1 - Basingwerk Abbey to Pantasaph 3 miles/4.6 kms

OS Explorer Map 265

Leave the Abbey by walking towards the Old School and then left up the Greenfield Valley. You may wish to obtain a guide leaflet on the Valley at the Information Office. This tells you about the various sites you will pass on your way. When you reach the site of the former St Winefride Halt take the footpath (right fork) out of the valley to the main road and to St Winefride's Well.

After visiting the Well take the track opposite past the small car park. The hill to the left of you is the hill where St Beuno performed his miracle. There is a well dedicated to him at this point. Continue up the track until it bends to the right to the farm. At this point go left up hill towards the right hand corner of the last of the new houses. Walk past this house to the road.

Taking care cross the road to go up Brynffynnon Terrace passing the houses on your left to a green path. Take this uphill over a stile to go to a gate. Cross the track and go over a stile. Continue uphill with the hedge on your left. Ignore the two stiles going off to the left and go to the stile ahead. Cross over and bear right to walk to the right of the power line to another stile. Cross over and go diagonally left uphill following the power line to a stile in the top corner of the field.

Cross over this and walk with the fence on your right to a gate stile. Go through or over and directly ahead. The path goes over the top of the hill, a magnificent view point. Go diagonally down to the left hand side of the cottage. Cross over the stile to the track and turn right uphill. Go through the gate and bare left to go above the disused quarry. Head directly for the stile and gate ahead.

Go through the gate or over the stile and then directly ahead. At the wall around the wood turn left downhill to a kissing gate. Go through and then over a stone stile into the Churchyard of Pantasaph Monastery.

2 - Pantasaph to Maen Achwyfan 3.3 miles/5.3 kms

Leave the Monastery by walking along the path past the entrance to the Stages of the Cross and turn left. At the road junction turn right to the next road junction. Cross over the road to the footpath at a stile and gate. Take this path with the hedge on your right to the community of Lloc. Cross over the road to the cross roads at the Rock Inn, go directly across and walk alongside the road . Take the first track on your right – if you continued ahead you would come to a small chapel which holds a Plygan (a Carol Service) at 6am every Christmas Day Morning.

Take this track which soon becomes a path to pass to the left of one farmhouse (Hollow Farm) and right of the next (Twll Bach). At the junction of tracks turn left and then cross a road on to a bridleway. Immediately go left over a stile and head for the gate to the left of the farmhouse (Garreg Farm). Go through and walk along the bridleway to the right of the farm buildings and up to a track. Turn left along this and shortly turn right to go up hill into the woods (Coed y Garreg). As you enter the woods turn left along the woodland path. Follow this to the stile at the end of the path.

On your right is the summit of the hill with its reputed Roman Pharos (a magnificent viewpoint).

Cross over the stile and go diagonally right to another stile and then to a stone stile alongside the cottage. Turn left to the staggered junction with Maen Achwyfan in the field.

3 - Maen Achwyfan to Llanasa 2,7 miles/4.3 kms

After visiting this mysterious stone, return to the road and turn right. Pass the small building on your left to a bridleway on the left which passes the cottage (Pen Rallt Farm). Follow this until it becomes a path, passing private woodland and old mine shafts on right. At the junction continue ahead through two gates and then across two fields with stiles. After the second stile into the edge of woodland turn left, continuing for 300 metres to the gate. Go through the gate and take the waymarked path to the left. Follow this (note the view of Point of Ayr lighthouse) over another two stiles to enter the twin villages of Berthengham and Trelogan. Turn right at the road (passing a phone box) to the Cross Roads and Afon Goch pub.

Continue down the road ahead for about 0.5 mile/0.8km then walk along the drive, left, towards the Pet Rescue Centre at Maes Gwyn. Before you reach the buildings go right over a stile. Follow the path* with the hedge on your left through a gate (stile alongside) and head across the field to walk with the hedge now on your right hand side. Go over the stile and directly ahead over another two stiles to enter a meadow with parkland trees and Llanasa Village ahead. Walk to the Church of Saints Asaph & Cyndeyrn.

**This footpath can be extremely muddy. To avoid go over stile on left, passing the Animal Rescue Centre on your right. Cross over a stile and walk with the hedge on your left to the another stile. Go over this and the next one to walk up to the road. Turn right along it and follow to the village Llanasa*

4 – Llanasa to Trelawnyd 2.4 miles/3.8kms

Leave the village by continuing ahead, passing below the Red Lion pub on right and village pond on left. At the end house turn left to go over the stone stile (or through the gate alongside). Follow a fenced path around and between the buildings and then over the stile. Continue up the field over the stile near a gate and then over another stile alongside a gate. Go straight across the field to the farm gate (to the left of the hedge and a large thatched house) on to the road.

Turn right, up hill passing a post box, and, almost immediately, turn left up a track (signposted Byway Cilffordd). Follow this to the end and straight on along the farm track towards Tyddyn Uchaf Farm. Go over the stone stile to walk with the hedge on your left to go over another stile. Cross this field diagonally right to go to the lane and turn left along it.

Follow the lane over the cross roads towards the wooded hill ahead. Near the wood go through the Kissing Gate on your right, continue up hill for 300metres, then follow the path left into the wood and to the summit of The Gop. From the summit walk down to the village of Trelawynyd (in full view to the south) following footpath signs.

5 - Trelawnyd to Tremeirchion 6 miles/9.6 kms OS Explorer Map 264

From the village use the pedestrian crossing to go to St Michael's Church. Follow the lane past the church to a bridge. After crossing the bridge take the track on your left. You are now on the Clwydian Way. Follow this path, passing on your left the entrance to a bungalow (Swyn y Mynydd), to a stile. Cross over on to a bridleway and take the distinct path ahead to go over a footbridge (farmer's vehicle bridge) into another field. Here head for the top left corner of the field to a stile behind some bushes. Cross over this stile and walk with the hedge on your left to go over another stile to a track. Turn right along this track to a concrete road and pond.

