



TR Register Shropshire

Run to

Llyn Brenig

Friday 30th August 2019

This is a scenic social run of approximately 160 miles and 4hrs 17mins running time (returning to Salop Leisure). We will pick up cars from the north and west of the County on the way. Drivers will be free to find their own way back to wherever they are going.

IF YOU ARE NOT MEETING AT SALOP LEISURE PLEASE ADVISE PETER NAPIER WHERE YOU PROPOSE TO MEET UP EN ROUTE

This is non-competitive Social Run conducted under the current guidance of the TR Register and participants will be required to sign the TR Register's Disclaimer Form.

We will have lunch at the Llyn Brenig Visitor Centre. We will need to pre order on the day

Destinations:

1. Bala Lake Railway Café:

Driving time approx: 1hr 24 mins 51.7 miles

SatNav: LL23 7DD

Time of arrival: 11.25

Departure: 12.10 (train from Bala due in at 12.05)

2. Llyn Brenig Visitor Centre:

Driving time approx (from Bala Lake Café): 51 minutes 33.5 miles

SatNav: LL21 9TT

Time of arrival: 13.20 (ish)





Departure: 14.20 (ish)





3. Home via Horseshoe Pass

Itinerary:

09.30	0 miles	Meet at Salop Leisure, Emstrey, Shrewsbury, SY5 6QS. This is located on the B4380 (the old A5) just East of the A5 Shrewsbury Bypass.	
10:00		Turn LEFT out of Salop Leisure and at the roundabout take the first exit onto the A5	
10.17	13m	Continue along the A5, passed Montford Bridge and take the Nesscliffe bypass (dual carriageway). At the roundabout at the end of the dual carriageway TAKE THE FIRST exit towards Knockin along B4396.	
10.27	19.5 m	Carry along this road for about 6 miles passing through Knockin until you reach a cross roads with the A483 (signposted Llansantfraid A495, Machynlleth (A458) and Bala (B4396)) GO STRAIGHT OVER	
10.35	21.4 m	Continue along this road for approximately 2miles the road reverts to being the B4396 at a junction signposted Llanybodwel, Llanrhaeadr and Bala B4396. Follow this road. DO NOT TURN LEFT	
10.42	29m	Approx 8 miles further along TURN LEFT following the B4396 signposted to Bala. Continue on this road	
10.45	31.5m	After approx 2 ¹ / ₂ miles TURN RIGHT at the T junction with	

		the B4391 towards Bala. CONTINUE on this road until shortly before Bala.	
11.11	46.7m	Shortly before Bala and on a sweeping right hand bend, look out for these farm buildings as you will be turning left shortly afterwards.	
11.11	46.7m	Just after the farm buildings TURN LEFT onto the B4403 signposted Llangower and a brown sign with a steam locomotive and Llyn Tegid Bala Lake.	
	51.5m	CONTINUE along the B4403 for approx 5 miles turning sharp right over a bridge and into the village of Llanuwchllyn (it means the church at the top of the lake). At the white gable TURN RIGHT into Station Road	
11.25	51.7m	Follow the road all the way to the railway station bearing right at the Y junction.	
		COFFEE/LOO BREAK - WE WILL BE HERE FOR APPROX 45 MINUTES	
12.10		DEPART STATION	
		RETRACE route back to the main street in Llanuwchllyn and TURN RIGHT towards Bala	
12.15	52.4m	DRIVE THROUGH the village. At the end of the road TURN RIGHT at the T junction onto the A494 towards Bala.	

12.23	57.7m	<p>Proceed along the A494 all the way to Bala and drive through the town. Just as you are leaving Bala TURN LEFT onto the A4212 signposted Trwasfynedd A4212, Ffestiniog (B4391) and Porthmadog (A487).</p>	
12.27	60.2m	<p>Carry on along this road for approx 2¹/₂ miles to Frongoch and TURN RIGHT onto the B4501 signposted Cerrigydrudion</p>	
12.36	67.3	<p>Carry on along this road until you reach the A5 and TURN LEFT signposted Bettws y Coed</p>	
12.43	73.3	<p>Proceed along the A5 until just before you reach Pentrefoelas. Here you will see a road sign signposted Denbigh A543. TURN RIGHT here.</p>	
		<p>Drive along the A543 to Bylchau bearing right at the Y junction beside the church (on your right hand side).</p>	
13.00	84.5	<p>Shortly after Bylchau, at a cross roads on a sharp left hand, bend TURN RIGHT onto the B5435 signposted Nantglyn.</p>	

13.06	87m	Proceed along this road for approx. ??? miles and TURN RIGHT signposted Cerrigydrudion B4501	
13.14	91.5	Carry along this road for approx 4.5 miles until you reach a T junction and TURN LEFT signposted "Visitor Centre" 3 miles and Cerrigydrudion 7 miles.	
13.17	94.2m	After 2 ¹ / ₂ miles TURN LEFT signposted "Visitor Centre"	
13.20		LUNCH STOP we will stay here for approx. 1 hour	
14.20		DEPART Visitor Centre	
14.22		Retrace steps back to main road OR follow exit signs to the main road. TURN LEFT onto the B4501 towards the A5.	
14.26	98m	In Cerrigydrudion TURN LEFT at the T junction onto the B5105	

