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North Wales



National Nature Reserves and Woodlands

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NATU065 03/20

TRAIL CLOSURES AND DIVERSIONS

Information about visiting our woodlands and reserves was correct when we published this leaflet. If you are planning a visit to do a particular trail please check our website for the latest information.

Please note:

- Sometimes we need to close or divert trails for your safety whilst we undertake maintenance work or other operations.
- Occasionally we may have to close a site in extreme weather, such as high winds or snow and ice, due to the risk of injury to visitors or staff.
- Please always follow any instructions on site and make sure you follow any temporary diversion signs in place.

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Front cover: Gwydir Forest Park



© Snowdonia National Park Authority

WELCOME

This leaflet will help you plan a visit to many of the woodlands and National Nature Reserves that we look after in North Wales.

National Nature Reserves have the finest examples of wildlife habitats and geological features, and North Wales is home to many of these special places. This leaflet features some of the best ones to visit from the rugged grandeur of Cadair Idris to the huge sand dunes at Newborough.

North Wales is also home to forest parks and peaceful woodlands with waymarked walking trails. These range

from relaxing riverside strolls to more strenuous treks and there are several accessible routes, too.

Our woodlands are also home to some of the best mountain biking trails in Britain along with running trails, orienteering, and discovery trails for younger visitors.

Enjoy your visit to the great outdoors!

PLAN YOUR VISIT

The **listing pages** about the woodlands and National Nature Reserves are colour coded to indicate where each one is located.

- Denbigh area
- Bangor area
- Betws-y-coed area
- Beddgelert area
- Dolgellau area

The **fold-out map** gives the location of each woodland and reserve in this leaflet. It also has a list of them all with a **summary of the facilities** at each one.

The map includes a **key to the symbols** used on the listing pages. There is also a guide to **how we grade our trails** to help you pick one that's right for you.

See the **accessibility information** on the listing pages for trails suitable for people with wheelchairs and pushchairs, and other accessible facilities.





1 Coed Moel Famau Great family day out with walking trails, mountain biking and play areas



Coed Moel Famau is a large forest situated in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty (AONB). One of the walking trails from here goes to the summit of Moel Famau, the highest peak in the AONB.

The ruins of the Jubilee Tower sit at the summit. This iconic monument can be seen for miles around and it has unrivalled views cross North Wales and North West England. There are several other walks from the car park and a blue-graded mountain bike trail.

Children's facilities

The large play areas are suitable for children from 2 to 14 years old. There is a Sleepy Cedar to climb into, a Hawk's Nest to crawl through and a Bird Cradle to swing inside, as

well as the Stones Flow water feature to paddle in and the Wobbly Bridge to venture over.

Budding animal detectives can follow the Forest Tracker Trail and guess which track print belongs to which animal.



Accessibility information

The Accessible Trail is a short even-surfaced walk direct from the car park through the woodland. There is parking for blue badge holders and accessible toilets.

Walking trails

Forest Tracker Trail (1 mile/1.7 km, easy)

Pick up a leaflet from the dispenser in the car park and follow the trail to find clues about the different animals that live in the forest.

Larches Loop (1½ miles/2.4 km, easy)

A relaxing walk through the woods to a viewpoint.

Jubilee Tower Circular (3½ miles/5.8 km, moderate)

A steep, steady climb through the forest to the top of Moel Famau, the highest summit in the Clwydian Range, with spectacular views from the Jubilee Tower. The trail returns through open countryside and follows the Offa's Dyke Path National Trail for a short way.

Ffrith Mountain Circular (7¾ miles/12.4 km, strenuous)

A meander through the forest with a steady climb to a high point with views over Merseyside and beyond. This route may also be used by mountain bikers.

Other walking trails

The **Arboretum Trail** is a short walk through native British trees.

The **Accessible Trail** goes through the woodland and alongside a stream.



Mountain bike trail

Ffrith Mountain Circular (12.4 km, grade blue)

This ride meanders its way through the forest, climbing steadily to a high point with spectacular views. A terrific descent is followed by more bridleway, a stream crossing and a climb up the forest road with a fast finish to the car park. Read the trail grading information panel at the start of the trail or on page 40 to make sure this route is right for you. Please be aware of others using this shared use public bridleway.

Offa's Dyke Path National Trail

Offa's Dyke Path National Trail crosses Moel Famau. The Jubilee Tower Circular follows this National Trail for part of its route.

Loggerheads Country Park

Two miles from Coed Moel Famau there is a visitor centre with walking trails at Loggerheads Country Park (run by Denbighshire County Council).

How to get here

Coed Moel Famau is 5 miles south west of Mold.

Take the A494 from Mold to Ruthin. After the entrance to Loggerheads Country Park, turn right following the brown and white sign to Moel Famau Country Park. After one mile, the Coed Moel Famau car park is on the right. The parking charge is payable at the entrance barrier. You can buy an annual parking permit – see our website for details.

OS grid reference SJ 170 610 / OS map number 265

See centrefold map for key to symbols

Denbigh area



2 Coed Llangwyfan

Woodland with walk to dramatic Iron Age hillfort



Coed Llangwyfan is the starting point for a waymarked walking trail with panoramic views. Situated in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty, this peaceful forest rises very steeply from the stream at its base and up onto heather-clad slopes. There is a waymarked walking trail through the woodland. Several public footpaths and bridleways can also be accessed from the large car park including the Offa's Dyke Path National Trail.

Walking trail

Coed Llangwyfan Walk (2 miles/3 km, moderate)

This trail descends gradually on a steep-sided path through huge conifer trees which open out to give views over the valley. There is a viewpoint at the halfway point with wide views across the Vale of Clwyd.

Offa's Dyke Path National Trail

This long distance route passes through Coed Llangwyfan and you can join it from the car park. It goes to the Iron Age hillfort on top of Penycloddiau which is one of the largest in Wales.

How to get here

Coed Llangwyfan is 5 miles east of Denbigh.

From the A525 south of Denbigh, take the minor road signposted to Llanddynog from the roundabout. Go straight on at the next roundabout. Take the next left and the main Coed Llangwyfan car park is on the left at the top of the hill, after passing a small lay-by.

OS grid reference SJ 138 668 / OS map number 265

See centrefold map for key to symbols

Denbigh area



3 Coed Nercwys

Woodland full of history with a trail for walkers and cyclists



On first sight, Coed Nercwys is an unremarkable conifer woodland but as you follow the trail you will come across historical remains which give a hint about how people once lived and worked here. Located in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty, the woodland provides excellent habitat for wildlife – look out for buzzards, gold crests and coal tits. The walking trail and the mountain bike trail follow a similar route but they are waymarked so that walkers and cyclists follow the route in different directions. The mountain bike trail may also be used by horse riders.

Walking trail

Coed Nercwys Walk (2¾ miles/4.4 km, moderate)

This circular trail sets off from the car park on a wide track before making its way onto a path through the forest, passing by lead mine ruins. Look out for a footpath to a ruined shepherd's cottage with a wildflower meadow and replanted orchard. Towards the end of the walking route there is a viewpoint with panoramic views.

Mountain bike trail

Coed Nercwys Cycle Trail (3.8 km, grade blue)

This trail sets off on the wide forest road and then follows narrower tracks on a circular route through the woodland. Read the trail grading information panel at the start of the trail or on page 40 to make sure this route is right for you. Please be aware of walkers and horse riders using this shared route.

How to get here

Coed Nercwys is 4 miles south west of Mold.

Follow signs for Nercwys from Mold. Continue over the crossroads in Nercwys and, after 1 mile, turn left onto Ffordd Cae Newydd. Take the first turn on the right and continue for 250m to the car park.

