



Descend the rough winding track which has a few water traps in the wheel ruts. After this a climb around Moel Llys y Coed with a long descent down a rocky track to Moel Arthur. After crossing the cattle grid turn left through the gate.

This track is used by vehicles and is rutted and muddy in places. Turn left when you reach tarmac and follow the grassy track descending to Pentre Fm

From Brithdir Mawr the track is mainly level getting muddy after Castell then descending a well used farm track to Cae Newydd. The next track is stone with a gradual climb to the reservoir when it becomes grass, this is a stiff climb on wet and worn grass

This excellent descent is well worth trying out

The final run from Llangynhafal runs along undulating country lanes and some rough tracks back to Ruthin

Climb and descend on forest road with fords

Steady Climb on mainly grassy old track to Fron Heulog where the path descends rough track

**Ruthin**  
Market Town.  
Cafe, Pubs, Petrol  
Plenty of Parking

Climb steepens after Farm as the track becomes rougher

**Busy Road**