanfairpwllgwyngyllgogerychwyrndrobwl llantysilioogogoch 400

MW19

01/11/2021 [6]

Out from Poynton, across Cheshire, along the North Wales and across Anglesey to Holyhead. And then back. The outward 200km and the return 200km are also available as separate Perms, Poynton-Holyhead and Holyhead-Poynton 200s – see Llanfair 200km. There are also a further 200 versions; Wilmslow - St Asaph and Holyhead – Prestatyn

For a successful validation, you must:

- enter at **www.delphcyclist.info/Llan400Perm.html** (don't worry about the ride date at this stage)
- register your ride date by texting **07931 911324** or emailing **mike@PeakAudax.co.uk** before you start
- visit all the controls listed below within the time limits - note that this is a non-mandatory route
- establish your "proof of passage" by
 - downloading the eBrevet - see **www.delphcyclist.info/eBrevet.html**
 - or recording a GPS track (must be .GPX format) showing you visited each Control Location
 - or collecting till receipts or ATM slips from anywhere at the Control Location
- completing all the details on your Brevet Card (name, address, ride date, control locations and times plus your signature) and returning to me within 14 days of your ride

Controls: The ride works best using the E-Brevet app or a GPX track to authenticate your ride. The route is advisory, but you should ensure that you pass within ½km of the locations below (indicated by Grid Reference and what3words.com). If you haven't access to the app or GPX you may still collect receipts from the various suggested locations.

eBrevet: Ride Code **MW19** (see www.DelphCyclist.info/eBrevet.html for customisation instructions to reverse the direction, start at any control, or start anywhere between controls).

Poynton	The route sheet starts from the A523/A5149 crossroads adjacent to the Church. car parking available behind Waitrose on Park Lane (SJ 923 836). You may start/finish at any other control, although you may need to check opening times to ensure you will be able to obtain proof-of-passage – or email me your GPX file.			
Shotton	 SJ 485 747 <i>health.pins.punch</i>	SIGNATURE/RECEIPT from Corner Café or Wetherspoons etc 24 RECEIPT or ATM from Petrol Station on B5129	77	77
Rhos on Sea	 SH 842 805 <i>boxer.forest.take</i>	RECEIPT from any café (eg Forte's) 24 TILL RECEIPT/ATM from Co-op supermarket	53	130
Holyhead	 SH 257 815 <i>servers.funded.routes</i>	24 RECEIPT/ATM from Tesco or Morrisons RECEIPT KFC (closes 23:00)	74	204
Abergele	 SH 955 776 <i>occur.devours.swerves</i>	24 RECEIPT from McDonalds RECEIPT from any shop/cafe between Conwy and Prestatyn	88	292
Hapsford	SJ 466 749 <i>cobras.fatherly.winters</i>	24 RECEIPT from Chester Motorway Services	63	355
Poynton	 SJ 920 836 <i>dolls.booth.school</i>	RECEIPT from Waitrose or Costa 24 ATM SLIP from RBS by Chester Road traffic lights	59	414

RIDE DETAILS: see **www.delphcyclist.info/Llanfair400Perm.html** for GPX files, Route sheet, Maps, etc

CLIMBING: 3382m (total climbing) 272m (max elevation) no AAA points!

TIME LIMITS: **13 hrs 48 mins** (30kph) and **28 hrs 57 mins** (14.3kph)

Llanfair PG 400 Perm

1 leave **Poynton** west on Chester Road A5149 with church on your left, follow A5159 & A5102 to **Wilmslow**

7.4  mini-O Macclesfield Rd *TownCentre*

8.6  *Altrincham* A538 in **Wilmslow**

8.9  *Knutsford* B5086

9.5  2nd exit *Knutsford* B5086

11.3  2nd exit *Knutsford* B5085

12.9  *Warford* Warford Lane

13.2  Noah's Ark Lane

14.7  &  Pedley House La to A537

18.0  **Lower Peover** Seven Sisters Ln

20.0  **L Peover** B5081 to **SwanGreen**

23.5  *Northwich* Hulme La (by Crown)

27.0  *Northwich* in **Lach Dennis**

27.7  Crowders Lane

29.3  **Davenham** over A530

32.4  London Rd &  Green La 

32.8  Hartford Rd

33.7  service road alongside A556, rejoin main road after blue bridge for

34.4  *Hartford*

35.4  *Chester* A559

37.2  *Weaverham* & immediately

37.3  Littledales Lane

38.3  *Cuddington* Hodge Lane

39.9  *Whitchurch* A49 & before 

40.1  Cuddington Lane (becomes Bag Lane)

44.0  High Street in **Norley**

44.6  Post Office Lane

45.9  *Mouldsworth* Ashton Road

49.4  **Manley** Dark Ark Lane

50.7  *Tarvin* B5393 and ...

50.9  *Dunham* Moss Lane

51.6  *Dunham* and under rail bridge ...

