

## ***Adrenaline Junkies!***

North Wales has lots to offer adventurous thrill seekers! Here are some of the highlights!

### **1. Zip World Adventure Centres**

Zip World have a range of adventures at several locations; all have cafes onsite. See their website for full details and bookings.

#### **(a) Zip World Conwy - just north of Trefriw in Dolgarrog**

Outdoor climbing wall, zip line; indoor climbing, 'caving', and assault courses.

#### **(b) Zip World Betws-y-Coed - off A470 between Llanrwst and Betws-y-Coed**

Treetop nets, zip lines, the Fforest rollercoaster, Plummet and more.

#### **(c) Zip World Llechwedd - Blaenau Ffestiniog**

*Caverns* - fly, climb and criss cross your way through a unique underground course in a disused slate mine!

*Bounce Below* - jump and slide your way underground through a disused slate mine in an enormous net adventure!

*Titan* - take flight on 3 exhilarating zip lines and soak up the amazing quarry views on your way down the mountain!

and more, including... *underground golf* !!!!

#### **(d) Zip World Penrhyn Quarry - off A5 just south of Bethesda**

*Velocity 2* - the fastest zip line in the world!

*Big Red* - the ultimate mobile zipping experience!

*Quarry Karts* - travel down the Penrhyn Quarry mountains on the unique dirt track and enjoy the excitement of twists and turns with incredible views of the Snowdonia mountain range and beyond.

*Aero Explorer* - simulate flying through the air!

*Penrhyn Quarry Tour* - relax and enjoy the ride in trucks around the famous quarry site, and soak up panoramic views followed by tea and cake!

### **2. Go Below - bases at (a) Conwy Falls (off A5 south of Betws-y-Coed) and (b) Tanygrisiau near Blaenau Ffestiniog**

Choose one of three underground adventures (varying durations / levels of difficulty) and encounter forgotten deep blue lakes, lofty caverns and ancient mining machinery lying abandoned in the darkness.

Cross zip lines and traverses, climb rock faces and waterfalls, boat across water and abseil off ledges for a thrilling adrenaline rush!

Participants are advised to take a packed lunch and wear long trousers and long sleeved tops; full safety kit is provided.

*Conwy Falls cafe sells packed lunches; otherwise you can pick up drinks and snacks at the butchers in Trefriw, or at Co-Op or Spar in Llanrwst.*

#### **4. RIB Rides - Menai Bridge, Anglesey**

A range of exhilarating rides on the sea around Anglesey in Rigid Inflatable Boats (RIBs)! Check online for options and bookings.

#### **5. Cycling and MTB - various locations nearby!**

If you've not brought your own bike and kit with you, **Snowdonia Bikes** in Llanrwst and **Beics Betws** in Betws-y-Coed offer hire of a range of bikes to suit everyone, including electric bikes.

We are experienced road cyclists and can offer suggestions and advice about local routes! Marked road routes in north Wales include National Cycle Network 5 and 8 and the Dave Brailsford Way.

If you prefer off road / mountain biking there are numerous marked trails within easy reach of us. Closest is the **Marin Trail** in Gwydyr Forest which offers a range of differently graded routes. The start point is off the B5106 just after the turning to Betws-y-Coed from Trefriw (before you reach Gwydir Castle). *No cafe or toilets at the trailhead.*

**Antur 'Stiniog** at Blaenau Ffestiniog (starting at Lechwedd Slate Caverns) offers 14 downhill mountain bike trails graded green to black and a mountain bike uplift service so you don't have to ride / carry your bike to the trail heads. They also offer mountain bike hire and a fully equipped downhill centre complete with cafe, shop, showers, bike maintenance and bike wash.

**Llyn Brenig and Alwen** are adjacent reservoirs which offer a number of marked biking / hiking trails around the lakes and through forest. There is bike hire, toilets and a cafe at Llyn Brenig. Follow the brown signs for Llyn Brenig off the A5 at Cerrigydruidian.

#### **7. Beacon Climbing Centre - off the A4086 between Caernarfon and Llanberis**

Designed, built and used by people that are passionate about climbing, Beacon is the largest indoor climbing centre in North Wales. Suitable for all ages, the centre is designed to cater for all levels, from first experience to elite performance.

You can of course climb outdoors in various locations within Eryei | Snowdonia National Park - there are various popular sites in the Ogwen Valley and along the Llanberis Path.