OS grid reference SJ 218 592 / OS map number 265

See centrefold map for key to symbols



4 Clocaenog Forest (Bod Petryal)

Peaceful lakeside picnic site with short walk and cycle trail



Clocaenog Forest is a large, peaceful forest with miles of public footpaths and quiet forest roads ideal for cycling. Bod Petryal is one of several car parks in Clocaenog Forest and has a picnic site set around a picturesque lake. This area was once part of the Bagot family's Pool Park Estate and the site is named after the old gamekeeper's cottage (Bod Petryal means "rectangular dwelling" in Welsh). Bod Petryal makes an ideal starting point to explore the forest on our short waymarked walking trail or multi-user route for walkers, cyclists and horse riders.

Walking trails

Keeper's Stroll (½ mile/1 km, easy)

This short walk goes past huge trees, the old gamekeeper's cottage and the beautiful lake.

Animal Discovery Trail (½ mile/1 km, easy)

Nature detectives can pick up a leaflet from the dispenser in the car park and follow the clues. The Animal Discovery Trail sets off on the same route as the Keeper's Stroll.



Multi-user trail

Bod Petryal Trot (2 miles/3.3 km, easy/forest road or similar)

The trail meanders through the forest and may be used by walkers, cyclists and horse riders.

How to get here

Bod Petryal is 8 miles south west of Ruthin.

Take the A494 from Ruthin to Bala. Turn on to the B5105 to Clawddnewydd. From here, continue towards Cerrigydrudion for 3 miles, go past the Boncyn Foel Bach car park and Bod Petryal car park is on the left.

OS grid reference SJ 036 512 / OS map number 264

See centrefold map for key to symbols



5 Alwen Reservoir

Walk or cycle around this impressive upland reservoir



The first thing you notice on arriving at the Alwen car park is the huge dam which sits astride the reservoir. This area used to be dotted with sheep farms until the reservoir and dam were constructed in the early 20th century. Conifer forests were later planted to replenish timber supplies following the First World War and the conifer woodlands around the reservoir form part of Hiraethog Forest. The dam is the starting point for an easy-to-follow trail around Alwen Reservoir for walkers and cyclists.

Walking trail

Alwen Trail (6¾ miles/10.9 km, moderate)

This circular trail runs through forest, moorland and along the water's edge on surfaced paths and forestry tracks. It has ever-changing views across the reservoir and to the mountains of Snowdonia. Six panels around the route explore local wildlife, culture and folk tales. It is waymarked in a clockwise direction around the lake for walkers.

of walkers using this shared route. It links forest roads with purpose built, often singletrack, trail sections weaving in and out of the forest around the reservoir. Read the trail grading information panel at the start of the trail or on page 40 to make sure this route is right for you.

Mountain bike trail

Alwen Trail (10.9 km, grade blue)

The Alwen Trail is waymarked in an anti-clockwise direction for cyclists - please be aware

Llyn Brenig

The visitor centre at Llyn Brenig is managed by Welsh Water. It has a café, toilets, fishing shop, play area, walking and cycling trails, and bike hire. Cyclists and walkers can follow the Two Lakes Trail link route from Alwen Reservoir or Llyn Brenig.

How to get here

Alwen Reservoir is 11 miles south west of Denbigh.

Take the B4501 from Denbigh towards Cerrigydrudion. After 10 miles, go past the Llyn Brenig Welsh Water visitor centre car park and continue for 1 mile. The turning to Alwen Reservoir is on the right and the car park (pay and display, owned by Welsh Water) is at the end of a stoned track.

OS grid reference SH 956 529 / OS map number 264

See centrefold map for key to symbols



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6 Newborough National Nature Reserve and Forest

Unique coastal landscape shaped by wind and sea



The dunes and beach at Newborough and the island of Ynys Llanddwyn are situated at the southern tip of Anglesey. Together, they are part of a National Nature Reserve which also includes saltmarsh and coastal sand flats.

The reserve is home to plants and animals that have adapted to the challenging and ecologically rich environment at the edge of the sea, and the forest is a conservation site for red squirrels.

The sand dunes and estuary

Newborough has one of Britain's largest and finest sand dune systems. The dunes are carpeted with flowers in summer, and specially adapted plants thrive on the saltmarshes. The Cefni estuary is a sanctuary for wildlife and birds especially migrating waders, ducks and geese.

Ynys Llanddwyn

The small island of Ynys Llanddwyn is rich in birdlife and wildflowers. Look out for pillars of lava from ancient undersea volcanoes and the ruined church dedicated to Saint Dwynwen, the Welsh patron saint of lovers. The island can be cut off by deep water at high tide - check the tide times before setting off.

The forest

Newborough Forest is home to one of Britain's iconic mammals, the red squirrel. The mix of pines and native trees grown here provide them with food and shelter. The forest is also a popular place for walking and cycling.



Walking trails

Waymarked walking trails start from several car parks.

Nature/Animal Puzzle Trail (1 mile/1.5 km, easy, from Beach car park)

Pick up a leaflet from the dispenser in the car park and follow the clues to search for the animals.

Saint, Sand and Sea Trail (4½ miles/7.1 km, moderate, from Beach car park)

Follow this trail through the forest and dunes and then onto Ynys Llanddwyn island for an insight into Newborough's geology and history. Check the tide times before you set off as the island can be cut off at high tide.

Princes and Pines Heritage Trail (3¼ miles/5.3 km, moderate, from Cwnhingar car park)

This circular walk sets off through the forest and dunes and then goes through farmland, passing by the ruins of the Llys Rhosyr medieval court.

Red Squirrel Trail (1½ miles/2.4 km, easy, from Llyn Parc Mawr car park)

Learn about red squirrels on this family-friendly trail through the forest and, if you are lucky, you may spot a real one.

Estuary View Walk (1¼ miles/2.9 km, easy, from Pen Cob car park)

Walk through the forest and alongside the Cefni estuary with viewing points to watch the wildlife.

Dune Walk (3½ miles/5.6 km, moderate, from Braint or Llyn Rhos Ddu car parks)

Enjoy the views from the Warren across to the mountains and the display of wildflowers in summer. There is a bird hide next to Llyn Rhos Ddu car park.



Mountain bike trails

Both trails start from Beach car park. Read the trail grading information panel at the start of the trail or on page 40 to pick a trail that is right for you. Please be aware of others using the forest roads.

Bikequest Nature Challenge (7.8 km, grade forest road or similar)

Pick up a leaflet from the dispenser in the car park. Then set off to find the answers to the family-friendly nature challenge questions.

Corsica Bike Trail (9.9 km, grade forest road or similar)

This waymarked circular route takes you through the most peaceful parts of the forest.

Other activities

Trim Trail (1¼ miles/2.7 km, easy, from Beach or Cwnhingar car parks)

The Trim Trail is designed to improve your health and fitness while enjoying the beauty of the forest. There are 11 exercise stations, two of which are accessible for wheelchair users. Each one has an instruction panel and resting bench nearby.

Commonwealth Running Trail (8½ miles/13.6 km, strenuous, from Beach car park)

The Commonwealth Mountain and Ultra Distance Running Championships came to Wales in 2011 and the 55 km Ultra Distance Trail took place in Newborough. Today you can run part of the race route through the forest and dunes and onto Ynys Llanddwyn island. The island can be cut off at high tides so check the tide times before setting off.

Horse riding

Two waymarked horse riding trails through Newborough Forest depart from Pen Cob car park (our only car park with space for horse boxes). The Postman's Trot is 6¾ miles (10.9 km) and the Woodland Trot is 7½ miles (12.3 km). See our website for how to apply for a permit to horse ride here.

Orienteering

Test your map-reading skills by navigating between the controls (wooden marker posts) on the three permanent orienteering courses in the forest. Download maps and instructions from our website or buy them from the toll booth at the entrance to Beach, Airman's and Cwnhingar car parks.