Turn right again along the track over the bridge to go either over the stile or through the gate into the field. Continue with the hedge on your left. After two more stiles you reach a stile which takes you left into the wood. Follow the waymarked path, using a wooden walkway over a ditch, through the wood and then across a field to the lane. Turn right and then immediately left over another stile.

Go through this field and the next one with the hedge on your right. Cross over the lane and follow the waymarked path as it crosses over three more stiles to arrive at a lane. Turn left along the lane and follow to the road at Tynewydd. Turn left along this road towards the modern bridge crossing over the A55.

Once over the bridge turn left on to the bridleway alongside the A55. Take the stile & waymarked footpath, on the right, directly across the field (due south passing the tallest of the oak trees) cross a stile to follow a fenced path round the airfield to reach the drive of the farm (Bryn Gwyn Bach) and turn right along it to the gate. At the lane turn right and walk to the cross roads and turn left uphill to pass a house (Bryntirion).

As you reach the brow of the hill take the access track on your right. At the end (by the gate to Penymynydd) go through the kissing gate on your left and walk up to the second kissing gate on your right. Cross the field to the top of the hill (from here there is a very fine view of The Vale of Clwyd with Denbigh to the left, St Asaph ahead and the River Clwyd flowing to the sea at Rhyl, to the right). Take the stile on your left (over the wire fence) and follow the footpath diagonally right down the side of the hill to a bridleway. Turn left along this bridleway (part of the Offa's Dyke Path). (St Beuno's College may be visited by prior arrangement, to do so turn right.)

Leave this National Trail after about 200 metres (when it goes uphill) and take the bridleway, right, down towards the village of Tremeirchion. The bridleway becomes a lane and, at the first cottage (Ysgybor) take the footpath over the stile on your left to ford a small stream. Follow this footpath over three fields and stiles to the village of Tremeirchion seen ahead. Turn right to the Church of Corpus Christi.

6 - Tremeirchion to St Asaph 3.5 miles/5.6 kms

(During wet periods a short section of this route can be extremely muddy see alternative below.)

Follow the road downhill from the Church and take the right fork. Ignore the first road to the left (signed Trefnant) and take the next lane on the left (signed Sychdyn Farm). When the lane bears right by the first house (Ty Moel) take the waymarked stile left into the field and follow stiles and yellow arrows, crossing five fields (Keep the pylons about 200 yards to your left). After the 4th stile you go through a gate.

Turn left following the waymark signs left to a gate then right to follow the hedge through another gate and across the field to the farm road. Turn left along it to cross a bridge and follow the lane straight ahead to a T junction with a Chapel opposite. Turn right to pass The Farmers Arms at Waen.

Alternative avoiding muddy field
Take the first road to the left - signed Trefnant. Take care walking alongside what can be a very busy road. Follow to the first footpath along a track on your right. Follow this footpath around Plas Coch. After passing the back of the farmhouse go through a gateway on left and follow path alongside left hand side of the field to a stile. Cross over and walk down to the lane. Here you join the route above.

After passing the pub take the lane on the left. When the lane bends left to a cattle grid, go over the stile on your right. Follow the footpath signs across open fields (view of St. Asaph Cathedral tower). When you reach the bottom of valley bear right to cross a steel footbridge over the River Clwyd.

OS Explorer 264
Follow the Clwydian Way, once more, to the disused railway track and turn right. The path leaves the track to pass the school to reach the main road. Turn right to the Cathedral.

7 - St Asaph to Llannefydd 6.3 miles/10.1 kms

Leave the Cathedral and walk down through the town and over the bridge. Turn left and continue along this road. Go ahead at the junction to pass the factory on your left. Take the first road on your left and follow this for 1.4 miles/2.2 kms. Go right when the road forks and you will shortly reach the imposing church at Cefn Meriadog. Go left at the next fork and down to the T junction Turn right to Bont Newydd. Cross over the bridge.

Turn right uphill. After 100 metres take the footpath on the left and follow through the woods to a gate to emerge into the field. The path bends diagonally left to go uphill and through a gate into the next field. Follow the path alongside the hedge to join the track alongside Croen Llwm Mawr farm.

Cross over the road and take the track opposite to the farm at Tyddyn Bartley. The path goes between the farmhouse and the farm buildings Go through gates and turn right after the second into a field. Walk along with the wood on your right to the far right hand corner. Go over stile into an enclosed track and turn left to go through gate on to the lane at Ty'n y Bedw. Walk 200 metres along this lane to the first junction and turn right downhill towards the cottage. Passing to the left of the cottage go through this small valley over a footbridge and then up to the road. Here go right and then straight over at the cross roads.

After 150 metres take the footpath on the left this follows the fence for a short distance, about 50 metres, and then goes right across the field to a stile. Followed the waymarked route to the road.

Turn right and follow the road until you reach a fork. Take the road on the left to reach a junction. Here you have two alternatives:- To continue, turn left up the road until an area of gorse is reached on the right. Here take the footpath through this area to a clearly visible stile. Alternatively, to visit Llannefydd, turn right here and follow the road for 500m into the village.

8 - Llanefydd to Llansannan 4.5 miles/7.2 kms

Leave the village and retrace your steps towards the footpath at the gorse. Turn right and go over the stile. Go diagonally across the field towards the fence and to a gate. Now diagonally left to a stile and then follow the waymarked route, passing above the farm of Derm. Keep up on the hillside above the gorse and passing a small wood on the left to follow path down to the gate and cattle grid. Walking along the farm access road through another gate with cattle grid to the road and turn right.

