North Wales Coast to Coast – Day 2

Day 2: A mountain bike route of 47.8 miles with 8897ft of climbing from Machynlleth to Llangynog, via the Cli-machx Trail and the Bwlch-y-Groes. The day starts with some manmade singletrack through the Dyfi forest before heading for the highest road pass in North Wales.  After Lake Vyrnwy the route then returns to the trails for some really nice riding to Llangynog. The Dyfi Forest is closed a few times a year for motorsport, [please check before riding the trails](http://www.dyfimountainbiking.org.uk/Dyfi_MTB/Welcome.html).

1. Leave the Maenllwyd B&B and turn left to follow the main road back into the centre of town. At the Clock Tower junction turn right [(GR745008)](http://www.streetmap.co.uk/map.srf?x=274545&y=300790&z=120&sv=274545,300790&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=274545&ay=300790&lm=0). Go under the railway bridge and follow the cycle track on the left hand side of the road to the bridge over the river. Just before the bridge turn right, cross the road, and go through a gate to follow the cycle track along the river bank. Go left over the next bridge and rejoin the main road. Continue along the cycle track for a short distance to a junction with a lane on the right [(GR751023)](http://www.streetmap.co.uk/map.srf?x=275145&y=302355&z=120&sv=275145,302355&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=275145&ay=302355&lm=0). Turn right and descend to the next junction a short distance later. Turn left and climb the lane to continue along cycle route. At the junction by the entrance to the Centre for Alternative Technology turn left then immediately right and follow the lane up the valley to village of Ceinws.

2. At the village go past a lane on the right then go though a dip to cross a stream. Climb from the stream to a junction at the crest, on the edge of the village [(GR757060)](http://www.streetmap.co.uk/map.srf?x=275740&y=306060&z=120&sv=275740,306060&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=275740&ay=306060&lm=0). Turn right and follow the signs for the MTB trail. Climb to a forked junction and take the left hand track. Climb steeply, past the sign for the Dyfi forest, to the car park at the start of the Cli-machx trail. Continue straight on up the track on the left and follow the Cli-machx Trail waymarkers. Follow the Cli-machx Trail to the end of the ‘Better Late Than Never’ singletrack on top of the ridge. At the end of the singletrack go straight ahead and climb the wide fire road to the next junction [(GR784088)](http://www.streetmap.co.uk/map.srf?x=278480&y=308830&z=120&sv=278480,308830&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=278480&ay=308830&lm=0). Turn right, to leave the Cli-machx Trail. The track soon bears right and descends through a dip before climbing to a gate after a left hand bend. Go through the gate and descend a short way to a junction with a rocky track on the right [(GR791091)](http://www.streetmap.co.uk/map.srf?x=279165&y=309140&z=120&sv=279165,309140&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=279165&ay=309140&lm=0).

3. Turn right and climb the track, which soon bears right to the top of the ridge. At the top, where the track turns left to follow the ridge, go through the gate on the right [(GR795093)](http://www.streetmap.co.uk/map.srf?x=279570&y=309315&z=120&sv=279570,309315&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=279570&ay=309315&lm=0). Follow the raised line of rocks on the left for a short distance until you can find a place to get across them. This leads into a grassy gully between two low ridges. Descend the gully to the start of a loose and rocky double track, which soon turns left, and descends steeply to a gate at some farm builds. Go through the gate and turn right directly after the buildings. Descend to the bottom of the hill and go straight on to cross a stream then climb, bearing left, to a fire road junction back in the forest [(GR798084)](http://www.streetmap.co.uk/map.srf?x=279875&y=308405&z=120&sv=279875,308405&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=279875&ay=308405&lm=0).

4. Go left at this junction and left at the next to descend through a dip over a stream before climbing to another junction [(GR800077)](http://www.streetmap.co.uk/map.srf?x=280055&y=307830&z=120&sv=280055,307830&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=280055&ay=307830&lm=0). Turn left and climb the fire road though a number of bends. At the next junction go right and follow the track for a long straight climb to the top of the hill. Eventually the track descends through a long right hand bend before bearing left to a junction [(GR819088)](http://www.streetmap.co.uk/map.srf?x=281680&y=308765&z=120&sv=281680,308765&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=281680&ay=308765&lm=0). Turn left and follow this track through a few bends, past a junction with a track on the right, before climbing gently to a large junction with a number of exits. Take the exit on the opposite side of the junction, slightly offset to the right, and descend a short way to the next junction [(GR826092)](http://www.streetmap.co.uk/map.srf?x=282620&y=309215&z=120&sv=282620,309215&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=282620&ay=309215&lm=0). Turn sharp left for a long descent through a number of bends to a three-way junction in a dip [(GR823101)](http://www.streetmap.co.uk/map.srf?x=282345&y=310205&z=120&sv=282345,310205&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=282345&ay=310205&lm=0). Turn sharp right and continue descending. At the next junction, a four-way junction with a fire road on the left and a vague grassy track on the right, just before the edge of the forest, turn right and climb the grassy track. Go through the gate at the edge of the trees then bear left and descend the grassy track to a gate at the houses [(GR829102)](http://www.streetmap.co.uk/map.srf?x=282975&y=310205&z=120&sv=282975,310205&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=282975&ay=310205&lm=0).

