Llwybr Cadfan– Full Route

Llwybr Cadfan - Tywyn to Aberdaron



Follow in the footsteps of Saint Cadfan from Tywyn to Ynys Enlli (Bardsey Island). Let the rugged coastlines, quiet churches, and ancient landscapes of the Llwybr Cadfan guide your pace and your thoughts as you begin you're pilgrimage journey.

Stamp Locations: ▣

▣ St Cadfan's Church in Tywyn. This historic site was founded over 1,500 years ago by St Cadfan, who came from Brittany and set up an early Christian community here. Parts of the current church date back to the 12th century, and it contains the 9th-century Cadfan Stone, inscribed with the earliest known example of the Welsh language.

1. As you exit the church, go through the left archway bordering the graveyard and turn left, following the road through the houses. Continue on the straight road/track for a little over 1km until you reach the footpath signs.

2. Take the left pathway going over the wooden bridge and follow the waterway until the next footbridge crossing on your right. Cross this and walk straight across the field towards "Broad Water".

After this area was reclaimed from the sea it became an RAF World War 2 airfield and for a short time a racecourse.

3. When you reach the water's edge follow the embankment left to reach a metal foot bridge near the mouth of the estuary.

Bird watching opportunities at Broad Water; this site is a Site of Special Scientific Interest (SSSI).



4. Cross the metal footbridge and continue on the tarmac track until a slight right takes you onto a small road. Turn left and walk 340m to reach a left turning and the Tonfanau Military Camp.

Established in 1937 in anticipation of World War II the Tonfanau Military Camp specialised in training Anti-aircraft gunners. Up to 1,500 people could be accommodated on this site and the camp helped to provide jobs to local people in the area.
Tonfanau was in use until 1965 when the military closed the site, however in 1972 the camp was reopened and hosted 1,500 refugees from Uganda. Find out more.

5. Turn right and walk along the road for 1310m, passing the quarry and some farm buildings and around the end of the headland to a Bridleway sign and path on the left. Take this Bridleway, keeping the wall on your right past the houses and tall trees until you can see the gate at the edge of the field. Before you reach the gate, pick out the path as it trends diagonally leftwards and up the hill to reach a large foot gate just above a rocky outcrop (easily accessible from the left side of it).

6. On the top of the hill to the left (above the quarry) are the remains of Tal-y-Gareg Iron Age hillfort.

7. Once through the gate, follow the grassy path leading away to the right and working uphill slightly until you come close into the wall again on a high section of ground. Look in the opposite direction to Broad Water to spot a pillar head on a hill in the distance, walk towards this until you can spot a broken gap in the wall, to the right of which there is a foot gate leading into the next field.

8. Once in the next field turn right and walk a short distance below heading downhill to reach the middle of the field and a grassy path, turn right and walk to the gate.

9. Continue through the centre of the next field until you reach an opening with a large boulder in the centre. Walk through the gap and then to the far-right corner of the field. Go through the gate and down the farm track. Walk between the stables building and house until you reach the road.

10. Turn right and walk 400 metres on the road until you reach the next building with boulders lining the edge of the road. A kissing gate then leads you into the field on the left. Walk through the field and next gate. Aim for the gate at the very far end of this field, stick to the higher rocky ground to avoid the marshy areas.

11. Go through this gate and follow the fence line along to the right (avoiding waterlogged ground) to the next gate into the right-hand field. About halfway through this field there is a small gate that leads into the forest.

12. Follow the footpath through the forest until you reach a small awkward bridge that takes you to the road.

13. Carefully cross the road and walk towards the houses, taking a slight left and walking up the large concrete steps which lead to a footpath hedged on both sides.

14. Follow this footpath as it leads through a series of small gates until you reach the field with the large stream running through it. Follow the path down into the wood and cross the bridge leading to the church. A stone stile then leads you into the churchyard and to the church of St Mary and St Egryn, Llanegryn.

The church is listed Grade I as a building of largely medieval fabric including a 15th century roof and containing an outstanding medieval screen and rood loft, and with fine monuments to the local Owen and Wynne families. The carved rood screen is considered one of the finest examples in Wales. There is a story that it came from Cymer Abbey after the Dissolution of the Monasteries, but this is unproven. Find out more. ▣

15. From the church return to the bridge crossing the stream in the woods and take the path up and to the right. Go through the gate into the field and walk to the far right corner and into the next field.

16. Follow the farm track through this field towards the farm buildings. Walk up through the centre of the farm to the house at the top and follow the track leading to the left. Go through the small gate and keeping the fence, then wall on your right hand side. Continue straight and over the following stiles.

17. Go over the stile and small bridge and keep the wall to your left until you reach the stone stile at the far end of the fields. Across the next field is another stone stile. Join the farm track and follow it down to the road.