Wales Coast Path

The Wales Coast Path passes through parts of Newborough Forest and along the beach – look out for its distinctive blue and yellow dragon shell signs.

Planning your visit

Our Newborough leaflet contains a map of the car park locations and details of all the trails. Download a copy from our website or buy one from the toll booth at the entrance to Beach, Airman's and Cwnhingar car parks.



Accessibility information

Beach car park has parking for blue badge holders and accessible toilets. Two of the exercise stations on the Trim Trail are accessible for wheelchair users.

Seasonal dog restrictions

Your dog is welcome on the forest trails but there are seasonal dog restrictions on the blue flag beach (1 May – 30 September) and Ynys Llanddwyn island (1 April – 30 September) except on Public Rights of Way. See our website and signs on site for more details.

Opening times

The car parks and toilets in Beach car park are open from 9am to 4pm in winter (GMT) and from 8am to 6pm in summer (BST). Beach car park fills up quickly at peak times and traffic can be very heavy – see the map on our website for other car parks. There is an ice cream van and a catering van in Beach car park at weekends from April to September and daily during school summer holidays.

Bangor area



7 Cors Bodeilio National Nature Reserve

Internationally important wetland rich in wildlife



Wales has the UK's second largest expanse of fens after East Anglia. Cors Bodeilio is one of three fens on Anglesey that have been designated as a National Nature Reserve. It is internationally important due to its unique mire (a wetland area). Mineral-rich water from the surrounding limestone drains into the wetland creating the perfect conditions for a host of rare plants, animals and wetland birds. You can explore the reserve on our waymarked walk - from the boardwalk there are great views of the reserve and the many wildflowers that grow here.

Walking trail

**Fen and Meadows Walk
(1½ miles/2.3 km, easy)**

Follow the level surfaced path from the car park to join the boardwalk onto the fen. An unsurfaced path continues through the reserve. Please note that horses graze here and paths can be muddy after wet weather.

Anglesey Fens National Nature Reserves

The other two fens on Anglesey that have been designated as National Nature Reserves are **Cors Erddreiniog** (OS grid reference SH 468 818), and **Cors Goch** (OS grid reference SH 495 812, managed by the North Wales Wildlife Trust).

How to get here

Newborough is 13 miles south west of Bangor.

Take the A55 from Bangor towards Holyhead. Go over the Britannia Bridge onto Anglesey and take the A4080 to Newborough village. Turn left, following the brown and white signs for Ynys Llanddwyn Island, and you will reach the toll booth for Beach, Airman's and Cwnhingar car parks. See local signs or the map on our website for the location of our other car parks.

**OS grid reference SH 405 634 (Beach car park)
OS map number 263**

See centrefold map for key to symbols

How to get here

Cors Bodeilio is 11 miles north west of Bangor.

Take the A4087 from Bangor, continue to join the A55 heading towards Holyhead, going over the Britannia Bridge and onto Anglesey. Leave the A55 at junction 8, taking the A5025. Turn right at the end of the slip road, following signs towards Benllech. Continue for 5 miles until reaching Pentraeth. In the village, turn left at the traffic lights, signposted to Llangefni. Take the first left towards the school and follow this narrowing road for 1¼ miles and the car park is on your right.

OS grid reference SH 506 773 / OS map number 263

See centrefold map for key to symbols



8 Coedydd Aber National Nature Reserve

Native woodland with spectacular waterfall



Known locally as Aber Falls, the Rhaeadr Fawr waterfall (which means "big waterfall" in Welsh) has been popular with visitors since Victorian times. The humidity near the waterfall and along the river makes ideal conditions for mosses, liverworts, ferns and lichens. In spring, the resident bird population swells with the arrival of migrant breeders, and the woodland is carpeted with bluebells. The grassy areas and benches along the trail are ideal for a picnic.

Walking trail

Aber Falls Walk

(2¼ miles/3.7 km there and back, easy)

Follow the signs from the lower or upper car park to the start of the trail. The trail goes along the bottom of the valley to the foot of the huge waterfall. The return route is along the same path.

Accessibility information

Both car parks have parking for blue badge holders. The path to the waterfall (from the gate near the lower car park) has a gradual and continuous climb of 100m/330ft. It is 1.5m wide with a compacted stone surface and some loose gravel. The gates have RADAR locks to open fully. Accessible toilets are in the upper car park.

How to get here

Coedydd Aber National Nature Reserve is 7 miles east of Bangor.

Turn off the A55 at junction 13 towards Abergwyngregyn. Follow the brown and white signs for Aber Falls onto a narrow road. The lower car park is on this road after ½ mile and the upper car park is over the bridge.

OS grid reference SH 664 718 / OS map number OL 17

See centrefold map for key to symbols



9 Cwm Idwal National Nature Reserve

Dramatic mountain scenery famous for rock formations and rare plant life



Cwm Idwal, which lies at the northern end of Snowdonia National Park, became the first National Nature Reserve in Wales in 1954.

World famous for its rock formations and its rare and fragile plant life, it is a spectacular example of a glacial valley, surrounded by high crags and rounded rocks, with a lake on its floor. Charles Darwin made frequent visits to see the rocks and plants during his studies into evolution, and Everest conqueror Edmund Hillary used the Idwal Slabs as a training ground.

Visiting Cwm Idwal

Cwm Idwal is managed in partnership by the National Trust, the Snowdonia National Park Authority and Natural Resources Wales. The visitor centre has an exhibition about Cwm Idwal, a refreshment kiosk and toilets. The Cwm Idwal Ranger's office is in the visitor centre. Cwm Idwal is a popular location for mountaineering and other outdoor pursuits and the car park fills up quickly at peak times.

Cwm Idwal Walk

This walk (2½ miles/4.2 km) takes you into a normally inaccessible upland environment through Cwm Idwal, a bowl-shaped hollow filled with the clear waters of Llyn Idwal. The circular walk starts up steep steps at the side of the visitor centre and then follows a clear, stone-pitched path. It is not waymarked but you can buy a map from the Ranger's Office or see the information panel at the start.

How to get here

Cwm Idwal is 10 miles west of Betws-y-coed.

Take the A5 from Betws-y-coed towards Bethesda. After 9 miles, the road follows the lake shore and passes the National Trust Owen Cottage Centre. Immediately after this, turn left at the brown and white parking sign. The visitor centre car park (pay and display, managed by Snowdonia National Park Authority) is on the right, opposite the youth hostel.

