

# STAGE FOUR | ABERAERON TO GREAT ORME, LLANDUDNO WEDNESDAY 8 SEPTEMBER



START	Aberaeron
NEUTRALISED SECTION	2.3km or 1.4 miles
STAGE DISTANCE	210 km or 130.6 miles
FINISH	The Great Orme, Llandudno

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
0.00	2.30	0.00	1.40	Start Neutralised		Aberaeron	42	10:30	10:30	10:30
0.00	210.0	0.00	130.6	Start Proper		A487	42	10:45	10:45	10:45
0.6	209.4	0.4	130.2	Sign		Aberarth	42	10:45	10:45	10:45
3.3	206.7	2.1	128.5		Caution!	Fast Descent!	42	10:50	10:49	10:49
3.9	206.1	2.4	128.2		Caution!	Sheep	42	10:51	10:50	10:50
5.3	204.7	3.3	127.3	Sign		Llannon	42	10:53	10:52	10:51
9.0	201.0	5.6	125.0	Sign		Llanrhystud	42	10:59	10:57	10:56
16.6	193.4	10.3	120.3	Sign		Blaenplwf	42	11:11	11:08	11:06
17.5	192.5	10.9	119.7		Caution!	Fast Descent!	42	11:12	11:10	11:07
20.6	189.4	12.8	117.8	Sign		Rhydyfelin	42	11:17	11:14	11:11
20.8	189.2	12.9	117.7	X.Roads	Straight	A487	42	11:17	11:14	11:11
21.4	188.6	13.3	117.3	Sign		Penparcau	42	11:18	11:15	11:12
22.0	188.0	13.7	116.9	R/about	1st Exit	A487 Penparcau Road	42	11:19	11:16	11:13
22.2	187.8	13.8	116.8	X.Roads	Straight	A487 First Avenue	42	11:19	11:16	11:13
23.0	187.0	14.3	116.3		Caution!	Long Central Island Keep Left!	42	11:21	11:17	11:14
23.3	186.7	14.5	116.1	X.Roads	Right		42	11:21	11:18	11:14
23.9	186.1	14.9	115.7	R/about	1st Exit	A487 Alexandra Road	42	11:22	11:19	11:15
24.1	185.9	15.0	115.6	Junction	Left	A487 Terrace Road	42	11:22	11:19	11:15
24.2	185.8	15.0	115.5	X.Roads	Straight		42	11:23	11:19	11:16
24.2	185.8	15.0	115.5		Caution!	Sharp Right Bend A487 North Parade	42	11:23	11:19	11:16
24.4	185.6	15.2	115.4		Keep Right	A487 Northgate Street	42	11:23	11:19	11:16
24.5	185.5	15.2	115.4	X.Roads	Straight		42	11:23	11:20	11:16
26.6	183.4	16.5	114.0		Caution!	Fast Descent!	42	11:26	11:23	11:19
29.1	180.9	18.1	112.5	Sign		Bow Street	42	11:30	11:26	11:22
30.0	180.0	18.7	111.9	Drinks Start			42	11:32	11:27	11:23
31.2	178.8	19.4	111.2	Junction	Left	B4353	42	11:34	11:29	11:25
31.4	178.6	19.5	111.1	Sign		Landre	42	11:34	11:29	11:25
31.8	178.2	19.8	110.8		Caution!	Build outs & Speed Hump	42	11:34	11:30	11:25
32.0	178.0	19.9	110.7		Caution!	Build outs & Speed Hump	42	11:35	11:30	11:26
32.5	177.5	20.2	110.4		Keep Left		42	11:36	11:31	11:26
32.6	177.4	20.3	110.3		Caution!	Narrow Bridge	42	11:36	11:31	11:26
34.7	175.3	21.6	109.0	Sign		Glan	42	11:39	11:34	11:29
34.8	175.2	21.6	108.9	Sign		Borth	42	11:39	11:34	11:29
35.3	174.7	22.0	108.6	R/about	2nd Exit	B4353 High Street	42	11:40	11:35	11:30
38.6	171.4	24.0	106.6	Sprint 1		Borth	42	11:45	11:40	11:34
38.6	171.4	24.0	106.6			Green Zone	42	11:45	11:40	11:34
38.8	171.2	24.1	106.5		Keep Right	B4353	42	11:45	11:40	11:34
39.9	170.1	24.8	105.8		Caution!	Narrow Bridge	42	11:47	11:42	11:36
40.1	169.9	24.9	105.7		Caution!	Level Crossing! Half Barrier!	42	11:48	11:42	11:36
43.1	166.9	26.8	103.8	Sign		Llancynfelyn	42	11:52	11:46	11:40
44.7	165.3	27.8	102.8	TJunction	Left	A487	42	11:55	11:48	11:42
46.2	163.8	28.7	101.9		Caution!	Fast Decent	42	11:57	11:51	11:44
48.5	161.5	30.2	100.4	Sign		Furnace	42	12:01	11:54	11:47
49.1	160.9	30.5	100.1	Sign		Eglwys Fach	42	12:02	11:55	11:48
50.0	160.0	31.1	99.5	Sign		Glandyfi	42	12:03	11:56	11:49

