

# ROUTE CARD

**Ride Name:** Loop De Loop  
**Grade:** Hard/Advanced  
**Map Required:** OS Explorer 265  
**Total Distance:** 53.5Km (approx.)  
**Approx. Ride Time:** 6hrs  
**Total Height Climbed:** 1570m

## Cycling Legend

ROUTE A road B road C road Track

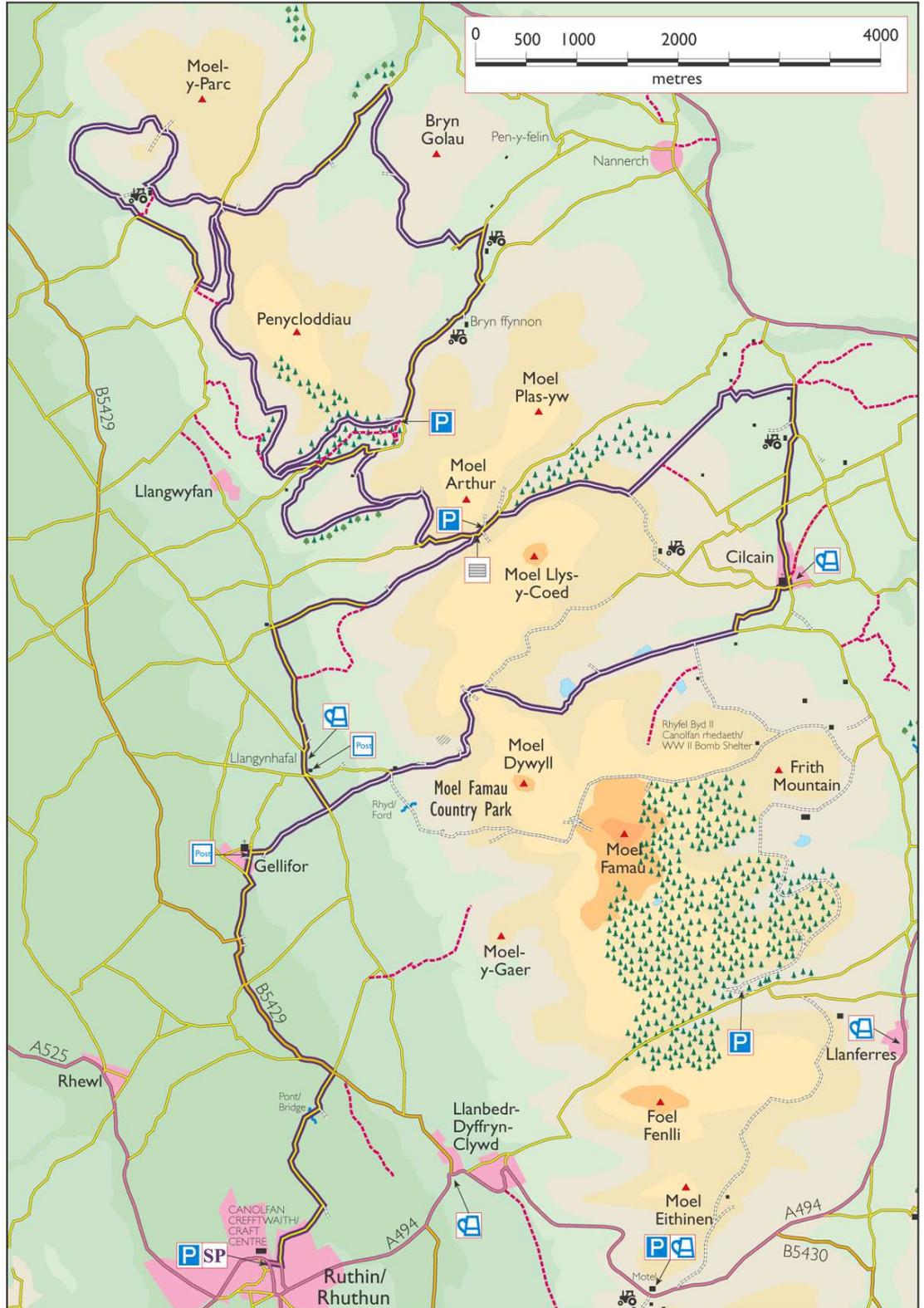
The route is shown as a broad purple line with the type of road and surface inset.