OS grid reference SH 649 604 / OS map number OL 17

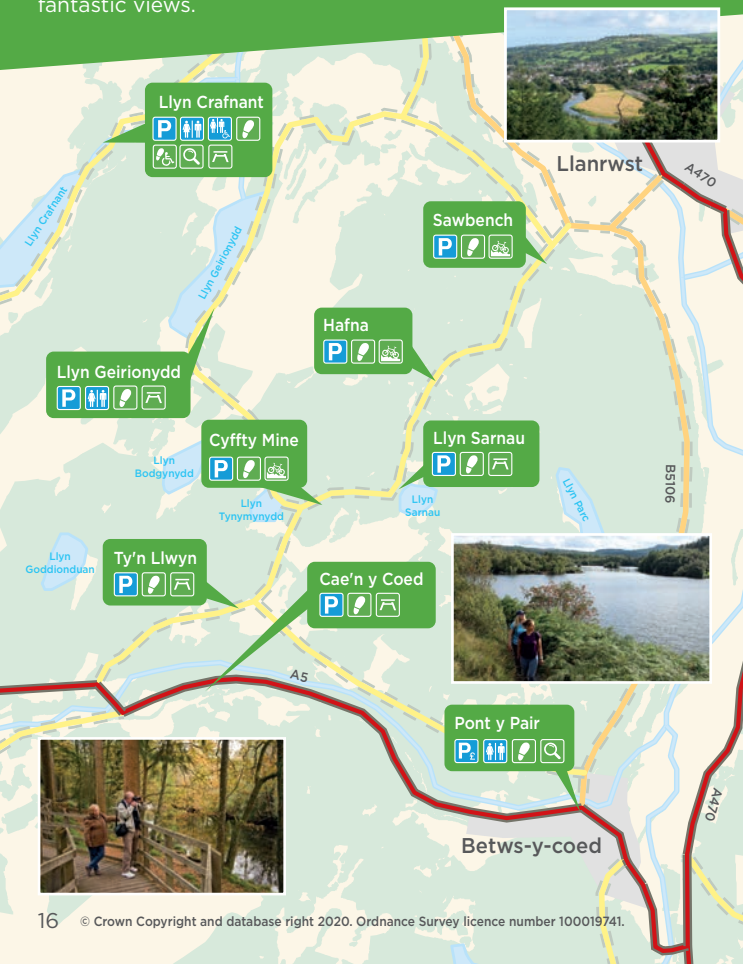
See centrefold map for key to symbols



Gwydir Forest Park

Gwydir Forest Park is the gateway to woodlands, lakes, waterfalls and mountains familiar to generations of visitors since Victorian times.

This huge forest park encircles the village of Betws-y-coed and you can explore the varied landscape and learn about its mining history on our waymarked walking trails. There's also a red graded mountain bike trail and plenty of picnic spots with fantastic views.



10 Gwydir Forest Park (Betws-y-coed)

Choice of peaceful forest walks far from the tourist bustle



Gwydir Forest Park surrounds Betws-y-coed, one of the prettiest villages in Snowdonia National Park. Our waymarked walking trails set off from the village and include an easy boardwalk stroll, steep climbs up forested hillsides with far-reaching views, and walks around beautiful lakes. Look out for our information panels in Pont y Pair car park or buy a walking guide from the Snowdonia National Park Information Centre.

Walking trails

The first four walking trails are waymarked from Pont y Pair car park. The Llyn Elsi Trail is waymarked from behind St Mary's Church.

Coed Tan Dinas Walk (¾ mile, 1.2 km, easy)

Riverside boardwalk and wide path through tall trees. Animal puzzle and tree detective trail – pick up a leaflet at the start.

Cyrau Walk (1½ miles/2.5 km, strenuous)

A steep climb through huge trees leads to a stunning view over Betws-y-coed.

Pen yr Allt Walk (4½ miles/7.1 km, strenuous)

Varied walk through forest and meadows followed by a stroll along the river.

Llyn Parc Walk (6½ miles/10.6 km, strenuous)

A steady climb with views over Llanrwst. Return along the lake and descend steeply past mine ruins.

Llyn Elsi Walk (4 miles/6.2 km, strenuous)

The long, steep climb up a forest road is rewarded by a walk around the water's edge with plenty of views over this beautiful lake.

How to get here

Betws-y-coed is signposted from the A5 and A470.

The Pont y Pair car park is in Betws-y-coed at the junction of the B5106 and the A5, just over a narrow stone bridge. The car park and toilets are operated by Conwy County Borough Council.

OS grid reference SH 791 567 / OS map number OL 17

See centrefold map for key to symbols



11 Gwydir Forest Park (Cyffty Mine and Hafna)

Walking trails through
lead mine ruins



Cyffty Mine and Hafna are peaceful spots today but, as you follow the waymarked walking trails through the ruins, you can imagine the industry that once existed at these former lead mines. Learn more about the mining history from the interpretive panels along both trails. The 24.8 km red-graded Gwydir Mawr mountain bike trail can be started at Hafna (see page 22 for details).

Walking trails

Cyffty Mine Trail (¼ mile/0.5 km, moderate)

This short walking trail weaves its way around the mine ruins and has several short flights of steps between the old machine houses, wheel pits and mine shafts.

Hafna Miners' Trail (2¼ miles/3.6 km, moderate)

Follow in the miners' footsteps past the ruins of several

different mines including deep cuttings, capped shafts and tunnel entrances. There are some steep steps along the route.



How to get here

Cyffty Mine is 2½ miles and Hafna is 1½ miles south west of Llanrwst.

Take the B5106 from Llanrwst towards Betws-y-coed. After turning left at the brown and white sign for Gwydir Castle, turn immediately right onto a minor road. Go past the Sawbench car park, continue for around 1 mile and the Hafna car park is on your right. Continue for another mile, past the Llyn Sarnau car park, and the Cyffty Mine car park is on your left.

**OS grid reference SH 772 589 (Cyffty Mine)
SH 781 600 (Hafna) / OS map number OL 17**

See centrefold map for key to symbols



12 Gwydir Forest Park (Cae'n y Coed and Ty'n Llwyn)

Pretty picnic sites and a trail
to a famous waterfall



Cae'n y Coed means "field in the woods" in Welsh and this easy-to-find large picnic area has plenty of space for children to play and a short but steep walk with mountain views. The walking trail from Ty'n Llwyn goes through woodland to a viewpoint overlooking the highest continuous waterfall in Wales. There are great views from the picnic tables in the grassy area near the car park.

Walking trails

Craig Forris Walk (2 miles/3.4 km, strenuous, from Cae'n y Coed)

The steep climb is rewarded by the view to Moel Siabod and the Carneddau mountain range from the viewpoint with bench.

Swallow Falls Walk (2¼ miles/3.6 km, strenuous, from Ty'n Llwyn)

This trail descends through the woodland to a viewpoint with bench overlooking this famous waterfall. There are some steep steps along the route.

How to get here

Cae'n y Coed is 2 miles west of Betws-y-coed.

Take the A5 towards Capel Curig and the car park is on the left just after the main entrance to Swallow Falls.

OS grid reference SH 763 576 / OS map number OL 17

Ty'n Llwyn is 3½ miles west of Betws-y-coed.

Take the A5 towards Capel Curig. Go past past the Cae'n y Coed car park and turn right onto the narrow minor road immediately before the Ugly House (Tŷ Hyll). The small car park is 1 mile up this road, on the right.

OS grid reference SH 765 583 / OS map number OL 17

See centrefold map for key to symbols



13 Gwydir Forest Park Lakes

Waymarked walks with stunning views around some of Gwydir's scenic lakes



Llyn Crafnant



Llyn Geirionydd



Llyn Sarnau



Lead and zinc mining once dominated this area and nearly all of the lakes in Gwydir Forest were created to serve the mines.

Today visitors can explore the peaceful landscape of lakes, forests and mountains on our waymarked walking trails.

Llyn Crafnant was once the water supply for the nearby town of Llanrwst. It lies in a beautiful valley where the edge of the forest meets the lower slopes of the Carneddau mountains. The view from the head of the lake over the water to the mountains is one of the finest in North Wales. Three waymarked walks set off from the car park, one of which is an accessible trail, and you can also walk to the nearby lake of Llyn Geirionydd.

Llyn Geirionydd was reputedly the home of the 6th century poet Taliesin and a stone monument to him stands by the north bank. It is a popular picnic spot and there is a walk through the forest to Llyn Crafnant.

Llyn Sarnau means "lake of the old tracks" in Welsh. The lake is next to the car park and it is fairly shallow. It often dries out in summer but it's a valuable home for wildlife. The walking trail goes around several smaller lakes in the forest.



Walking trails

Afon Crafnant Amble
(½ mile/0.6 km, accessible, from Llyn Crafnant car park)

The Afon Crafnant Amble is a riverside nature discovery trail through towering conifers.

Llyn Crafnant Circuit
(3¼ miles/5 km, easy, from Llyn Crafnant car park)

This route around the lake has views across the water to the towering crags at the head of the valley.

