Cycling UK’s long-distance routes are ideal for exploring off-the-beaten-track Britain. The new Traws Eryri is no exception, and it’s the one that appeals to me most. After a sneak peek of the GPX file, I thought: I know much of this! The route joins the dots between places in North Wales where I’ve already ridden.

I don’t remember the details of every North Wales trip. Fortunately I don’t have to: I’ve written about two of them in Cycle. In the June/July 2007 issue it was a piece called ‘Rails to trails’, a tour of North Wales trail centres by bike and train. It took in Dyfi Forest, the Mawddach Trail, Coed y Brenin and Gwydir Forest.

It’s curious to see what’s changed in the intervening years [I carried a flip-phone then and navigated with paper maps] and what hasn’t [I rode a rigid 29er and still do, albeit with 3in tyres]. Similarly with a CTC Holidays trip to Llanrwst a few years later that appeared as ‘More from your tour’ in the Dec 2010/Jan 2011 issue. My photos show one 29er [mine], no dropper posts and no e-bikes.

As well as Gwydir Forest again, that trip included a big-skies-and-bridleways ride across the hills on the coast, where Anglesey was visible from high above Penmaenmawr.

Were I to ride the Traws Eryri this year or next, what else would be different? GPS navigation. The prescription glasses I now need for riding. But the landscape would be the same – and just as spectacular.