At Hafodty turn left through gate opposite. Walk down the path with the fence on your left. In the next field go diagonally left to a stile near the left hand corner of the field. (This stile is currently hidden by a fallen tree.) Cross over and continue with the fence on your right. Follow the waymarked route to eventually go diagonally down to a stile in the far corner of the field. Cross over to join the concrete farm track to the lane. Go over the Cattle Grid to turn right down hill

After 50 metres take the footpath on the left down over a stile and across the stream. Pass directly in front of Cae'r Groes and, ignoring the path going off to the left, down to the lane. Go straight across to go over stile on right before the cottage. Go down to cross the footbridge over the river. Turn left to walk along the path with the the stream on your left and the hedge on your right. Pass in front of the house to take gate on right on to the access road, which eventually becomes tarmac, to the lane. Turn left over the two bridges into the community of Rhyd yr Arian.

Walk past the telephone kiosk over another bridge to take the footpath immediately on your right to re-cross the river. You are now on the Clwydian Way again and follow this track up through the wood. As you reach the crest the path leaves the track to go in front and past the bungalow to another track. Follow this down to cross the river once more. Immediately after crossing the river take the track right to a stile alongside a gate. Follow this track through a series of gates or over stiles to eventually reach the road. Turn right into the village of Llansannan.

9 - Llansannan to Gwytherin 7.0 miles/11.3 kms

From the Church, walk past the pub and the sculpture (on the right) and take the lane Ffordd Gogor on the left. Just after the last house in the village and at the farmhouse of Gogor Canol take the path, left, through the farmyard.

As you leave the farmyard bear right. This again is the Clwydian Way. After crossing over the bridge turn right and walk with the river also on your right over the stiles. The path enters a woodland. Follow for about 800 metres. Here the track widens slightly - look out for a path going down to the right. Take this over the footbridge. You now have a short but quite difficult and slippery climb both up and down. Cross the next stile to the road and take the track opposite. (This section can be avoided by following the road and forking left after the farm - Gogor Canol - above.) Walk along the riverside to the former mill. Ignore the track going right over the bridge at this point. Continue up the now metalled road to the lane. Continue uphill to the cross roads.

Turn right along the road passing Acrau-uchaf on your left. At the road junction take the footpath right through the farmyard (Rhŷd-loew) and down to the river. Go left to walk alongside the river and over a footbridge. Follow the footpath uphill to go over a stile into a big open field. Cross this field diagonally half left to the far corner where you reach a gate Go through the gate onto the farm track and bear left to go downhill along it. The track eventually becomes a path; follow this to Hendre Aled Cottage.

Go ahead behind the house with the white metal fence on your left to the next house at Hendre Aled. Go through and past the buildings and then take the footpath, left, through the gate (stile alongside with Clwydian Way trailmarker) and into the field and behind the barn.

The path now goes uphill and over two stiles to the farm at Cleiriach. After the second one turn right along the farm access road which then bends to the left at the Pilgrim's Bench (a magnificent viewpoint). Follow the farm road over a cattle grid and turn right on to the Common. At the road junction the Clwydian Way alternative is joined. Turn left along the road and at the next junction turn right.

Follow this lane until it bends sharply right. Go through the gate, left, and follow the track across a shallow stream and up the hill into the field. After about 70 metres, where the track goes left towards the sheep pens, leave it and go directly ahead towards a gate in the fence. Follow the path downhill with the stream alongside and to the left.

Continue until you reach the derelict buildings at Hafod-gau which are in a slight dip and surrounded by conifers. Go left through the gate and then another one to pass to the right of the building. Walk uphill, left, to reach a stile and cross over to the lane.

OS Outdoor Leisure 17 Cross over to the footpath on the other side of the lane. Walk with the fence on your left to go over two more stiles and a small footbridge. Continue directly ahead to a small ravine. Taking care walk down to ford the stream and take the path up the other side to a gate.

Continue ahead moving away from the right hand fence to go through gap in the hedge/fence and down through two gates to the lane. Turn right along it

Almost immediately turn left along the road towards the farm at Llethr. As the farm road bends to the right take the footpath, go through a kissing gate ahead, and cross over to a gate in the fence on the left. Go through it and walk with the fence on your right down to a gate and cross a stream. With the stream on your right go slightly left uphill through a gate to walk across the field to the hedge. Continue with the hedge on your right through another field and over a stile.

Go initially straight ahead but almost immediately left to go over the low hill. Bearing slightly right head for a stile in the hedge and fence line. Turn right and continue to the lane. Turn left down the road to the village of Gwytherin.

10 - Gwytherin to Pandy Tudur 3.4 miles/5.5 kms

There are two alternatives from here.

1. The Main Route - Take the signposted footpath alongside the Lion Inn and beside the phone box and seat to go uphill through a wooded glade to emerge in a field. This path is indistinct and if you leave the woodland before the top walk with it (wood) to the left. Walk uphill and head for a stile to the left of Penygraig (derelict) farmhouse.

Go over the stile and turn right behind the buildings to another stile onto the access track. Turn left along this to the top of the hill where it bends right. Turn right and go through the gate to the lane. In about 70 metres cross over left towards the fence. Walk alongside the fence and through a kissing gate. Cross the stile in the fence to get to the road.

Turn left along the lane to the junction at Ty-uchaf-i'r-ffordd. (continued below)

2 Via Pennant - The Abbey where St Winefride spent her final years is reputed to be in this remote valley. Little, if anything, remains. To visit this site take the road past the Lion Inn and up into the valley. Ignore the road going uphill and go downhill to reach another road going off to the right. This is the access road to Taipellaf. Follow this past the farm and buildings. The putative site of the Abbey is marked by a large stone mound on your left. Continue up this track through gates to the lane and turn right. Take the path on the left through a gate and follow through two more gates directly ahead on to rough countryside – the path here is intermittent and indistinct. Eventually you join a fence on your left - follow this to a stile. Go over it, head for the track ahead and follow this to the road at Ty-uchaf-i'r-ffordd. Note this section is over rough country which can be extremely wet and difficult. Note too that this section is not waymarked with Pilgrim's Way markers.