5. After the gate turn left and descend the track to a triangular junction, just before a bridge. Turn right, away from the bridge, and climb the lane to a track on the left just before leaving the trees [(GR833102)](http://www.streetmap.co.uk/map.srf?x=283415&y=310205&z=120&sv=283415,310205&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=283415&ay=310205&lm=0). Go left down this track to a gate. After the gate follow the grassy double track to a large iron gate at a bridge over the river [(GR842104)](http://www.streetmap.co.uk/map.srf?x=284210&y=310405&z=120&sv=284210,310405&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=284210&ay=310405&lm=0). Go across the bridge and turn right to climb past a lane on the left into the village of Aberangell. Ride through the village, past another lane on the left, then bear left and descend to a triangular junction. Turn left and follow the singletrack lane up the left hand side of the valley. At the next junction, with a small bridge on the right, go straight on to a junction with the A470 [(GR858141)](http://www.streetmap.co.uk/map.srf?x=285855&y=314070&z=120&sv=285855,314070&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=285855&ay=314070&lm=0).

6. Bear left on the main road and follow it to a junction with a lane on the right a short distance later. Turn right down this lane to the next junction in the Dinas Mawddwy [(GR858149)](http://www.streetmap.co.uk/map.srf?x=285870&y=314900&z=120&sv=285870,314900&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=285870&ay=314900&lm=0). Turn left and follow the lane along the bottom of the steep sided valley, ignoring any lanes on either side. After a while the lane bears left with the valley. At the head of the valley the lane goes over a bridge and kicks up steeply for the start of the Bwlch y Groes climb. Just after road starts climbing go through a steep right hand hair pin then bear left and follow the lane up the left hand side of the valley. At the junction near the top turn left and climb steeply to the view point at the top [(GR912232)](http://www.streetmap.co.uk/map.srf?x=291295&y=323240&z=120&sv=291295,323240&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=291295&ay=323240&lm=0).

7. After taking in the views across Snowdonia turn around and retrace your wheel tracks back to the three-way junction [(GR914228)](http://www.streetmap.co.uk/map.srf?x=291440&y=322805&z=120&sv=291440,322805&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=291440&ay=322805&lm=0). Turn left and follow the lane for a long descent to a junction at the edge of Lake Vyrnwy [(GR963224)](http://www.streetmap.co.uk/map.srf?x=296310&y=322440&z=120&sv=296310,322440&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=296310&ay=322440&lm=0). Turn right and follow the lane along the edge of the reservoir to the junction at the dam [(GR016191)](http://www.streetmap.co.uk/map.srf?x=301673&y=319181&z=120&sv=301673,319181&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=688&ax=301673&ay=319181&lm=0). There are toilets on the right and, if you go straight on, there is a café on the left.

8. Turn left across the dam, then at the junction on the other side turn right and descend into Abertridwr. At the junction in the village with the shop on the left [(GR032190)](http://www.streetmap.co.uk/map.srf?x=303285&y=319085&z=120&sv=303285,319085&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=303285&ay=319085&lm=0), follow the main road right. Just before the road crosses a stream and climbs out of the village, turn left on a track that goes past some garages. At the junction just after take the right hand track to ride by the stream. Continue straight on to a stream crossing on the right [(GR036191)](http://www.streetmap.co.uk/map.srf?x=303615&y=319125&z=120&sv=303615,319125&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=303615&ay=319125&lm=0).

9. Use the ford or bridge to cross the stream then climb into the trees. The singletrack soon comes to a junction. Follow the fire road right and climb through a left hand bend to a junction at the top [(GR141192)](http://www.streetmap.co.uk/map.srf?x=304065&y=319195&z=120&sv=304065,319195&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=304065&ay=319195&lm=0). Go straight on and descend left to the next junction then keep left to continue going down hill. At the next junction, where then main track turns sharp left, go straight on. Follow this track up a long, gradual climb of about two miles up the right hand side of the valley. At the end the track turns left, through a dip, and comes to a T-junction [(GR063210)](http://www.streetmap.co.uk/map.srf?x=306365&y=321000&z=120&sv=306365,321000&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=306365&ay=321000&lm=0).