Crafnant View
(3 miles/4.8 km, moderate, from Llyn Crafnant car park)

A long steady climb to a log bench from where there are panoramic views across the valley and to the Carneddau mountains.



Geirionydd to Crafnant Trail
(5 miles/8 km, moderate, from Llyn Crafnant and Llyn Geirionydd car parks)

This circular route goes through the forest and links the two lakes.

Forest Lakes Walk
(2¼ miles/4.3 km, moderate, from Llyn Sarnau car park)

This trail through the conifer woodland passes several lakes and some mine ruins.

Accessibility information

The Afon Crafnant Amble is an accessible trail with benches along the route. It has an easy gradient with a fine surface.

There is parking for blue badge holders and accessible picnic benches in all three car parks. There are accessible toilets in Llyn Crafnant car park.

Opening times

The toilets are open from 9am-7pm all year around. They are locked overnight.

How to get here

Llyn Crafnant is 4 miles west of Llanrwst.

Follow the B5106 from Llanrwst to Trefriw. In the village, take the minor road on the left opposite the pub. Follow this narrow road for 2 miles until you reach the car park.

Llyn Geirionydd is 4 miles west of Llanrwst.

Take the B5106 from Llanrwst towards Betws-y-coed. After turning left at the brown and white sign for Gwydir Castle, turn immediately right onto a minor road. Pass several Natural Resources Wales car parks and turn right at the signpost for Llyn Geirionydd. Follow this road to the car park.

Llyn Sarnau is 2 miles west of Llanrwst.

Take the B5106 from Llanrwst towards Betws-y-coed. After turning left at the brown and white sign for Gwydir Castle, turn immediately right onto a minor road. Go past the car parks for Sawbench and Hafna and the Llyn Sarnau car park is on the left.

**OS grid reference SH 756 618 (Llyn Crafnant)
SH 763 604 (Llyn Geirionydd) SH 778 592 (Llyn Sarnau)
OS map number OL 17**

See centrefold map for key to symbols



14 Gwydir Forest Park (Sawbench)

Historical walk with valley views and two mountain bike trails



Sawbench is the starting point for a short walking trail and two classic mountain bike trails. The walking trail takes in historical features and has views over the Conwy Valley and Llanrwst.

Walking trail

Lady Mary's Walk (1¼ miles/2.1 km, moderate)

This walk has sculptures and information panels that introduce local characters and landmarks.

Mountain bike trails

Read the trail grading information panel at the start of the trail or on page 40 to pick a trail that is right for you. Find out more about mountain biking in Wales on www.mbwales.com.

Gwydir Bach

(9.1 km, grade red, from Sawbench car park)

This trail follows a section of Gwydir Mawr. It has singletrack and two big climbs leading to Gwydir Mawr's best descents.

Gwydir Mawr

(24.8 km, grade red, from Sawbench or Hafna car parks)

Most of the climbs are on forest roads and tracks giving time to take in the mountain views. The descents are on singletrack from very tight, technical and rocky to open and flowing.

Nearby trails

A community group runs two mountain bike trails near the village of Penmachno in a remote woodland managed by Natural Resources Wales.

The **Penmachno Trails** are split into two loops, which can be ridden individually or as one 30 km ride (car park OS grid reference SH 786 498).

How to get here

Sawbench is 1 mile west of Llanrwst.

Take the B5106 from Llanrwst towards Betws-y-coed. After turning left at the brown and white sign for Gwydir Castle, turn immediately right onto a minor road. Take the first forest road on the left signposted Sawbench/Mainc Llifo.

OS grid reference SH 790 609 / OS map number OL 17

See centrefold map for key to symbols



15 Snowdon National Nature Reserve

The highest mountain in Wales is home to rare plants and wildlife



At 1085 m/3,560 ft Snowdon (Yr Wyddfa in Welsh) is the highest peak in the Snowdonia range, and the most famous mountain in Wales. Snowdonia is the only UK home for the delicate Snowdon lily, which grows on ledges and rock faces, and much of Snowdon is a National Nature Reserve. The reserve is managed in partnership by Natural Resources Wales, the National Trust, the Snowdonia National Park Authority and local landowners.

Visiting the National Nature Reserve

There are many different paths up Snowdon. Two routes from Pen y Pass car park (the **Pyg Track** and the **Miner's Track**) enter the National Nature Reserve shortly after they start. All the paths are demanding, rocky and steep and you should wear appropriate clothing and footwear. Check the information panels on site and weather forecast before setting off.

Planning your visit

The main car parks with access to Snowdon are owned by Snowdonia National Park

Authority and have a parking charge. The Pen y Pass car park has a visitor centre, café and toilets. At peak times the car parks often fill up early in the day so a visit during the week or outside the school holidays is recommended.

The Snowdon Sherpa bus travels around the foot of Snowdon, creating a link between the six main routes up the mountain and the main car parks, villages and tourist attractions in the area.

Find out more from the Snowdonia National Park Authority's website or the visitor centre in Betws-y-coed.

How to get here

Pen y Pass car park is 5½ miles south of Llanberis.

Take the A4086 from Llanberis towards Capel Curig and the Pen y Pass car park is on the right, opposite the Pen y Pass youth hostel. The car park is managed by Snowdonia National Park Authority.

OS grid reference SH 647 556 (Pen y Pass car park)

OS map number OL 17

See centrefold map for key to symbols



16 Beddgelert Forest

Peaceful forest in the heart of Snowdonia National Park



Set in a peaceful but easy-to-find part of Snowdonia National Park this huge forest has waymarked walking and cycling routes with great views. The routes go past the secluded lake of Llyn Llywelyn, an ideal spot for a picnic on one of the benches or on the grassy bank. There are views to the mountains from the trails, especially as you approach the lake. The mountain bike trails follow forest roads and are suitable for all the family. Listen out for the Old Welsh Highland Railway trains which run through the forest.

Walking trail

Llyn Llywelyn Walk
(2¼ miles/4.4 km, moderate)

The trail sets off through the woodland and passes along the shore of the lake. There are views across the forest to Snowdon from this circular route.

Mountain bike trails

Read the trail grading information panel at the start of the trail or on page 40 to pick a route that is right for you.

Bedwen Trail
(6 km, forest road or similar)

This short circular route goes past the lake which is a great place to stop and enjoy the view.

Derwen Trail
(10.1 km, forest road or similar)

This trail tours the northern end of the forest with slow and steady climbs and views over Snowdonia National Park. It returns to the car park past the lake.

Other route

Lôn Gwyrfa (a 4½ mile path between Beddgelert and Rhyd Ddu) passes through the forest. This path is managed by the Snowdonia National Park Authority and may be used by walkers, cyclists and horse riders.

How to get here

Beddgelert Forest is 2 miles north of Beddgelert village.

Take the A4085 from Beddgelert towards Caernarfon. After 1 mile, pass the entrance for Forest Holidays and then turn left onto a track. Follow this track for ½ mile to the Beddgelert Forest car park.

OS grid reference SH 574 503 / OS map number OL 17

See centrefold map for key to symbols



17 Coedydd Maentwrog National Nature Reserve (Coed Llyn Mair)

Ancient woodland with rare flora and fauna



The oak woodland of Coedydd Maentwrog is a remnant of a vast Celtic rainforest that once extended down the western side of Britain and Ireland. The high rainfall and spray from its steep turbulent streams maintains an almost constant humid environment under the tree canopy, supporting a rare temperate rainforest. Many of the mosses, liverworts and lichens on the tree trunks and rocks survive only in humid areas – some are so rare that they are of international importance. The woodland is also a great place for insects which provide food for the bats that roost and breed here, including the rare lesser horseshoe bat.

