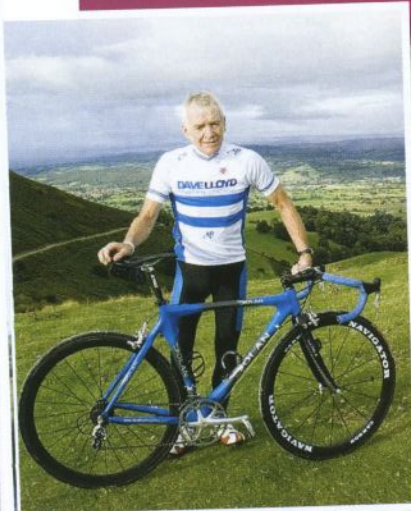




Pain ██████████  
 Length ██████████  
 Character ██████████  
 Overall: 8.5/10



### I LIKE...

The great views of Snowdon and Cader Idris



### I HATE...

Its unrelenting steepness, it takes your breath away!



### WHERE IS IT?

A mile or so north-east of Ruthin on the A494, ride into the village of Llanbedr Dyffryn Clwyd and take the first left after the church in the centre of the village.

### BWLCH PENBARRAS FACTS

- 2.25km/1.4 miles long
- 100m to 360m altitude
- 260m of climbing
- 25 per cent at various places
- Dead straight 45mph descent to Loggerheads

### MY PERSONAL BEST

11 min 10 seconds on a three-hour plus ride



Memory-Map OS Landranger Wales (3)

### KILLER CLIMB

# Dave Lloyd storms Penbarras

Have you got a Killer Climb in your area?

Then why don't you tell us about it...

Write to us at: CW, IPC Media Ltd, Leon House, 233 High Street, Croydon CR9 1HZ. Or email CW at cycling@ipcmedia.com

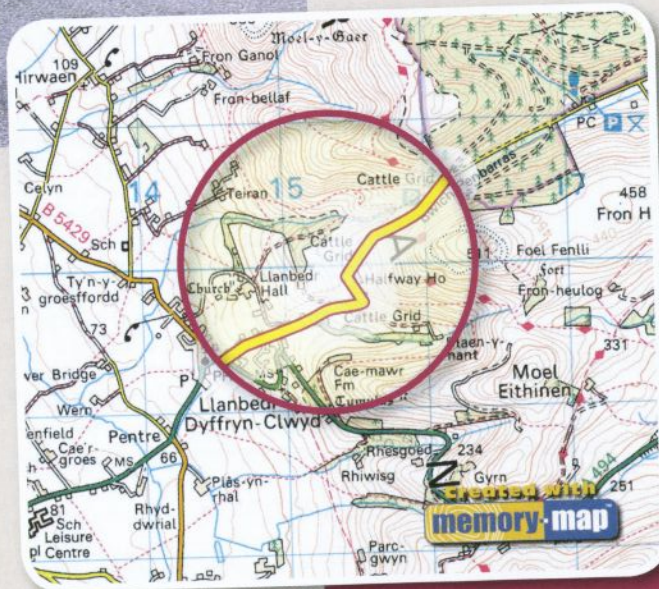
**NEXT WEEK**

Alderley Edge

I really love this climb, and until I started riding seriously again last winter, I had forgotten about it. After I found it again it brought back vivid memories of the times we used this super-hard climb when I first started cycling with the Kirkby CC. I did some mega rides with the likes of John Clewarth, Doug Dailey and Kevin Apter when we used to use this as preparation for the Milk Race.

We always knew this climb as the 'Old Bwlch'. It starts on the Ruthin to Mold road on the A494. When you begin the climb out of Ruthin, you go through a small village called Llanbedr Dyffryn Clwyd where you pass the Griffin pub on the right and the village church on the left-hand side. Almost immediately you will see a very small lane on the left called Lon Cae Glas, and this is the start of the Bwlch. Be sure you are in the small ring as you turn left because you are onto the climb immediately.

After the first ramp, you turn left and there's a brief respite before it really rears up. It's at least 1-in-4 all the way to the halfway point and the notorious hairpin, which comes soon after you cross the first cattle grid. It then gets a tad easier for a while and you can sit down. If you look to your left here there are some amazing panoramic views of Cader Idris in the distance. Now bear right over the next cattle grid and you can see the rest of the climb rearing up for the last half-mile. The road steepens savagely for the last 200 metres to the top and over the last cattle grid.



### I BE MOSTLY RIDING...

A four-year-old Terry Dolan carbon monocoque with Campag Chorus groupset and Navigator wheels. I'm picking up a new Dolan soon with a 900g carbon frame — I can't wait! The photos were taken by Martin Henson whose great cycling pics are on [www.digital-monochrome.com](http://www.digital-monochrome.com).