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FINISH	The Great Orme, Llandudno

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
52.0	158.0	32.3	98.3	Sign		Welcome to Powys	42	12:06	11:59	11:51
54.5	155.5	33.9	96.7	Sign		Derwenlas	42	12:10	12:02	11:55
57.8	152.2	35.9	94.6	Sign		Machynlleth	42	12:15	12:07	11:59
58.0	152.0	36.1	94.5	R/about	2nd Exit	A487	42	12:16	12:07	11:59
58.3	151.7	36.3	94.3	M R/about	Straight	Double Mini Roundabout A487	42	12:16	12:08	11:59
58.4	151.6	36.3	94.3	M R/about	1st Exit	A487	42	12:16	12:08	12:00
58.7	151.3	36.5	94.1		Keep Left	A487	42	12:17	12:08	12:00
59.7	150.3	37.1	93.5	Sign		Welcome to Gwynedd	42	12:18	12:10	12:01
59.7	150.3	37.1	93.5		Caution!	Narrow Bridge	42	12:18	12:10	12:01
59.8	150.2	37.2	93.4		Keep Right		42	12:18	12:10	12:01
67.1	142.9	41.7	88.9	Sign		Corris	42	12:30	12:20	12:11
70.4	139.6	43.8	86.8		Caution!	Fast Descent	42	12:35	12:25	12:15
72.6	137.4	45.1	85.4	KoM 1	Start		42	12:39	12:28	12:18
75.6	134.4	47.0	83.6	KoM 1 Cat 2	Finish		42	12:43	12:33	12:22
79.2	130.8	49.3	81.3	TJunction	Left	A470 dir Dolgellau	42	12:49	12:38	12:26
80.6	129.4	50.1	80.5		Caution!	Fast Descent	42	12:51	12:40	12:28
83.0	127.0	51.6	79.0	Junction	Left		42	12:55	12:43	12:31
83.7	126.3	52.0	78.5	Sign		Dolgellau	42	12:56	12:44	12:32
83.9	126.1	52.2	78.4	X.Roads	Straight		42	12:56	12:44	12:32
84.2	125.8	52.4	78.2	X.Roads	Straight	Arran Road	42	12:57	12:45	12:33
84.2	125.8	52.4	78.2		Caution!	Narrow Bridge	42	12:57	12:45	12:33
84.3	125.7	52.4	78.2	Junction	Left	Porth Canol	42	12:57	12:45	12:33
85.7	124.3	53.3	77.3		Keep Right		42	12:59	12:47	12:35
86.0	124.0	53.5	77.1	TJunction	Right	A493	42	13:00	12:47	12:35
86.1	123.9	53.5	77.0	R/about	1st Exit	A470	42	13:00	12:48	12:35
87.4	122.6	54.3	76.2	R/about	1st Exit	A496 dir Barmouth	42	13:02	12:49	12:37
91.5	118.5	56.9	73.7	Sign		Bontddu	42	13:08	12:55	12:42
100.0	110.0	62.2	68.4	Junction	Left	A496 Jubilee Road	42	13:22	13:07	12:53
100.3	109.7	62.4	68.2	X.Roads	Right	A496 Beach Road	42	13:22	13:08	12:53
100.4	109.6	62.4	68.2		Keep Left	A496 King Edward's Street	42	13:22	13:08	12:54
100.5	109.5	62.5	68.1	X.Roads	Straight		42	13:22	13:08	12:54
101.4	108.6	63.1	67.5		Keep Left	A496	42	13:24	13:09	12:55
101.8	108.2	63.3	67.3	Sign		Llanabar	42	13:24	13:10	12:55
106.7	103.3	66.4	64.2	Sign		Talybont	42	13:32	13:17	13:02
107.0	103.0	66.5	64.1		Keep Right	A496	42	13:33	13:17	13:02
108.1	101.9	67.2	63.4	Sign		Dyffryn Ardudwy	42	13:34	13:19	13:03
111.8	98.2	69.5	61.1	Sign		Llangedr	42	13:40	13:24	13:08
112.4	97.6	69.9	60.7		Caution!	Narrow Bridge	42	13:41	13:25	13:09
114.5	95.5	71.2	59.4	Sign		Llanfair	42	13:44	13:28	13:12
116.5	93.5	72.4	58.1		Keep Left	A496	42	13:48	13:31	13:14
116.5	93.5	72.4	58.1		Caution!	Fast Descent	42	13:48	13:31	13:14
117.4	92.6	73.0	57.6		Caution!	Level Crossing! Half Barrier!	42	13:49	13:32	13:15
121.2	88.8	75.4	55.2	Sign		Ynys	42	13:55	13:38	13:20
122.5	87.5	76.2	54.4		Caution!	Level Crossing! Half Barrier!	42	13:57	13:40	13:22
122.9	87.1	76.4	54.2	TJunction	Right	A496	42	13:58	13:40	13:23
123.5	86.5	76.8	53.8	Sign		Talsarnau	42	13:59	13:41	13:23