Visiting Coedydd Maentwrog

Follow the path uphill from the Coed Llyn Mair car park through the woodland to a small picnic area and the entrance to Tan y Bwlch station (½ mile/0.7 km there and back). This station is on the Ffestiniog Railway and has a café with toilets. There is an option to return to the car park on a steeper path. The walking and cycling trails opposite are managed by Snowdonia National Park Authority.

National Nature Reserves nearby

There are five other oak woodlands designated as National Nature Reserves nearby. Dense vegetation and steep access mean that most are not suitable for visitors. Two may be visited with care - **Ceunant Cynfal** (just off the A470, OS grid reference SH 703 418); and **Ceunant Llennyrch** (on a minor, narrow road with gates off the A496, OS grid reference SH 660 393).

How to get here

Coed Llyn Mair is 7 miles north east of Porthmadog.

Take the A487 from Porthmadog to Maentwrog. Turn left on to the B4410 at the Oakeley Arms pub and, after about 500 m, the car park is on the right.

OS grid reference SH 652 413 / OS map number OL 18

See centrefold map for key to symbols



18 Coed y Brenin Forest Park (Visitor Centre)

Famous mountain bike centre with walking and running trails



Coed y Brenin made its name in the 1990s as Britain's first purpose-built mountain bike centre and mountain bikers continue to be drawn by the range of world-class trails here. Other visitors can enjoy activities such as walking, trail running, orienteering and geocaching.

There's plenty for children, too, with playgrounds, an animal puzzle trail and events throughout the year.

The visitor centre has a café and gift shop. There is also a bike shop, showers and a bike wash.

As well as the many trails that start from the visitor centre, there are waymarked walking trails from our other car parks within Coed y Brenin Forest Park – see the following pages for details.



Visitor centre and café opening times

9am - 5pm (summer)

9.30am - 4.30pm (winter;
closed Christmas Day, Boxing
Day and New Year's Day)

The information desk and shop open 30 minutes after the visitor centre, and close 30 minutes before the visitor centre.

Contact us

01341 440747
coedybrenin@
naturalresourceswales.gov.uk



Walking trails

See page 29 for details.

Mountain bike trails

See page 30 for details.

Running trails

The running trails have been designed for both novice and more experienced trail runners. They start from the visitor centre and include a mixture of forest roads, rough unmade public rights of way and small sections of tarmac road. There are steep ascents and descents along with panoramic views.

Shoe Test Route

(1 mile/1.8 km, moderate)

Sarn Helen – Short Route

(3 miles/5 km, moderate)

Sarn Helen – Long Route

(5¼ miles/8.3 km, moderate)

Goldrush

(8½ miles/13.5 km, strenuous)

Half Marathon

(14 miles/22.5 km, strenuous)

Full details are on our website and on the information panels at the start of the trails.

Geocaching

There are two geocache trails for walkers in Coed y Brenin Forest Park. Download the co-ordinates to your device from www.geocaching.com or hire a GPS from the visitor centre with the co-ordinates preloaded.

Orienteering

The four permanent orienteering courses start at the visitor centre and include two easier courses for beginners and two harder courses for confident map readers. Download the maps from our website or buy a map from the visitor centre.

Children's facilities

The children's play areas have been designed to cater for different ages. The accessible play area is surfaced in a smooth rubberised material. The free play area has a timber climbing wall, rock stepping stones and a stream. The animal puzzle trail follows a pushchair friendly, accessible path.



Accessibility information

Our accessible trails are built to *Countryside for All* standards. They have an easy gradient (maximum 10%/1 in 10) and are suitable for wheelchair users. There is one accessible trail from the visitor centre and three accessible trails from other car parks in the forest park. Two of the walking trails from the visitor centre are suitable for off-road mobility scooters. There is parking for blue badge holders at the visitor centre, Ty'n y Groes, Pont Llam yr Ewig and Forest Garden. The toilets at the visitor centre and at Ty'n y Groes are accessible.

Walking in Coed y Brenin Forest Park

Waymarked walking trails start at various car parks in **Coed y Brenin Forest Park**. Every car park has a picnic site (except Pont Cae'n y Coed and Tyddyn Gwladys). There are toilets at Ty'n y Groes (open 7am-7pm) and the visitor centre. See our website and the information panels on site for full details of the walking trails. You can buy a walking guide from the visitor centre.



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How to get here

Coed y Brenin Visitor Centre is 8 miles north of Dolgellau. Follow the brown and white signs from the A470.

Postcode for sat nav LL40 2HZ (please follow the signs and do not take the no through road).

You are charged for the length of time you park; pay the parking charge when you are ready to leave.

OS grid reference SH 723 268 / OS map number OL 18

See centrefold map for key to symbols

Walking trails

Coed y Brenin Visitor Centre

Afon Eden Trail (1 mile/1.8 km there and back, accessible)

Short trail to the river and back along the same path with accessible benches.

Afon Eden Riverside Trail (with Animal Puzzle Trail) (1 mile/1.4 km, easy)

Gentle stroll down to riverside picnic site. Pick up a leaflet from the visitor centre and see which animals you can spot.

Cefnddeuddwr Trail (¾ mile/1.3 km, easy)

Short walk to a viewpoint with picnic table.

Gain Waterfall Trail (4 miles/6.6 km, strenuous)

Circular trail with climb over a ridge and down to an old goldmine and two waterfalls.

Pont Cae'n y Coed

Volcano Trail (6¾ miles/10.9 km, strenuous)

Long walk past many points of interest with spectacular mountain views.

Tyddyn Gwladys

Waterfalls and Goldmines Trail (2¼ miles/3.6 km, moderate)

Riverside forest trail in a steep-sided valley to two waterfalls.

Ty'n y Groes

The King's Guards Trail (½ mile/0.8 km, accessible)

Short riverside trail to the King, one of the largest trees in the forest park.



The King's Champion Trail (½ mile/0.9 km, easy)

Circular trail along the river and tarmac road - look out for the Champion, one of the tallest trees in the forest park.

Penrhos Mountain Trail (3¼ miles/5.3 km, strenuous)

A taste of mountain walking with views over Snowdonia from the bench at the viewpoint.

Glasdir

Glasdir Copper Trail (1¼ mile/1.9 km, moderate)

Short but steep walk (with some steps) around an old copper works.

Pont Llam yr Ewig

Glasdir Accessible Trail (½ mile/0.8 km, accessible)

Level trail from the car park for blue badge holders to a viewpoint overlooking old copper works.

Forest Garden

Forest Garden Discovery Trail (¼ mile/0.3 km, accessible)

Short trail from the car park for blue badge holders through the forest garden to a viewpoint.

Pandy

Forest Garden Discovery Trail (½ mile/0.6 km, easy)

See trees from around the world and discover fascinating facts about them.

Mountain biking in Coed y Brenin Forest Park

Coed y Brenin was the first purpose-built mountain bike centre in the UK and it is still one of the best. There are eight mountain bike trails offering something for first-timers to seasoned riders, and one is suitable for disabled riders using an adaptive bike. There is also a skills area and full service bike shop and rental centre.

The trails are waymarked from the visitor centre car park and are graded for difficulty. See the information on page 40 to pick a trail that is right for you.

See our website and the information panels on site for full details of these trails. You can buy a trail guide from the visitor centre. Go to www.mb.wales.com to find out more about mountain biking in Wales.

Yr Afon
(10.8 km, forest road or similar)
Low level route on forest roads past the gold mine ruins and along the river valley to the waterfalls.

MinorTaur
(3 km/5 km/9 km/12 km, grade blue)
Great introduction to mountain biking with fun features like stone steps, table tops and swoopy berms. The four loops get progressively longer and more challenging. Suitable for disabled riders using an adaptive mountain bike.