Turn right and take the lane towards the farms. After passing the entrance to Bryn Pair Uchaf follow the road until it bends to the left. Here go through the gate ahead. After the third gate go left alongside the hedge and then turn right with the hedge and wood on your right. Follow this bridleway to join the lane to go past the entrance to Ty Celyn. Shortly after passing a gate on your left go over the stile, also left and follow the path through two metal kissing gates down to Pandy Tudur.

11 - Pandy Tudur to Llangernyw 2.5 miles/4 kms

Cross the bridge and turn right up a short steep hill (marked as unsuitable for HGVs). At the top turn right along the lane towards the Old Vicarage and to the A 548. Turn right and walk along this road for a short way to take the lane on the left up towards the farm at Llwyn Du Isaf.

At the farm go right between the farm and the farm buildings. Go through the gate into the green lane between two fields. At the top cross over a stile. Walk diagonally right across the field to a stile and then left over the next field to go through a gate to the lane. Turn right and then take the footpath in about 100 metres on the left. The path is initially a track which can be muddy. It then goes through a gate and bends right.

Follow the fence for about 100 metres and at a gate (on your right) cut diagonally left downhill and across the field to the far corner. Here there is a ladder stile which is partially hidden by trees.

Go over the stile and a footbridge across the stream. This path now follows the stream to the entrance to Hafodunos Hall. This section is particularly attractive and, after the second pilgrim sculpture, descends through a picturesque wooded gorge. The path, however, can be muddy, wet and slippery. At the Hafodunos Hall Lodge, turn right into the village of Llangernyw.

12 - Llangernyw to Eglwysbach 7.5 miles/12 kms

Retrace your steps towards Hafodunos Hall. After passing the small housing estate at Fedwern Arian on your left, take the track right past the cottage. Follow this footpath uphill, passing to the right of the derelict farmhouse of Crei.

The path goes directly towards the ridge heading for the electricity pole. At the fence, turn right and follow the fence through gorse to a stile and then on to the hillside. Follow the path to the lane. Turn left along this lane and follow it to the junction with the B 5113. Cross over to the road and follow it passing Gosen and Ty yn y Mynydd Cottage and down a steep hill. After the sharp bend take the road to the right and follow this towards the Cattery at Bryn-gwian.

After passing the cattery the road becomes a track which goes past a duck pond. Fork left almost immediately afterwards and then continue to go between the farmhouse and buildings at Ty Mawr. The track now turns downhill passing another house on your left. When you reach the junction of the tracks turn right uphill to Ebrill Esgair.

Go left just before the farm house and then between the buildings to go through the gate on the right. Follow this path to cross a stream (often dry) and then across a field along a well defined path. You are heading for the pylon in the distance. When you come to a gate with a waymark pointing right do not go through it! Walk along to the right to walk with hedge to your left. Follow this to go through another gate to a lane and turn left.

Go downhill and through a gate to the right of the farmhouse Ty Du. Walk alongside the fence, and in about 40 metres, to go through a walkers' gate to cross a footbridge into a wood. Follow the path through the wood and into a field. Go diagonally right uphill towards the electricity pole. Then go through a farm gate, pass the farmhouse at Llwyn Du to a lane.

Cross this lane to a gated green lane. Follow this down hill until a sharp bend to the left, Here, turn right up hill and alongside the wood. The path then bends left and, still in the woods, continues to the a lane. Go left to follow this lane steeply down hill to the village of Eglwysbach.

13 - Eglwysbach to Rowen 3.5 miles/6 kms

After passing the Church, where the road bends slightly to the right take the narrow lane to the left to go over the stream. Turn right at the junction and continue to the road. Turn left and go left again when the road forks. This road leads to the cross roads at Talycafn.

Go ahead at the crossroads, then over the level crossing and the bridge. Walk uphill and turn right into a layby. Take the footpath that goes left. Follow this path to the next road. Turn right and take the left fork to the B5106. Go right to take the next footpath on the left.

Take this path, which can be quite wet and muddy, towards the farm. Walk through the two gates to the farm. Pass to the right of the farmhouse and then right through another gate. Go ahead and through to the next field. Turn left and walk with the hedge on your left to go over a stile into another field. Walk slightly downhill and head for the gate on your right. Go through this and directly across to go through another gate. Continue directly ahead and uphill to go through a gate to the left of a small copse and pick up a track. Follow this track to the farm buildings at Glyn Uchaf. Turn left to go through this farmyard between the house and the farm buildings. Follow the farm drive to the lane.

Cross over the lane and go through the kissing gate. The path goes directly ahead passing to the left of the trees in the distance. Continue now with the hedge on your right to go over two ladder stiles to the lane. Turn right to walk into Rowen.

14 - Rowen to Penmaenmawr (Stone Circles) 4.4 miles/7.0 kms

From the pub walk past the Chapel, which is usually open to visitors, to take the footpath on the right between the cottages. Go past the farm and through the gate into the field. Continue along the left hand side of the field to go through a gate or over a stile to a track and turn right. When this track bends to the right cross over a stile ahead and walk again along the left hand side of the field. Cross over a stile and walk up the well defined path directly up to a gate on to the lane. Turn right along the lane. At Llwyn On leave the lane and take the farm drive on your left. This leads to a large and steep ladder stile. Go into the field and diagonally across it to a gate. Go through the gate with the wall on your right towards the cottage. Cross over the stone footbridge to the lane.

Enter the wood and walk directly ahead. When you reach the track coming from the road turn left uphill. You are now on an ancient “Coffin Path” which leads eventually to the little church at Llangelynnin.