10. Turn right and climb the rocky double track to the next junction. Take the track on the left for a short, steep section, which soon comes out to the top of the hill. Continue along the track to where it bears left then right around a block of trees. On the right hand bend, slightly hidden in the left hand corner of the trees, is a bridleway sign [(GR074214)](http://www.streetmap.co.uk/map.srf?x=307405&y=321450&z=120&sv=307405,321450&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=307405&ay=321450&lm=0). Turn hard left and climb gently along the very vague grassy track, then when a fence and gate appears ahead aim slightly high, to the right hand side. As you pass the start of the fence, now on the left, bear right through the field where the climb steepens and the track becomes a little more defined.  Follow the line of the fence on the left to a junction with a rocky double track. Go straight across the double track and through a gate leading into the next grassy field. Climb the vague singletrack through the field, keeping to the fence on the left. Near the top of the climb bear slightly right to skirt the tall grass and bog until reaching a fence in front at the top. Turn left and go a short way across the boggy ground at a small gate on the right and large gate ahead in the corner of the field [(GR066216)](http://www.streetmap.co.uk/map.srf?x=306678&y=321651&z=120&sv=306678,321651&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=819&ax=306678&ay=321651&lm=0).

11. Go right through the small gate then follow the track straight ahead into the trees. After a short gentle climb the track descends on a fast, wide and rocky forest track. At the end of the descent turn right through a ford then go up a steep climb. At the top of the climb bear left to a junction with a double track [(GR061219)](http://www.streetmap.co.uk/map.srf?x=306103&y=321926&z=120&sv=306103,321926&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=819&ax=306103&ay=321926&lm=0). Turn right and descend the track to a junction with a lane. Turn left then almost immediately right through a small gate for a singletrack BW that climbs gently through a small gully. At the next junction turn right to a gate [(GR058227)](http://www.streetmap.co.uk/map.srf?x=305865&y=322720&z=120&sv=305865,322720&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=305865&ay=322720&lm=0). After the gate descend on the thin grassy singletrack across the face of the hill, going through a couple of gates on the way. When the trail meets a muddy double track, on a hairpin bend, take the left hand track and continue descending.

12. At the junction at the bottom of the descent turn left. Follow the tarmac across a bridge to a junction at a house [(GR067238)](http://www.streetmap.co.uk/map.srf?x=306745&y=323830&z=120&sv=306745,323830&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=306745&ay=323830&lm=0). Turn left, then at the junction immediately after go straight ahead along the lane. Follow the lane as it bears left and goes past a couple of tracks on the right. Go over a small rise then descend to a junction with a wide track on the right, directly before a couple of houses where a white line appears in the middle of the road [(GR059235)](http://www.streetmap.co.uk/map.srf?x=305990&y=323530&z=120&sv=305990,323530&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=305990&ay=323530&lm=0).

13. Turn sharp right and climb the fire road into Cwmwr Woods. After a long steep climb the track comes to a junction near the top of the ridge. Take the right hand track and go through a right hand bend in a dip. Climb, bearing left, to the next a junction and take the right hand track to a gate on the ridge [(GR054247)](http://www.streetmap.co.uk/map.srf?x=305390&y=324745&z=120&sv=305390,324745&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=305390&ay=324745&lm=0). After the gate go straight on for a steep, rocky descent into [Llangynog](http://en.wikipedia.org/wiki/Llangynog). The descent finishes with a couple of turns through some old mine workings. At the second left hand bend go straight on down the bridleway into the village. The track weaves through some buildings and finishes at a junction with a road. Turn left then follow the road right over a thin bridge, to the New Inn a short distance later on the right [(GR053261)](http://www.streetmap.co.uk/map.srf?x=305410&y=326090&z=120&sv=305410,326090&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=684&ax=305410&ay=326090&lm=0).

[North Wales Coast to Coast - Day 1](http://flattyres-mtb.co.uk/route-guides/north-wales-mtb-routes/north-wales-coast-to-coast-day-1/)

[North Wales Coast to Coast - Day 3](http://flattyres-mtb.co.uk/route-guides/north-wales-mtb-routes/north-wales-coast-to-coast-day-3/)

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