----- Other Bridleway

These maps are based on the 1947 OS 1" to 1 mile map, and updated from ground/bike surveys and aerial photography. © Denbighshire County Council 2003. It is recommended that you purchase the latest OS Explorer map or more detailed mapping.

## Key to symbols

-  Start Point
-  Car Parking
-  Pub
-  Cattle Grid
-  Post Box
-  Information
-  Cafe
-  Public Telephone
-  Farm



Symbol	Description	Distance (Km)
SP	Car park opposite Craft Centre in Ruthin.	
	<b>1st exit off roundabout, take 1st left after.</b>	<b>0.1</b>
	Left at crossroads.	2.6
	<b>Upon entering the village of Gellifor turn right up gravel track, after large bends behind houses.</b>	<b>5.0</b>
	Turn right at surfaced road and continue up wooded track at end of road.	5.3
	<b>At surfaced road turn left.</b>	<b>6.1</b>
	Continue through village of Llangynhafal and turn right at crossroads up steep hill.	8.1
	<b>Surfaced road turns into unsurfaced track, continue straight up.</b>	<b>9.1</b>
	At top of road turn left onto surfaced road.	10.5
	<b>Turn right onto bridleway.</b>	<b>11.2</b>
	Bear left at small pool.	11.7
	<b>Bear left again at fork in bridleway.</b>	<b>11.8</b>
	Turn left onto surfaced road.	13.9
	<b>Bear right onto track at left hand corner of road.</b>	<b>14.0</b>
	Continue straight through gate onto bridleway and out of forest.	14.4
	<b>At junction, double back left onto bridleway and continue to road.</b>	<b>17.7</b>
	Turn right onto surfaced road.	18.7
	<b>On corner with bridleways on right, take left hand bridleway.</b>	<b>19.7</b>
	At junction with bridleway turn left.	20.0
	<b>Continue to follow track around mountain bearing right at junction.</b>	<b>21.0</b>
	After climbing and descending grass bank, turn right at junction towards farm buildings.	22.6
	<b>Climb short, steep track back to previous junction. Continue straight across onto a semi surfaced road, road becomes unsurfaced.</b>	<b>23.5</b>
	Take 1st right after road becomes surfaced again.	25.6
	<b>Over cattle grid and turn right.</b>	<b>25.9</b>
	Bear left onto unsurfaced track.	26.4
	<b>Bear left at track junction and past cottage on left.</b>	<b>27.5</b>
	Turn left at junction with road, then right at the next 2 T-junctions.	28.0
<b>Bear right at the top of the hill, through forest car park, head through gate and and take 3rd forest track from the left.</b>	<b>30.5</b>	
Turn right at end of track, back to surfaced road.	32.0	
<b>Head back up hill on surfaced road around tight bends.</b>	<b>32.4</b>	
Double back right onto track.	33.2	
<b>Bear left in front of house and over the hill.</b>	<b>33.6</b>	
Head back along previous track back to the road.	34.2	
<b>Turn left at road, back to top of climb and over cattle grid.</b>	<b>35.0</b>	
Turn right on track and through gate.	35.9	
<b>Turn left through gate and down wooded track.</b>	<b>37.2</b>	
Bear right at junction and continue to main road.	38.7	
<b>At main road turn right and continue to the village of Cilcain.</b>	<b>39.4</b>	
At crossroads in village turn right, then left after church.	41.5	
<b>At water pump station turn right up unsurfaced road.</b>	<b>42.2</b>	
At end of track turn left through small gate.	43.8	
<b>Cross over stream at plank bridge and continue straight up hill on singletrack bridleway.</b>	<b>44.1</b>	
At junction with large track turn left and over the top of the ridge, continue straight on down hill.	45.1	
<b>At end of track go through gate onto surfaced road.</b>	<b>46.5</b>	
Bear left onto track and through gate, follow fence line left and through small gate down singletrack descent.	46.6	
<b>At gate cross straight over road onto track and retrace route back to start.</b>	<b>47.3</b>	
Finish	53.5	