54.3  &  Morley Lane

56.0  **Bridge Trafford**

56.5  *Chester* A56 to **Mickle Trafford**

59.4  *Tarvin* Station Lane and under 2 rail bridges

60.2  onto **Greenway** cyclepath  following signs for **Connahs Quay**

74.9 Cross River Dee on railway bridge  then right at T and left (keep river on your left) then sharp right, then follow road over railway bridge to **Shotton**

75.1  at B5129 Chester Road

77.2 **Shotton** 
Corner Kitchen Cafe or Wetherspoons on R or  ATM withdrawal slip from bank on L or continue on B5129 for 2 miles for petrol station on left 

2a either ... via Prestatyn (flat)

- 1.4  to join A548 through **Flint**
- 5.2  **Prestatyn** A548 in **Flint**
- 6.9  through **Bagillt**
- 9.4  rejoin A548 & soon ...
- 9.7  **Holywell**
- 10.6  rejoin A548
- 19.1  &  through **Ffynongroyw**
- 20.3  rejoin A548
- 24.6  **Lower Gronant**
- 25.3  at Presthaven Sands and follow cycleway signs to **Prestatyn, Rhyl**
- 26.8  Barkby Avenue
- 27.4  Beach Road East
- 28.1  **Nova Centre**
- 28.3  **Beach** after Nova Centre
- 28.5 left onto cyclepath through **Rhyl**
- 35.1  over Dragon bridge and follow **cyclepath 5** to promenade; continue to **Pensarn, Llandulas, Colwyn Bay** and **Rhos**
- 53.3 look for clock tower at tourist information, then left into Penrhyn Avenue by Forte's Restaurant

53.3 **Rhos on Sea**
any cafe (eg Forte's on R) or receipt/ATM from Co-op on R etc

go to section 3

2b or via Halkyn Mountain (hilly)

- 1.4  **Flint** join A548 to **Flint**
- 5.2  **Church St**  A5119 in **Flint**
- 5.5  **Mold** A5119 10m 
- 5.6  **Hospital** Halkyn Street
- 5.9  **Hospital** Cornist Road
- 6.1  Cornist Drive (2nd Left)
- 6.4  to pass playground on left
- 6.5  Cornist Lane
- 9.6  &  **Pentre Halkyn**
- 10.3  **Babell** at LH bend
- 10.4  **Babell** to B5121 where ...
- 13.5  **Babell** over B5121  263m
- 15.4  **Gorsedd**
- 15.8  **Caerwys**
- 19.0  **Pen y Cefn** over B5122
- 20.9 
- 21.9  just before A55
- 23.0  & descend through **Rhualt**
- 26.4  **5** alongside A55, then cross A55 on cycle bridge
- 27.9  and over River Clwyd to **St Asaph**
- 28.8  **Rhyl** A525 High St in **St Asaph**
- 29.1 **St Asaph** Cafe on left before river

- 29.3 *Betwys yn Rhos* B5381
- 29.6 *Betwys yn Rhos* B5381
- 31.5 **Conwy** Ffordd William Morgan
- 32.2 **Conwy** and ...
- 32.3 **Bodelwyddan** (next left)
- 33.0 use shared pavement alongside A55
- 34.3 **Bodelwyddan** & join slip road
- 34.4 **Bodelwyddan**
- 34.8 **Village Centre** Abergele Road
- 37.1 *Towyn* and immediately ...
 A547 **Abergele**
- 38.7 **Abergele** A547
- 40.1 A547 **Abergele** at A55 then immediately ...
- 40.4 **Leisure Centre** Faenol Avenue
- 41.1
- 41.3
- 41.8 & to pass **Pensarn** station
- 42.1 and onto coastal cyclepath through **Colwyn Bay** to **Rhos**
- 56.3 look for clock tower at tourist information, then left into Penrhyn Avenue by Forte's Restaurant
-
- 53.3 **Rhos on Sea**
 any cafe (eg Forte's on R) or receipt/ATM from Co-op on R etc
- go to section 3

3 back together again

continue on Penrhyn Avenue

- 1.2 Marine Drive and pass gold club
- 1.9 **Conwy** Pendorlan Rd
- 2.1 Marine Road
- 2.5 *Llanrhos* Llanrhos Road
- 5.5 over A470 **Deganwy**
- 5.8 *Llandudno Junction*
- 7.5 A546 (unsigned)
- 8.3 A547 into **Conwy**
- 9.4 at **Conwy Castle** & pass

choice of routes here

3a either ... via coastal cycleway (flat)

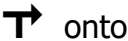
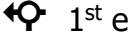
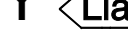
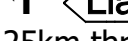
- 10.0 continue A547, over A55 then ...
- 14.8 through **Penmaenmawr** keeping A55 to your left
- At the end of promenade take the zigzag climb under the A55
- 18.6 towards **Pen-y-clip tunnels**

go to section 3c

3b or ... via Sychnant Pass (hilly)