Cyflym Coch
(12.6 km, grade red)
Ideal for riders who have mastered the MinorTaur. Relatively short climbs and some of our best fast flowing sections.

Temptiwr
(9 km, grade red)
Short but technical route with a taste of what to expect from our other trails.



Dragon's Back

(30.1 km, grade red)

Classic cross country trail with challenging climbs, tight singletrack and long fast descents.

Tarw Du

(20.1 km, grade black)

The UK's first purpose-built mountain bike trail is a classic test of skills and fitness.

MBR

(17.7 km, grade black)

Great mix of rocky climbs and descents with fast, flowing singletrack and new features.

Beast

(35.1 km, grade black)

Stone fly-offs, berms, table tops and hips on this challenging route that everyone aspires to ride!

Y Ffowndri Skills Area and Bike Park

This training area can be used by new riders, first-time visitors and experienced riders to warm up or develop techniques. The four zones have examples of trail features.

Bike shop

Beics Brenin rents out bikes to match the trails and organises courses and events. Bikes, clothing and accessories are for sale, and there's a fully equipped workshop. See www.beicsbrenin.co.uk or ring 01341 440728.



Dolgellau area



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19

Morfa Dyffryn National Nature Reserve

Sand dunes and seashore in a beautiful coastal landscape



With its large areas of shifting bare sand constantly sculpted by the wind, Morfa Dyffryn National Nature Reserve is one of the most important dune systems in Wales. It provides a home for rare and highly specialised plants and animals. The drier dune grasslands are carpeted in wild flowers in spring and summer and dune fungi in autumn. Together, Morfa Dyffryn and Morfa Harlech National Nature Reserve to the south form an almost continuous area of sand dunes.

Visiting Morfa Dyffryn

There are no waymarked walking trails but you can follow the 200 metre long wooden boardwalk from the car park to a viewpoint with picnic bench and access to the beach. You can also walk through the dunes to the beach. Part of the reserve is a designated naturist beach and is signed accordingly. The toilets in the car park (owned by Snowdonia National Park

Authority) are open from April to October.

Wales Coast Path

The Wales Coast Path goes along the beach at Morfa Dyffryn.

Seasonal dog restrictions

Dogs must be kept on a lead from March to July to protect ringed plovers nesting on the beach and other birds nesting in the dunes and saltmarsh.

Accessibility information

The boardwalk is flat and wide and suitable for wheelchairs. There is an accessible toilet in the car park.

How to get here

Morfa Dyffryn National Nature Reserve is 5 miles north of Barmouth. Take the A496 from Barmouth to Harlech. After the village of Tal y Bont, turn left at the brown and white sign to the Dyffryn Seaside Estate and Benar Beach. The Snowdonia National Park Authority car park is at the end of this narrow lane and there is a parking charge.

OS grid reference SH 572 227 / OS map number OL 18

See centrefold map for key to symbols



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20

Cadair Idris National Nature Reserve

One of the most beautiful and dramatic spots in Wales



For grandeur and rugged beauty few locations equal Cadair Idris, a spectacular chain of peaks in the south of Snowdonia National Park.

Penygadair is the highest peak and one of the highest mountains in Wales. The views from here overlook most of Wales from the Llŷn peninsula to the Brecon Beacons.

National Nature Reserve

The rocky peaks of Cadair Idris were formed by volcanic processes and later sculpted over many Ice Ages by glaciers as they thawed and shattered the rocks. The remarkable geology supports a wealth of wildlife and special plants, and a large part of the mountain has been designated as a National Nature Reserve. Mosses, ferns and lichens flourish in the oak woodland and humid gorge, known as the Celtic Rainforest.

Dôl Idris parkland

Dôl Idris parkland lies in the foothills of Cadair Idris and is the gateway to the reserve. This parkland was once part of the Idris family estate and is now managed by the Snowdonia National Park Authority. Two waymarked trails follow flat paths through the parkland past the peaceful lake and exotic specimen trees. Both trails are suitable for wheelchair users and there are picnic benches along the way.



Walking trails

Dôl Idris Lake (½ mile/0.6 km, accessible)

This circular route starts from the car park and goes around the lake in the parkland. Near the footbridge there is a fish ladder that enables salmon to reach the streams.

Parkland Circuit (½ mile/0.9 km, accessible)

This slightly longer circular route passes through the parkland to the visitor centre. Look out for the ruined building where Idris table water and ginger beer were first made.

Walking to the summit

The **Minffordd Path** is the shortest route up Cadair Idris but also the steepest (6 miles/10 km to the summit and back). This strenuous climb is not waymarked and sets off up a long flight of very steep rocky steps just past the visitor centre. It should only be attempted by experienced walkers with appropriate clothing and footwear plus a map.



Other routes

To get a taste of Cadair Idris, you can follow part of the Minffordd Path. Go as far as the Celtic Rainforest to enjoy views across the gorge or continue to the slate bridge over Nant Cadair for a glimpse of the open mountain. See the information panel next to the visitor centre for more information about these suggested routes. Please note that both of these routes are strenuous and include a climb up steep rocky steps.

Visitor centre and tea room

The visitor centre and tea room (open seasonally) are 250 metres from the car park. Discover the geology and wildlife of the reserve and the legend of Idris the giant. There's an aerial film about the mountain and live film of the lesser horseshoe bats that live in the roof.

Accessibility information

The car park has parking for blue badge holders. The path to the visitor centre and two of the walking trails are suitable for wheelchairs. The visitor centre and tea room are fully accessible and have accessible toilets.

Opening times

The visitor centre, tea room and toilets are open during school holidays and weekends from Easter to September. The toilets in the car park are managed by the Snowdonia National Park Authority and are open every day.

How to get here

Cadair Idris is 7 miles south of Dolgellau.

Take the A487 from Dolgellau towards Machynlleth and turn right onto the B4405. The entrance to the Dôl Idris car park is immediately on the right. The car park is managed by the Snowdonia National Park Authority.

OS grid reference SH 732 115 / OS map number OL 23

See centrefold map for key to symbols



21

Dyfi Forest (Nant Gwernol)

Pretty woodland with slate mining history and steam railway



Nant Gwernol woodland, which lies on the edge of Abergynolwyn village, takes its name from a rocky river gorge with cascading waterfalls. Our walking trails go through the woodland and explore the remains of a slate quarry. Nant Gwernol and Abergynolwyn both have stations on the Talyllyn steam railway; the Nant Gwernol station is in the woodland. There are toilets and a café in Abergynolwyn village hall and at Abergynolwyn station which is signposted from the road just after the village hall.

Walking trails

Cascade Trail
(1 mile/1.7 km, moderate)

Climb uphill alongside the tumbling river before crossing a bridge onto the old tramway - look out for the remains of the old quarry's winding gear.

Quarryman's Trail
(3¼ miles/5.1 km, strenuous)

The long climbs and steep descents are rewarded with expansive views of Cadair Idris.



There are information panels and wind-up listening posts by the ruins telling the story of the quarrymen.

How to get here

Nant Gwernol is 12 miles south of Dolgellau.

Take the A487 from Dolgellau towards Machynlleth and turn right onto the B4405 to Abergynolwyn. Park at Abergynolwyn village hall and follow the blue arrows up the steep road behind the village hall to the woodland where the walking trails start. Passengers on the Talyllyn steam railway can join the walking trails from Nant Gwernol station. The Stations Link (1 mile/1.8 km) is a fairly steep walking route from Abergynolwyn station to Nant Gwernol station.