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STAGE DISTANCE	210 km or 130.6 miles
FINISH	The Great Orme, Llandudno

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
123.9	86.1	77.0	53.5	Sprint 2		Talsarnau	42	13:59	13:42	13:24
123.9	86.1	77.0	53.5			Green Zone	42	13:59	13:42	13:24
125.8	84.2	78.2	52.4	Sign		Llandecwyn	42	14:02	13:44	13:26
131.8	78.2	82.0	48.6	Sign		Maentwrog	42	14:12	13:53	13:34
132.4	77.6	82.3	48.3		Keep Left	No Cut!	42	14:13	13:54	13:35
132.5	77.5	82.4	48.2	TJunction	Right	A487	42	14:13	13:54	13:35
132.7	77.3	82.5	48.1	Juntion	Left	A496	42	14:13	13:54	13:35
134.9	75.1	83.9	46.7	KoM 2	Start		42	14:16	13:57	13:38
137.0	73.0	85.2	45.4		Keep Right	A496	42	14:20	14:00	13:41
137.2	72.8	85.3	45.3	Junction	Left	B4391	42	14:20	14:01	13:41
141.7	68.3	88.1	42.5		Caution!	Cattle Grid	42	14:27	14:07	13:47
141.9	68.1	88.2	42.3	Junction	Left	B4407	42	14:27	14:07	13:47
144.3	65.7	89.7	40.9	KoM 2 Cat 2	Finish		42	14:31	14:11	13:50
144.3	65.7	89.7	40.9			Green Zone	42	14:31	14:11	13:50
144.6	65.4	89.9	40.7		Keep Right	B4407	42	14:32	14:11	13:50
144.6	65.4	89.9	40.7		Caution!	Sheep	42	14:32	14:11	13:50
149.5	60.5	93.0	37.6		Caution!	Cattle Grid	42	14:39	14:18	13:57
150.1	59.9	93.3	37.2		Caution!	Fast Descent	42	14:40	14:19	13:57
154.8	55.2	96.3	34.3	Sign		Ysbyty Ifan	42	14:48	14:26	14:04
157.9	52.1	98.2	32.4	Junction	Right	A5	42	14:53	14:30	14:08
159.8	50.2	99.4	31.2	X.Roads	Left	B5113	42	14:56	14:33	14:10
159.9	50.1	99.4	31.2		Caution!	Narrow Bridge	42	14:56	14:33	14:10
161.3	48.7	100.3	30.3		Caution!	Cows Crossing	42	14:58	14:35	14:12
162.3	47.7	100.9	29.7		Caution!	Cattle Grid	42	15:00	14:36	14:13
165.9	44.1	103.2	27.4	Sign		Nebo	42	15:05	14:42	14:18
167.0	43.0	103.8	26.7	Junction	Left	B5427	42	15:07	14:43	14:19
167.3	42.7	104.0	26.6		Caution!	Fast Descent	42	15:07	14:44	14:20
171.7	38.3	106.8	23.8		Keep Left	B5427	42	15:14	14:50	14:25
172.0	38.0	107.0	23.6		Caution!	Hump	42	15:15	14:50	14:26
172.2	37.8	107.1	23.5	Sign		Llanwrst	42	15:15	14:51	14:26
172.8	37.2	107.5	23.1	TJunction	Left		42	15:16	14:51	14:27
172.8	37.2	107.5	23.1	TJunction	Right	A470	42	15:16	14:51	14:27
173.1	36.9	107.6	22.9	Junction	Left	B5106	42	15:17	14:52	14:27
173.1	36.9	107.6	22.9		Caution!	Narrow Bridge	42	15:17	14:52	14:27
173.8	36.2	108.1	22.5		Keep Right	B5106	42	15:18	14:53	14:28
175.8	34.2	109.3	21.3	Sign		Trefriw	42	15:21	14:56	14:31
180.0	74.0	111.9	46.0	Sign		Dolgarrog	42	15:27	15:02	14:36
180.1	29.9	112.0	18.6	Sprint 3		Dolgarrog	42	15:28	15:02	14:36
181.5	28.5	112.9	17.7		Caution!	Build Outs	42	15:30	15:04	14:38
181.6	28.4	112.9	17.7		Caution!	Build Outs	42	15:30	15:04	14:38
181.8	28.2	113.1	17.5	Sign		Tal-y-Bont	42	15:30	15:04	14:38
185.3	24.7	115.2	15.4	Sign		Tyn-y-Groes	42	15:36	15:09	14:43
185.6	24.4	115.4	15.2	X.Roads		Straight	42	15:36	15:10	14:43
190.0	20.0	118.2	12.4			20km to Finish - Green Zone	42	15:43	15:16	14:49
190.7	19.3	118.6	12.0	Sign		Conwy	42	15:44	15:17	14:50
191.0	19.0	118.8	11.8		Caution!	Fast Descent	42	15:45	15:17	14:50