From this little church continue around the outside wall to take the track going left uphill on to the open countryside. Take the right hand path, aim for the end of the wall in the distance and after crossing the stream at the fords, take the path that keeps close to the wall on your right. At this point you have broad views over the Conwy Valley, Conwy Town and Castle.

When you reach the sheep pens at Tyddyn-grasod turn left along the path to go over the open land (aim slightly to the right of the flat-topped hill in the distance). Continue straight on, ignoring paths on left and right, and when you come to the brow walk ahead towards a clump of trees within a wall and pass these to the right. The path now joins the North Wales Path at a waymarker post.

Go straight ahead and down to the stream. Cross over the footbridge and follow the path up to a waymarker post and then go left. (For Penmaenmawr go to the wall, climb the ladder stile and follow the tracks and waymarked route down to the town).

Follow the path to a gate in a wall and turn left to join the Wales Coast Path. The North Wales Path and Wales Coast Path now follow the same route. Continue to follow the waymarked path for ¾ mile past Bryn Derwedd on your right to the complex of stone circles on your left high above the town of Penmaenmawr.

15 - Penmaenmawr (Stone Circles) to Abergwyngregin 6.6 miles / 10.6kms

To join from Penmaenmawr start from the car park behind the the Library off Bangor Road. Go up the steps to the left of the flats, at the top of the steps turn right then veer left (ignore the first stone track on your left) and follow the lane with houses on your right along the edge of the playing field and on to the road. Turn left and then right at the first footpath past the cottages (conversion of the old Craiglwyd Farm) to rejoin the North Wales Path and the Wales Coast Path at the distinctive slate marker post.

After visiting the Stone Circles return to the main path and follow it westwards to a marker post where the Wales Coast Path leaves right to go down to Llanfairfechan. Now continue ahead on the waymarked North Wales Path which eventually goes past a farm and follows the farm track to a tarmac lane. Continue ahead down the lane to a T junction. Turn left and follow the road down to the entrance to Nant y Coed Nature Reserve.

Continuing on the North Wales Path, cross the stream and bear right following the road (Valley Road) to join Terrace Walk. Ignore the first footpath on the left and continue to reach a metal kissing gate on your left. Turn left and follow the path which now climbs steadily uphill to reach a metal kissing gate in a wall.
The path continues uphill for another 0.3 mile/0.5 km crossing open land to eventually reach a large stone at the Roman Road. Turn right to follow this ancient route down to a small car park. Follow the road down to the bridge in the forest at Abergwyngregyn The village is about a kilometre down the road.

16 - Abergwyngregin to Bangor:- 12.33m (19.84km)

If you do not visit the village turn left before the bridge to follow the North Wales Path (NWP) and walk up the road to the car park. Just before the car park take the path on the right signed Waterfalls and go over the bridge. Follow this path for 1.25 miles (2.1km) to the waterfalls. The NWP goes past another waterfall and then climbs slowly around the side of the hill. After passing under the powerlines you will shortly arrive at a seat with wide views over Ynys Mon, the Great Orme and beyond to North West England.

Continue to follow the NWP to go under the powerlines for the second time – about 2 kms. After passing under the third of the powerlines the path now crosses several streams and you eventually reach a gate at a fence and wall. Continue along the main path which winds along until you pass a wooded area on your right (Nant Heilyn). After another 300 m, the track will lead you out onto a lane.

Turn left and walk along the lane. Ignore the road going downhill right. When you arrive at the powerline take the footpath right towards Plas Uchaf. Go through the kissing gate and past the farm. Cross the next field along a green track towards the woods.

At the pylon and gorses turn left along a footpath, with the wall on your right, heading towards another pylon. Cross the stream to go around the bank to the track. Turn right and walk to the next gate at a track. Cross over to the remains of a stone stile and walk with the wall on your right. Just before the next house go left over a stile. Take the next stile on your right on to the access road, Turn right along it to the lane. Go left up the lane until you reach a stile in the wall on your right. You are still following the North Wales Path and you should still be looking for their markers as well as any Pilgrims Way markers.

Continue across the field with the wall on your right. When you reach a gate in the wall beside some old buildings, bear left following the track up into a field surrounded by gorse. Turn right and keeping the gorse on your right, find a path through the gorse which will lead to a stile by a small stream. Cross this to another field and eventually to reach a lane.

Here turn right along it for about 0.6 mile/1km. until you see a left turn to Plas Cochwillan. Tracking right around this wonderful old residence go along the track towards the woods. Turn right through the kissing gate and walk along the edge of the woods. Follow the path down until eventually you will see the river on your left, before arriving at the watermill. Turn left at the mill and follow the path across the river coming out onto a track/lane.

Go right here to go under the A55. The access road bends left then right to become metalled. Follow this passing the rugby club ground on your left and continue straight down the lane. Turn left at the first turning. Here you join the Wales Coast Path. Go to the right through the bushes to follow the path to a bus-stop on a major road. Cross the road to a footpath which runs by the railway air shaft that looks like a small castle turret. This path goes to another lane which you cross to another path which takes you down by the side of an industrial park. When you get to a roadway, turn left and go down to the end of the road and then through some barriers. Turn right to join the old railway track into Port Penrhyn.

Turn left and follow the Wales Coast Path over the bridge and up the hill to the A5 road. Cross this with care and go through the bollards into Penybryn Road. Follow

the road underneath a stone bridge and at the end turn left in to the High Street. Walk down the street all the way to Bangor City Centre and the cathedral.

17 - Bangor to Llanberis:- 10.6m (17.1km)

A - Bangor to Tregarth

Leaving the Cathedral, continue along the High St. until you find a path that goes off to the left just past a chapel and before you reach the Lidl store. This path goes over Bangor Mountain to reach a lane where you go ahead and follow it round to the left. Keep right at the next junction and then turn left again to drop down steeply to a ford where you pick up the old quarry railway track. Turn right here and follow this beautiful track towards Tregarth (3.5km) going over a newly built bridge over the A 4244.