14.46	111.2m	Carry on this road all the way to Ruthin. TAKE THE FIRST EXIT - CROSS THE ROUNDABOUT towards Ruthin centre	
14.48	112m	At the roundabout in Ruthin TAKE THE THIRD EXIT signposted Wrexham A525	
15.05	119.4m	Continue along the A525 for 7 miles and TURN RIGHT onto the A542 signposted Llangollen	
15.05	122m	Follow this road all the way over the Horseshoe Pass and Ponderosa Café (non obligatory stop here)	
		Follow the A525 to Llangollen. DO NOT turn right in Llangollen but CARRY ON passed the station and bridge over the Wye towards Wrexham.	
15.25	133.4m	After 14 miles you will reach the A483 and the Ruabon Interchange. Here those heading to Shrewsbury and Oswestry will take the A483 towards Oswestry.	

This is a non-competitive run for likeminded participants where there is no other purpose than the camaraderie of motoring in company to a predetermined point. Consideration for other road users must be shown and speed limits complied with.

Contacts:

Peter Napier 07710 969069

Roger Critchley 07811 260166

FM Radio Channel



Route

MENU

FOOD SERVED: 8.00am – 3.00pm
PLACE ORDERS AT THE COUNTER
PLEASE INFORM YOUR SERVER OF ANY
ALLERGIES BEFORE PLACING YOUR ORDER

MAIN MEALS

FISH & CHIPS £8.50

Cod in a crispy golden batter with chips and garden peas

HOMEMADE LASAGNE £8.50

Layered with locally sourced minced beef in a rich tomato sauce, served with garden peas and chips

VEGETABLE BURGER £8.50

Served with chips, side salad and homemade coleslaw

CHICKEN BURGER £8.50

Served in a bap, with chips and side salad and homemade coleslaw

LAMB MARRAKESH £8.50

Medium hot lamb with chickpeas, sultanas and apricot served with garden peas and jacket potato

PLOUGHMAN'S £8.50

Ham, cheese, homemade coleslaw, salad and slice of bread

CHILDREN

PACKED LUNCH £4.50

Served from the chiller containing sandwich, bag of crisps, one snack and a drink

CHICKEN BITES & CHIPS £4.50

Served with peas or beans

SAUSAGE & CHIPS £4.50

Served with peas or beans

FISH FINGERS & CHIPS £4.50

Served with peas or beans

All childrens hot meals include a carton of apple or orange drink

LIGHT BITES

JACKET POTATO £6.25

One filling served with side salad and homemade coleslaw

- Cheddar cheese
- Baked beans
- Tuna mayonnaise

Extra filling £1.00

PANINIS £6.25

Served with side salad and homemade coleslaw

- Bacon, brie and cranberry
- Tuna melt
- Mature cheddar cheese and ham

With chips £7.25

SANDWICHES £3.95

Served with side salad and homemade coleslaw

HOMEMADE SOUP OF THE DAY £4.95

Served with a roll and butter
See board for details

BOWL OF CHIPS £3.00



FANCY SOMETHING SWEET?
CHECK OUT OUR DELICIOUS
CAKES AT THE COUNTER



LLYNBRENI



MENU

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ALL DAY BREAKFAST

BRENIG BREAKFAST £7.25

2 rashers bacon, 2 pork sausages,
2 hash browns, baked beans, fried egg,
mushrooms, two slices toast and tea
or coffee

STANDARD BREAKFAST £6.25

Bacon, pork sausage, hash brown,
baked beans, fried egg, sliced
mushrooms, toast and tea or coffee

BRENIG VEGETARIAN BREAKFAST £7.25

2 Quorn sausages, 2 hash browns, fried
egg, mushrooms, baked beans, tomato,
2 toast and tea or coffee

STANDARD VEGETARIAN BREAKFAST £6.25

Quorn sausage, hash brown, fried egg,
mushrooms, baked beans, tomato and
toast and tea or coffee

TOAST £0.50

White or brown toast with butter and jam

BEANS ON TOAST £3.95

Baked beans on white
or brown toast

EGG ON TOAST £3.95

Fried egg on white or brown toast

BREAKFAST BAP £3.95

Choose 3 fillings:

Pork sausage

Quorn sausage

Bacon

Hash brown

Fried egg

Sliced mushrooms

HOT DRINKS

TEA £2.00

FRUIT TEAS £2.00

FILTER COFFEE £2.50

LATTE £2.50

CAPPUCCINO £2.50

AMERICANO £2.50

MOCACCINO £2.50

ESPRESSO £2.20

HOT CHOCOLATE £2.50

LUXURY HOT CHOCOLATE £2.80

with marshmallows and cream

CHILDREN'S HOT CHOCOLATE £1.25

CHILDREN'S LUXURY HOT CHOC. £1.50

with marshmallows and cream

COLD DRINKS

BOTTLES £1.80

CANS £1.20

BOTTLED WATER £1.00

GLASS OF MILK £1.00

RED BULL £2.00

FRUIT JUICE CARTON £0.70



FREE WATER REFILLS

WE'RE HAPPY TO REFILL
YOUR REUSABLE BOTTLE
WITH TAP WATER



LLYNBRENIG

