



Road Cycling Route

The 3 Llans

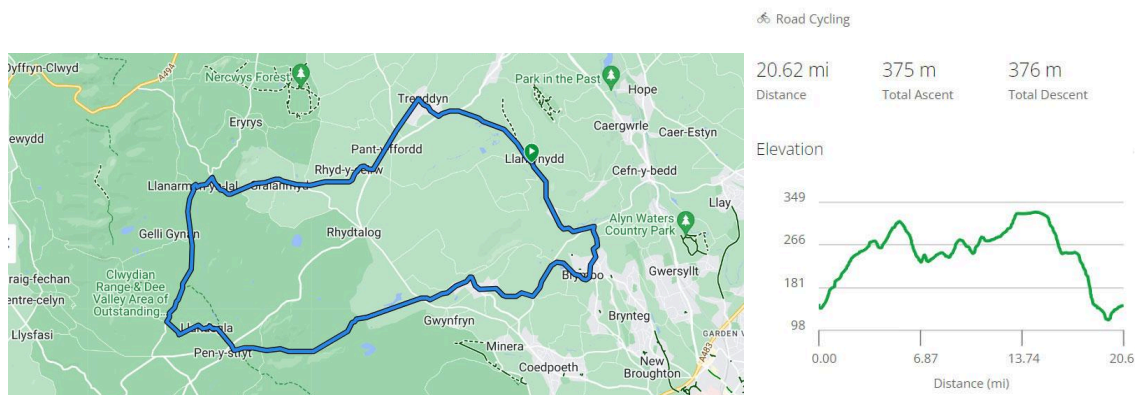
Route Guide

Difficulty: Moderate

Distance: 20.62 miles

Elevation: 375 meters

GPS download: [Garmin](#)



The Three Llan's

The Three Llan's take in Llanfynydd, Llanarmon-yn-Ial and Llandegla, which is a nice circular route that's not too hilly for our first ride from the pub. There are a combination of quiet and main roads.

The Route

1. We start off by leaving the pub heading right out of the village, as we leave the village there is a steady climb to a set of traffic lights, once through the lights we head to the junction at the end of the road. It is about a mile from the pub to the main road (A5104). We turn left onto the A5104 and we are on here for a few minutes as we will take the turning on the right to Tryddyn opposite Swan's farm shop.



2. We follow this road going past Tryddyn Express Convenience Store and stay on this road until we get to the crossroads (Ffordd Y Llan/Ffordd Y Rhos). We turn Left onto Ffordd Y Rhos, passing the church on our right and head back to the A5104. This section of the ride takes out a big section of the A5104. At the end of Ffordd Y Rhos, we will turn right, and we are back on the A5104 for another few minutes until we turn right onto Ffordd Llanarmon, we stay on this road heading into the village of Graianrhyd, this is a nice decent with a few nice bends then a steady climb into the village. We have the pleasure of riding some nice smooth tarmac from Graianrhyd to Llanarmon-yn-Ial.

3. Once through the village we make our way down some more winding roads towards Llanarmon-yn-Ial, you will get some nice views of the Clwydian Range, but don't get distracted for too long as we will be turning left onto the B5431. We have a short descent then a short climb into the village of Llanarmon-yn-Ial, the second of the three Llan's. We follow the road through the village passing the church on our left, which is when we start to take in some of the quieter lanes. We are on a single track lane for a few miles. You will be greeted with more views of the Clwydian Range to your right.



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4. After being on this road for a few miles we will take the turning on our left for Llandegla, the last of the three Llan's. We turn onto Allt Yr Efail road, which is another single track lane all the way into the village. Once we pass the church in Llandegla, we have a short gradual climb out of the village, where we cross over the A5104 onto Old Gate Lane. At the end of this road, there is a junction, where we join the A525. Care needs to be taken joining this road as it can get busy at times.



5. We are on the A525 for approximately 2 miles. This road is slightly rough and has potholes in places. We pass One Planet Adventure on the right and then Llandegla Fishery on the left. Once we have passed these there is another gradual climb, then we are on a nice straight road to the cross roads traffic lights. We cross the traffic lights and head to Bwlchgwyn, we've got a nice descent into the village, where we pass the Aircrew LA766 Monument on the left, stay sharp though as we soon take another left onto Brymbo Road. There is a school on our right and give way to traffic ahead of us. Be careful as there are parked cars on the left. We stay on this road and get to enjoy some more descents, and we do a short climb to join Minera Road.
6. We turn left onto Minera Road and start to make our way back to the pub. We stay on this road for a few minutes as we take the turning on the right to Mount Zion, down onto Blast Road then onto the High Street. We then join Coed Y Felin Road, passing St Mary's Church down onto Vicarage Road. At the end of this road, we turn left then take the first right straight away for Ffrith.

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7. This the last stretch of the ride, we stay on this road all the way through the village of Ffrith and back to the pub, for some well deserved food and drink and we will be greeted with a nice warm fire.



By joining onto this ride you agree that: you will act responsibly and adhere to the rules of the road and countryside; you acknowledge that it is your responsibility to ensure that any manoeuvre that you make is carried out safely; you confirm that you are fit and healthy enough to participate in the ride; you confirm that your bike is in a safe, legal and roadworthy condition (see GCN's 6 Checks Before You Ride); you understand that the Cross Keys cannot be held responsible for any personal injury, accident, loss, damage or public liability during the ride.

You are responsible for your own safety. On the day we suggest that you should bring wet weather wear and warm clothing, a spare inner tube, a pump and tyre levers some food and drink to keep you going, money for emergencies (and possibly lunch) a mobile phone and that you should carry details of your address and an emergency telephone contact number, just in case. Helmets are mandatory and if it has rained the night before the ride, if you have mudguards it would be advisable to put them on your bike.