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.