After passing under the next road bridge you approach another smaller one over the cycleway.

To continue to Tregarth and Bethesda stay on the Cycleway and follow into the town where there is accommodation, cafés and shops.

B - Tregarth to Deiniolen

Walk up the path to the left of this bridge to go right over it. Follow this path to a group of buildings (old hamlet of Pandy). At the buildings turn right along a track which quickly becomes a footpath alongside a low ridge. When you come to another track cross over it to go through a walkers' gate. When you arrive at the Woodland Trust go left through the gate. Follow this footpath, bearing right, to the lane.

Turn right along the lane. At the staggered junction, bear left to follow the metalled lane and just before you reach a gated driveway, turn left into the woods. Follow this path up through the woods to a wall where you turn right to follow the wall on your left. At the kissing gate turn left through the gap in the wall and continue through the woods until you come to a kissing gate in a wall. Go through it and with the wall on your right follow the path round the side of Moel-y-Ci to another gate which leads out onto a track. Turn left along it to reach the top of the hill at Tynllidiart. Here the metalled lane drops to the right. Then take the second path on the left through a gate. This path/lane passes through two farms at Cae'r Gof. Go ahead and through three walls. After the last one go uphill to go through the wall on to the Common.

Walk with wall on your right to a gate to leave the Common. Go directly across the field and down and across the stream. Continue uphill until the footpath bends sharply left. This leads to a derelict farmhouse, Maes Meddygion. Pass to the right of this to reach open land again. Continue over the hillside and down to the road at Ffridd Uchaf. Turn right and take the second footpath on the left and follow this path down to the main road and turn left into the High Street.

C - Deiniolen to Llanberis

At the road junction turn right down New Street. Go past the shop to the next road junction. Here turn left into Tai Caradog with a stone wall separating the road from the sheltered housing on your right. Walk along to the end and where the road bends to the left. Here take the footpath through the kissing gate on your right.

Go through this and continue past the houses to cross a stream with its two footbridges to a lane. Turn left and after a few metres take the next footpath on your right. Go right where the path forks and follow to the top of the hill and turn left along the access road to another road and turn right. Follow this road to the houses at Maes Eilian and before the bus shelter take the footpath right.

When you reach the next lane cross it to another lane. Take the footpath down an access road on your right. This enters the wood of Padarn Country Park and the path is easy to follow down through the wood. On leaving the wood turn left along the road to meet the road from the Slate Museum. Cross over this road to go over a footbridge and follow this path with the railway on your left to the main road. Turn right, then cross over the road and turn right into the High Street of Llanberis.

18 - Llanberis to Waunfawr 4.5 miles/7.3 kms

From the Church at Llanberis walk towards the centre of the village. Turn left into Capel Coch Road signposted to the Youth Hostel. After passing the Chapel on your left turn right and then left uphill. Follow this road out into the open country. At the small informal car park at Maen-llwyd-isaf go right along the track.

Follow this over the hill first passing some disused quarries and then to the right of a forest. The road is now metalled and is followed for another 0.7 mile/1.1km . Just after it bends to the right take the footpath (access road) on the left at Hafod Oleu to follow the dragonfly waymarkers.

Pass two cottages on the left and just after the ford take the path to the right downhill with a stream on the right. In the larger field turn right along the footpath which now makes its way, to the right hand side of a wall, through many small fields following the Hafod Oleu (dragonfly) waymarks to Bryn Pystill at Waunfawr. Follow the lane to the main road and turn left.

19 - Waunfawr to Penygroes 7.1 miles/11.5 kms

Follow the main road over the river and past the Snowdonia Inn. Take the lane on the right signposted Rhosgadfan. Follow this to pick up a path going left (signposted YFron) to cross a stream. It then climbs up over two old metal ladder stiles on to the Common. Go straight ahead towards the left hand corner of the sheepfolds. The path goes alongside this wall and passes two dwellings on your right to join the track towards Hafod Rhuffydd Farm where a metalled road is now joined. Follow this until it bends to the right.

Here take the footpath going left – there is a waymarker post a little way along this path. The path is now waymarked across the moorland. You come to a junction paths, marked by an extremely large stone to the right.

Turn right towards it and follow the path to the left of it past the waste tips for the disused Moel Tryfan Slate Quarry. There are good views left of the Nantlle ridge and the lake below. The path now goes right into the quarry and joins the access road which is followed around to a cattle grid. Go over and take the right fork. Follow the path past another disused and flooded quarry to the Cross Roads at Fron.

Take the track opposite on to the open ground and towards Bontwrog. Continue along the track to the settlement of Cilgwyn. At the road junction there is an interesting shrine. Take the left fork.

Continue down the lane until at a junction, take a left towards the old quarry/landfill, but as you reach the wall, you will see a tunnel through it on your right. Go through this and continue through a kissing gate and down the path until another junction of paths. Continue ahead down through a metal kissing gate (GR 492588) along a walled path through two kissing gates continuing down stone steps to a gate on your right. Go through the gate towards a track where you turn left. Follow the track down to a gate and turn right onto another track that becomes a metalled lane. When you reach a roundabout with trees in the middle take the left fork and continue down the lane to a kissing gate on your left.

Go through the kissing gate and turn right to follow the path onto a track that soon goes past the football ground on your left. Follow the path to a kissing gate onto the road where you turn left. Cross the road onto the opposite footpath and follow the road until you see a footpath sign on your right.

Walk down this pleasant footpath through the trees with a stream on your left. When you reach a footbridge do not cross it but turn right onto the riverside path with the Afon Lyfni on your left. Follow this path carefully through two kissing gates. After the second gate the path turns gradually to the right across a raised slate causeway that eventually rises up to a kissing gate onto the main road (B4418).

