

A SUNDAY AFTERNOON BIKE RIDE

Try a 16 mile round trip from Ysbyty Irfan by following the B4407 from the A5 on the outskirts of Betws Y Coed to a café at the B4407/ B4391 'T' junction.



Ysbyty Irfan is famed for the origins of the St John's Ambulance service. The grounds of this existing church were once the base for the Knights hospitallers of the Royal Order of St John. They provided sanctuary for people and cared for those with ailments.

Inside the church visitors can be photographed wearing a replica cloak for the knights hospitallers and buy an article that details a short history of Ysbyty Irfan.



Although the village of Ysbyty Irfan is mostly holiday homes and holiday lets, it remains very picturesque and still supports its own primary school. The Arfon Conwy runs through the village and many of the houses line its banks.



Cycling out of the village and along the A4407 towards Ffestiniog, the road is only slightly wider than a single track. Pleasingly the total length has been recently tarmaced and covers a distance of about 8 miles. The first 4 miles climb in moderate to easy steps until reaching a cattle grid. After a further mile the ride follows the hill tops with special views of the Conwy River making its way down waterfalls and along the valley:



The moorland scenery is well worth the climb and the greatest hazard is from sheep rather than traffic.



Near to the end of the road is a lakeside picnic area. If you haven't brought food or drink, a café at the B4407/ B4391 'T' junction is worth a visit. Overall, this trip has great views; the better ones being in the village of Ysbyty Iffan and on the bike ride towards the Ffestiniog junction. The other direction has fewer hills and is a lot faster, so there is consequently less time to appreciate the surrounding valleys and moorland. The trip took me 2 hours – just enough time and effort for a leisure and pleasure ride.