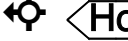
- 9.8 Uppergate St, climb **Sychnant Pass**
- 16.6 through **Penmaenmawr** towards **Pen-y-clip tunnels**

go to section 3c

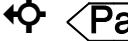
- 18.0 left onto bridge at **Pen-y-clip** & follow cyclepath 5 to **Llanfairfechan**
- 20.2  thru **Llanfairfechan**
- 22.7  Ffordd Gwyllt
- 23.4  at LH bend & alongside A55
- 24.5  thru **Abergwyngregyn**
climb & descend narrow lane
- 28.6  &  Tal y Bont
- 31.2  2nd exit Bangor A5
- 33.9  Pier on LH bend after petrol station
- 35.5  onto A5 (*remember this junction!*)
- 37.4  1st exit Caernarvon A487
- 39.0  &  over **Pont Britannia** (A55)
- 41.4  Llanfair PG A5
- 41.5  Llanfair PG A5 (not A55) for
25km through **Gwalchmai** to **Valley**
- 68.6  Holyhead A5 in **Valley**

70.8 **Holyhead** Coffee Cups Cafe (Tollhouse,
Penrhos) on right after Stanley Embankment

70.8 continue on A5 to roundabout

73.1  Holyhead A5153 and continue
over A55

73.2 **Holyhead** 
Tesco (open 24 hours except not Sun)
KFC closes 23:00
Morrisons (not 24/7)

73.9  Parc Cybi after A55

74.0 Roadking Truckstop until 22:00

continue past RoadKing, SO at 2
roundabouts onto narrow lane

2.6  B4545 thru **Treaddur Bae** to **Valley**

7.5  A5025 Amlwch

or simply return on A5 to **Menai Bridge**

10.3  B5190 to **Llangefni** where ...

26.7  Field Street , then 

26.8  Church Street through traffic

26.9  Ffordd Cae Sel & 

27.2  and continue B5109/B5420 to
Menai Bridge

38.4  over **Menai Bridge** towards **Bangor**

41.0  Siliwen Rd IE ignore T (remember?)

42.7  (unsigned A5)

45.2  Tal y bont

47.6  &  thru **AberGGG** to
Llanfairfechan

54.1  thru **Llanfairfechan**

56.7  before A55 thru **Penmaenmawr**

61.6  onto A55 & soon  onto cyclepath
(cyclists not allowed through tunnels!)

65.9 

66.2  A547 through **Conwy**

69.5  A547 Llandudno Junction

71.2  A547 Betws y Coed at A55

71.5  Mochdre A547 through **Colwyn
Bay & Abergele** to A55 roundabout

88.1  Rhuddlan A547 (under A55) to...

88.4 **Abergele** 
McDonalds open 24/7

5 R from McDonalds A547 to **Rhuddlan**

- 6.6  **Rhuddlan** at A525
- 7.9  **Prestatyn** at A547
- 15.3  A548 towards Queensferry for 25km
- 40.0  continue A548 over Dee Bridge and straight on at 3 roundabouts (to pass Deeside Industrial Park zones 4, 3, 2)
- 47.1 At sign for 4th roundabout
- fork left onto narrow cycle lane
- cross Green Lane & through barriers
-
- 48.2 - cross A550 at pedestrian lights 
- onto lane signed Saughall
- 50.2  A540
- 51.5   A5117
- 57.3  **Stanlow** A5117 at M53
- 62.4  **services** at M56
-
- 62.8 **Hapsford** 
Chester M56 Services 24/7

6 exit services & **Helsby** A5117

- 2.2   A56 thru **Helsby** & **Frodsham**
- 12.4   after bridge in **Sutton Fields**
use Runcorn Cycleway on right hand pavement then rejoin road for ...
- 13.4  **Whitehouse Roundabout** A56
- 15.3  **Preston on Hill** Windmill La
- 15.5  Summer Lane
- 19.0  **Stretton** and over M56
- 19.2  **Stretton** to A49
- 20.9   **Appleton Thorn** B5356
- 24.3  **Trading Estate**
- 29.1  A50
- 30.2  B5159 at **High Legh** **Partington**
- 31.5   Peacock Lane to **Bucklow Hill**
- 35.0   A5034 & immediately ...
- 35.1  Ciceley Mill Lane
- 36.4   70
- 37.4  **Ashley** at Tatton Park entrance
- 40.8  **Wilmslow** in **Ashley**
- 44.5  A538 - use cyclepath on right through 2 tunnels and on climb; rejoin main road at Morley Green Rd
- 49.9   in **Wilmslow**
- 50.3   **Station** Station Road
- 51.5  follow all **A5102** towards **Poynton**
- 55.6  **Poynton** A5149 to **Poynton**
-
- 58.9 **Poynton**  ATM from WH Smiths by church or  Park Lane for Costa or Waitrose