OS grid reference SH 681 067 / OS map number OL 23

See centrefold map for key to symbols



22

Dyfi Forest (Foel Friog)

Walking trail with superb views in off-the-beaten track woodland



Foel Friog is set within the spectacular landscape of Dyfi Forest, near the village of Aberllefenni, and is easy to find from the A487. The pretty picnic site is next to the river and there is a circular waymarked walking trail to the top of Pen y Bryn hill. During the late 18th century, slate quarrying was the major occupation locally but, when the quarries began to close in the 20th century, the Forestry Commission planted the hillsides. The trees have transformed the landscape but, if you look carefully, you can see ruins of the quarry buildings.

Walking trail

Pen y Bryn Trail
(2 miles/3.2 km, strenuous)

The Pen y Bryn Trail goes up a steep path through the trees before joining a forest track. It passes by derelict farmsteads and quarry remains. There are superb views from the summit before the trail descends through an ancient oak woodland. It returns to the car park on a bridleway along the river valley.

Nearby trail

The **Climachx mountain bike trail** (15 km, grade red) is situated in the Dyfi Forest near Ceinws, just off the A487. Managed by a local community group, it is known for its singletrack and final descent. Follow the signs from Ceinws to the car park.



How to get here

The Foel Friog car park is off the A487 between Dolgellau and Machynlleth.

Turn off the A487 signposted to Aberllefenni (this very sharp turning is best approached from the south). Go through Corris and the Foel Friog car park is on the right, immediately before the Aberllefenni village sign.

OS grid reference SH 769 092 / OS map number 215

See centrefold map for key to symbols



23 Dyfi Forest (Tan y Coed)

Short walks through woodland to waterfall



Tan y Coed is an easy-to-find woodland and picnic site, located just off the A487. The Forestry Commission began planting the woodland after the First World War, as the war effort had used up Britain's timber. The short walking trails climb through the trees and make their way to the waterfall and there is an animal discovery trail for younger visitors. There are picnic benches on the trails as well as on the grassy banks surrounding the car park.

Walking trails

Cwm Cadian Trail (1 mile/1.8 km, moderate)

A walk through the beech woodland which returns past the waterfall and alongside the river.



Animal Discovery Trail (1 mile/1.8 km, moderate)

Pick up a leaflet from the dispenser in the car park and follow the clues along the Cwm Cadian Trail to find the animals hidden in the wood.

Tan y Coed Trail (1½ miles/2.3 km, moderate)

A slightly longer walk uphill through the woodland before descending to the waterfall and following the river back to the car park.

How to get here

Tan y Coed is 12 miles south of Dolgellau.

The Tan y Coed car park is sign-posted off the A487 between Dolgellau and Machynlleth, south of Corris and north of Pantperthog.

OS grid reference SH 755 053 / OS map number OL 23

See centrefold map for key to symbols



24 Dyfnant Forest (Pont Llogel Wood)

Easy riverside stroll through woodland



Pont Llogel is a small woodland within Dyfnant Forest and the starting point for a short riverside walk. Two longer routes leave from this car park and the Glyndŵr's Way National Trail goes through the woodland. Dyfnant Forest is also well known for its horse riding and carriage driving facilities which are based at two Natural Resources Wales car parks nearby.

Walking trail

Pont Llogel Trail (1 mile/ 1.5 km there and back, easy)

Sheltered woodland walk along part of Glyndŵr's Way National Trail. Relax on the riverside bench before returning along the same route. For a more strenuous circular walk, follow the slightly longer steep path back through the trees.

Other routes

Glyndŵr's Way National Trail passes through Dyfnant Forest.

The **Ann Griffiths Walk** (7 miles/11 km) is a waymarked walk commemorating the

famous hymn writer. The **Pererindod Melangell Walk** (15 miles/24 km) traces an old pilgrim route. Both are managed by Powys County Council and are on the local OS map.

Horse riding in Dyfnant Forest

The Rainbow Trails offer nearly 100 miles of waymarked trails from short trots to all day rides. Horse riding trails start at Penyffordd car park and carriage driving routes start at Hendre car park. See the Rainbow Trails website.

How to get here

Pont Llogel is 24 miles east of Dolgellau.

Follow the A470 from Dolgellau towards Machynlleth, and then take the A458 to Welshpool. Turn left on to the B4395 at Llangadfan, signposted to Lake Vyrnwy. The Pont Llogel Wood car park is on the right after the stone bridge into Pont Llogel village.

OS grid reference SJ 032 154 (Pont Llogel Wood) / OS map number 239

See centrefold map for key to symbols



Long distance routes in North Wales

North Wales is home to three long distance routes, each of which can be walked in bitesize chunks. Some sections are open to cyclists and horse riders.

Offa's Dyke Path runs for 177 miles from Chepstow to Prestatyn. This National Trail traces the border with England and the huge earthwork constructed by King Offa in the 8th century. The northern section includes spectacular crags, heather-clad uplands and Iron Age hillforts, and much of its route is in the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty.



Glyndŵr's Way is the 135 mile-long National Trail from Knighton to Welshpool. Named after a 15th century Welsh prince, this horseshoe-shaped route meanders through rolling countryside, moorland and woodland. It passes market towns, quiet villages and the splendour of Lake Vyrnwy along the way.

The **Wales Coast Path** makes its way around the coastline on its 870 mile-long route from Chester to Chepstow. It is full of variety in the north from the glorious coastline of the Isle of Anglesey to the wild nature of the Llŷn Peninsula. It also offers craggy and dramatic views, glimpses of medieval castles and the stunning backdrop of Snowdonia National Park.

These three long distance routes go through or alongside some of our National Nature Reserves and woodlands. Look out for the National Trail acorn logo and the Wales Coast Path dragon shell symbol in this leaflet to find out where you can join one.





RESPECT. PROTECT. ENJOY.

The Countryside Code helps you respect, protect and enjoy the countryside, enabling you to get the most out of your visit.

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors and stay safe

- Plan ahead and be prepared
- Follow advice and local signs

The Countryside Code family

The Countryside Code family includes specific codes for some of the exciting activities you may be taking part in, such as wild swimming, angling and canoeing.

There is also a dog walking code for safe and happy walks with your dog and a trail users code that will help you keep safe and share the outdoors with others.

DOWNLOAD YOUR COPY of the Countryside Code
www.naturalresources.wales



Don't give
pests and
diseases
an easy ride



You're the best defence against disease our trees have.
Mud, plants, wood and leaves could be carrying disease.
Please leave all natural materials on site and clean your shoes, bike, any toys or equipment and your dog after your forest visit.

PICK A TRAIL THAT'S RIGHT FOR YOU

Walking trail grades






We have included the distance and grade of each walk in this leaflet to help you decide if a walk is right for you. Read on to find out what the grades mean.

GRADE	SUITABLE FOR
Accessible	Walks for everyone, including people with wheelchairs and pushchairs, using accessible paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections.
Easy	Walks for anyone looking to improve their level of fitness on generally level trails which may have some rough, irregular surfacing. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
Moderate	Walks for people with a reasonably good level of fitness. May include some unsurfaced and possibly steep paths and open country. Stout footwear and warm, water-proof clothing are recommended.
Strenuous	Walks for experienced walkers with a good fitness level. May include very steep hills and rough country. Walking boots and warm, water-proof clothing are essential.

Please also read the panel at the start of the walking trail and then follow the trail's waymarkers.

Mountain bike trail grades

We have included the distance and grade of each mountain bike trail in this leaflet. Please read the grading information below to make sure you pick a mountain bike trail you can handle. There is more detail about the type of trail surface, gradients and technical features on our website.

GRADE	SUITABLE FOR
 Forest Road & similar	A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be waymarked.
 Green Easy	Beginner/novice cyclists. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.
 Blue Moderate	Intermediate cyclist/mountain bikers with basic off-road riding skills. Mountain bikes or hybrids.
 Red Difficult	Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.
 Black Severe	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.

Please also read the panel at the start of every mountain bike trail for more details and then follow the trail's waymarkers.