Turn left and cross over the road with care and take the wide footpath opposite and follow it all the way into Penygroes.

Penygroes to Clynnog Fawr 6.3 miles/10.5 kms OS Explorer Map 254

From the centre of Penygroes walk along the High Street and at the Post Office turn into Snowdon Street and follow it into Market Place and left into Station Road then right into Clynnog Road to join the cyclepath route 8 at the footbridge

Go over the footbridge over the A487 and turn right and follow the cyclepath until you reach a footpath on your left (Wales Coast Path Waymarks). Turn left here and follow the path directly ahead, ignoring the one going off to the left, until you come to a large field. In this field walk with wall to your right to the track. Turn left along the track and follow to the lane.

Cross over the lane to go down the farm track towards Pant Eithiniog farm. Pass this farm and continue along the track to go past the farms of Eithiniog Uchaf and Eithiniog Ganol. The track now becomes green follow this to the lane and turn left.

Take the next farm track on the right on to a bridleway but signposted as a footpath. Cross over the footbridge and follow the path to the right to join the access road to Lleuar Fawr. Go between the farmhouse and the farmyard to go towards the gates ahead and go through the righthand side, continue along the footpath to Lleuar Fach. Turn right towards the farm and almost immediately go left through a small gate before the wall. Walk alongside the large barn to a gate into a large field. Cross this field to go through a gate and turn right. Follow the fence to the hedge and turn left walking with the hedge and then the fence on the right. Go through the gate which is a little way to the left of the fence and then continue to walk with the fence on your right past Ty yn y rhos. By now the fence is a new hedge. Continue with this still on your right to go through gate on to a green track. Go through another gate and turn left along the lane.

Turn right at the first T junction and left (uphill) along another lane. The lane goes down hill and at the bottom take the footpath on your right over a footbridge alongside a ford. Walk along the lane to go through wooden gate to the left the house. Walk uphill (left) with the hedge to your left. Continue through another two gates to enter the farmyard at Bryn Hafod. Go between the buildings and down the farm drive to the road. Turn right to pass the site of Capel Uchaf and then down to the village of Clynnog Fawr. As you arrive at the village take the metalled footpath behind the houses this leads to the centre of the village. Turn right then left to reach Clynnog Fawr Church.

21 - Clynnog Fawr to Trefor 4 miles/6 kms

Leave the village by following the old road (now a cycleway) past Ffynnon Beuno (St. Beuno's Well). The cycleway goes alongside the A499 and is also waymarked as the Wales Coast Path. Continue along it (about 1 mile) to the hamlet of Gyrn Goch and then for a further 1.75 miles/2.8 kms until you see the white gate for Rock Cottage on your left. Continue a short way until at a waymarker post, the path goes right to cross the A499 and then go down the road signed directly into the village of Trefor.

Alternatively, and only at Low Tide, leave the Coast Path at the entrance of Ystymllech and take the lane on the opposite side of the road. In about 300 metres take the footpath right which leads down to the beach. You can now walk along the beach into the village of Trefor.

22 - Trefor to Nefyn 6.3 miles/ 9.6 kms
OS Explorer Map 253

There are two possible routes here:-
1. The Wales Coastal Path around Trefor
Continue down the road into Trefor until you see the signs for the Wales Coast Path on your right near the bus stops. Turn right and go down the road to Gwydir and the pier and then follow the coastal path waymarkers around the headland via Ynys Bach and Ynas Fawr until you reach the cottages at West End. Walk past West End and then turn left back towards Trefor. Follow the path uphill where it now joins a lane at the Coach House. Follow the lane which goes under a bridge and then immediately turn right and follow the path uphill. After a few yards, there is a sign left into open fields. Follow the signage across 2 fields and at the waymarker post turn right to join the lane out from Trefor. When the lane turns sharp left (GR 368 463) continue ahead up a track (which becomes a path) to Bwlch yr Eifl. Find a gravel vehicle track descending from the quarry workings seen to your right, bear left to follow this track down to the car park for Nant Gwrtheyrn.

2. Inland Route via Trefor
At the village centre, with the shop on your left, the through road bears left – ignore this and go straight across and ahead along an unnamed street. Pass over a bridge with Capel Bethania on the right and car park on the left. At the end of the houses turn left, up a lane, climbing steadily. When the lane turns sharp left (GR 368 463) continue ahead up a track (which becomes a path) to Bwlch yr Eifl. Find a gravel vehicle track descending from the quarry workings seen to your right, bear left to follow this track down to the car park for Nant Gwrtheyrn.

There are two possible routes from here to Pystyll
The Inland Route: From the car park walk towards Llysfaen for about 200 yds, turn right to follow the bridle path through a metal gate. Keeping the ditch & fence to your right pass through another gate near the house (Tir Gwyn) on your left). Take the next gate to the right, through the wall, and walk up the middle of the field to the marker post, which is just visible on the brow of the hill. Pass through a field gate, seen ahead, turn right and follow the wall, turn right again through a small wooden gate.

From here walk straight down towards the farm, Ciliau-isaf, crossing an access track by two stiles to pass just to the left of the farm. Follow the line of kissing gates as you cross fields (as a guide, the bay of Porth Dinllaen can be seen about 4 miles ahead. After passing Cefnydd a path leads you down, past Ffynnon Sanctaidd, to Pystyll and St. Beuno's Church.

The Coastal Path: *this winds its way down to The Welsh Language Centre (Nant Gwrtheyrn) and on towards the beach; from the ruined jetty climb a delightful but steep path to Ciliau-isaf (Farm) from there the path leads across the bwlch to St.Beuno's Church (at Pystyll) which comes into sight as you descend. This is not waymarked as Pilgrim's Way.*

After visiting the Church return to the lane and continue along it to pass the site of the now-demolished hotel. You are now following the Wales Coast Path with new waymark posts as a guide. On reaching the B4417 turn left and soon take the track on the right.