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FINISH	The Great Orme, Llandudno

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
191.3	18.7	119.0	11.6		Keep Right		42	15:45	15:18	14:50
192.2	17.8	119.5	11.1		Caution!	Narrow Bridge Arch	42	15:47	15:19	14:52
192.3	17.7	119.6	11.0	M R/about	2nd Exit	A547	42	15:47	15:19	14:52
193.1	16.9	120.1	10.5	R/about	1st Exit	A546 New Road	42	15:48	15:20	14:53
193.5	16.5	120.3	10.3	R/about	2nd Exit	A546	42	15:49	15:21	14:53
194.2	15.8	120.8	9.8	Sign		Deganwy	42	15:50	15:22	14:54
195.0	15.0	121.3	9.3			15km to Finish	42	15:51	15:23	14:55
197.3	12.7	122.7	7.9	R/about	1st Exit	A546	42	15:55	15:26	14:58
197.5	12.5	122.8	7.8	X.Roads	Straight	A546	42	15:55	15:27	14:58
197.8	12.2	123.0	7.6	X.Roads	Straight		42	15:55	15:27	14:59
198.2	11.8	123.3	7.3	X.Roads	Straight		42	15:56	15:28	14:59
198.3	11.7	123.3	7.3	R/about	2nd Exit	Great Orme Road	42	15:56	15:28	14:59
198.6	11.4	123.5	7.1	TJunction	Right	Circuit Entry Point	42	15:57	15:28	15:00
199.6	10.4	124.1	6.5	TJunction	Right	Church Walks	42	15:58	15:30	15:01
199.0	11.0	123.7	6.8		Straight	Caution! Against One Way System	42	15:57	15:29	15:00
199.7	10.3	124.2	6.4	R/about	1st Exit	North Parade	42	15:58	15:30	15:01
200.0	10.0	124.4	6.2			10km to Finish	42	15:59	15:30	15:02
200.3	9.7	124.6	6.0		Keep Left	Caution Narrow!	42	15:59	15:31	15:02
200.3	9.7	124.6	6.0	KoM 3	Start		42	15:59	15:31	15:02
200.4	9.6	124.6	6.0		Caution!	Cattle Grid	42	15:59	15:31	15:02
202.1	7.9	125.7	4.9		Keep Right		42	16:02	15:33	15:04
204.0	6.0	126.9	3.7	KoM 3 Cat 2	Finish	Marine Drive	42	16:05	15:36	15:07
204.2	5.8	127.0	3.6		Caution!	Fast & Techinal Descent	42	16:05	15:36	15:07
205.0	5.0	127.5	3.1			5km to Finish - Green Zone	42	16:07	15:37	15:08
208.2	1.8	129.5	1.1	TJunction	Right	Church Walks	42	16:12	15:42	15:12
208.3	1.7	129.5	1.1	Junction	Left	Ty-Gwyn Road	42	16:12	15:42	15:12
208.3	1.7	129.5	1.1	KoM 4 Cat 1	Start		42	16:12	15:42	15:12
208.7	1.3	129.8	0.8		Caution!	Cross Tram Tracks	42	16:12	15:43	15:13
209.0	1.0	130.0	0.6		Keep Right		42	16:13	15:43	15:13
209.2	0.8	130.1	0.5		Caution!	Cattle Grid	42	16:13	15:43	15:13
210.0	0.0	130.6	0.0	Finish		Great Orme, Llandudno	42	16:15	15:45	15:15