The path crosses a couple of fields (quite muddy in wet times) but soon passes to the right of a house and then round the side of a hill, through the disused quarry workings to join an access track leading to a few houses. A narrow path soon forks right, near the end of which there is a small stream on your right. Turn left at St Mary's Church, walk down the street to the main road and turn left into Nefyn.

23 - Nefyn to Towyn (Tudweiliog) 6.8 miles/11 kms

From the centre of Nefyn take the road Pen-y-Bryn (signed to Aberdaron). Pass St. David's Church on the right (Nanhoron Hotel on left). Take the 2nd road to the right – Lon Y Traeth; at the point where this road starts to descend steeply you can follow it and walk along the beach, alternatively bear left onto a signed footpath (Wales Coast Path / Pilgrim's Way). This follows the cliff top to Penrhyn Nefyn (seen ahead) and continues to Morfa Nefyn where you descend steps to the slipway to the beach.

There are two possible routes from here.
The longer & more challenging route takes you along the beach to Porth Dinlaen, past the lifeboat station to climb around the headland (very rough path) to the Golf Course. Here you can walk all the way around on the Wales Coastal Path along the coastal edge to Abergeirch.

Shorter Route: *Cross the road to the slipway and follow the Wales Coast Path up the steps, then go through the car park to the road and turn right and follow the road to the Golf Club. Go through the kissing gate to the right of the barrier and walk down the tarmac road (across the course) to the Maintenance Shed. Here a footpath sign guides you left across the hallowed turf then right to rejoin the Wales Coast Path which follows the edge of the Golf Course and at the end, the route plunges down to the pipeline at Abergeirch.*

The route now follows a magnificent coastal path for a good 3 miles. Eventually an area is reached with a caravan site ahead. This is Towyn, from here there is a footpath to the village of Tudweiliog.

24 - Towyn (Tudweiliog) to Porth Oer (Whistling Sands) 8miles/13 kms

To access Towyn caravan site from Tudweiliog take the footpath just north of the Post Office across fields (muddy by gates) through the farmyard with the caravan site. Coffee, ice cream and snacks are available in season from the shop at the top of the path to the beach.

From the Caravan Site continue to follow the Coast Path. The footpath sign directs you to the beach – beautiful! If you take this option you will need to scramble up the cliff back to the path. Alternatively, or if the tide is in, make for a bench overlooking the bay and follow the coast at a higher level.

In places the path is no more than a sheep track along the top of low lying cliffs. Take extra care above the inlet at Penrhyn Melyn where the path is undercut and in danger of crumbling. It could be slippery if wet. About half way down Traeth Penllech where the stream comes down to the sea, the path descends steeply. Care is required to go down, across the stream and up the other side. The path keeps to the coast via Porth Colmon and its Car Park. Continue along the Coast to a definite ravine and stream at Porth Widlin. There is now a route all the way to Whistling Sands.

Alternatively you can leave the Coast Path at Porth Widlin. When the Coast Path crosses the stream at Porth Widlin and goes directly ahead turn left to follow the footpath to the lane. Turn right along the lane. Go ahead at the first junction then right and left at he next two. After about 900 metres (and before the next road junction) take the footpath on the right which leads to the beach at Whistling Sands– so called because the sand squeaks under your feet. (The Welsh name Porth Oer means Cold Port.) Here there is a shop and cafe open during the season on the beach for a welcome cup of tea.

From here there are two alternatives:
1. Continue along the Wales Coast Path as it goes around the tip of the Llŷn Peninsula where there are excellent views over to Bardsey Island, before reaching Aberdaron;

2. *Walk through the car park to the lane and follow a direct route to Aberdaron.*

25 - Porth Oer to Aberdaron 3.3 miles/5.4 kms

1 The Direct Route
Leave the All Wales Coast Path, walk through the National Trust Car Park to the lane and turn right. At Carreg turn left along the track. Just before Tir-Bouog take the path on the right through three kissing gates. Then immediately turn left to go through a kissing gate on your left through the hedge. Follow the path to the lane. Turn right. Just past the crossroads take the footpath on left and follow this towards Hendre. Crossing the field, keep to the left hand side going through 2 gates. Cross the middle of the next two fields, through kissing gates.

Follow the path towards a large barn, taking the farm track to the right of the farm between the farm and the barn. Follow the farm road to the B4413. Cross over to the track opposite.

After about 200 metres, at a gate signed Cefn Coch, the path leaves the track over a stile on the right. The path keeps to the right of the hedge until you come to a wind affected hawthorn bush with a signpost behind it. Follow the path down to the right of the bushes. At the bottom of the hill go left through the hedge and then right to a bridge and turn right. The path now follows the river until it eventually climbs right around a landslip. Go through the gate and stay to the right of the fence. This leads into Aberdaron.

2 The Coast Path
The Coast Path provides several opportunities for variation. It can be followed all the way around the coast. This walk is similar to the Coast Path that you have followed from Nefyn.The advantage of this is that you should be able to see Ynys Enlli/ Bardsey Island even if you cannot visit. 8.0 miles/13 kms

Alternatively you can leave anywhere along the coast and take the lanes direct to Aberdaron. If you leave at Anelog the distance is 4 miles/6kms
Porth Llanllawen. The route can be left at this point along footpaths to join lanes to Aberdaron 5.0 miles/8kms

Note: The ferry for Ynys Enlli (Bardsey Island) leaves from Porth Meudwy which is 1.2 miles/1.8 kms from Aberdaron by Coast Path or 1.7 miles/2.7kms by road. The ferry has to be booked in advance on 07971 769 895