18. Turn right and follow the road up to its end (last section is track) 550 metres and then follow the slight left footpath into the field. Follow the track right down to the house and well at the far end. Take the footpath leading around the house and walk across the field to the large mound of stones.

19. From here face North and walk along the field gradually walking across towards the sea until you spot another stile hidden by gorse bushes. This takes you down to St Celynin's church, it is a steep decent/ascent and a section runs along a busy road so be very aware of traffic - caution is advised.

20. Go over the stile and zigzag down the steep, rough path until you reach the road. Caution is advised on this busy narrow road. Turn left and walk 250 metres until you reach the buildings on the right, the lowest of which is St Celynin church.



▣ The church is a Grade I listed building, and retains much of its medieval character, having only been subject to minor 19th/20th restoration. 17th century wall paintings were found in 2003, including texts and a memento mori skeletal figure. A virtually complete set of benches date from about 1823. These not only record the names and addresses of their occupants but include a complete social hierarchy from the vicar and gentry to the servants, giving a fascinating insight into local 19th century social history. Find out more.

21. *Day 2.* From St Celynin's church walk up to the main road (be aware of traffic - caution is advised on this busy narrow road). Turn left and walk 250 metres until you reach a footpath sign and gate on the inland side of the road (taking the same route as the one down to the church on day 1).

22. Zigzag up the rough steep path until you reach a stile in the fence between gorse bushes. From the stile walk up (away from the sea) and gradually right until you reach the large mound of stones. From the stones, continue inland to the left side of the nearest house and take the footpath that skirts around the house. Follow the lane in front of the house past the well and into the next field. Go to the left-hand corner of the field and through to the far side of the ruins (so they are on your left side). Follow along the back of the ruin and woods until you reach the stile.

23. Follow the Coastal Path signs from now on (until point 12 & 13). Far left corner of this field, next field the left hand one, to the next gate, then keep the fence on your left hand side. Continue following the signs as they lead you through the fields and gates.

24. After a dip and two large gates, move up the rise and follow the signs that lead around the outcrop and follow them as it rises over the hill. From here drop down and through the gate to find another set of ruins, complete with intact metal fireplace. Take the stile after the ruins and walk straight through the next two fields using the large gap in the centre of the wall and then follow the left boundary (nearest the sea) to reach a gate.

25. Work down to the next gate and across a small footbridge and follow the downhill slope to the next gate and onto the road.

26. Turn right and climb steeply up the road for 250 metres past the houses until you reach the steps and gate of the footpath on the left. Follow the grassy track to reach a stile and bridge and then past the houses and farm building. Then follow the farm track until it meets the small road, take the road down steeply to the left for 250 metres, past the Iron Age hillfort down to the main road.

27. Turn right at the main road and head towards the centre of the village and over the road bridge, taking the first right and climbing up through the houses staying on the road (slight left) to reach a gate at the top.

28. Go through the gate and carry on straight up the road/hill. The road then becomes a grassy track, signposted for the Coast Path. Pass through two further gates and out onto a sloping hillside with various piles of rock to the right of the path.

29. Continue along the track, passing ruins to your left and through a gate. Here the track joins a tarmac road beside Cefnfeusydd Farm, follow the road as it leads to the right, keeping the ponds on your left. Cross a stream which runs beside another ruin and through the gate.



30. Pass through two more gates, the second of which has sheep pens to the immediate right. Continue on the road passing standing stones (likely Bronze Age) and a telegraph pole (1300 metres from the ponds by the farm) until you reach another gate with a standing stone immediately to your left (700 metres from first telegraph pole).

31. Follow the road through the forestry area for 600 metres until you reach a footpath signpost with three directions on. From here take the track immediately to your left, keep left and walk to the buildings.

32. Follow the path as it leads right and around the house, a nice bench here gives a beautiful view point. From here the path splits again. Walk straight and slightly right beside the telegraph pole, between the two walls, stick to this path keeping a low wall to your left. This path can be muddy.

33. Pass a mini cottage and continue downhill through the woods to reach another path split near the base of the valley Take the path sharply to the right, leading you away from the distant quarry and into the lower silver birch woods.

34. Go through two gates bringing you to the edge of the wood. Keeping the fence on your right, follow the track to go through a foot gate, marked with a footpath sign and then continue following the footpath signs as they lead you down through various foot gates until you see the sign marked Llwybr Cyhoeddus. Take this and follow the obvious path, until it splits, take the path down to the right, towards the road.

35. When you get to the track, continue past the drive way and across the road, entering again through a foot gate which takes you down to the main road. Take care crossing the busy road here, go left along the road for 75 metres towards the War Memorial (walking on the righthand side of the road). Turn right onto the smaller road leading to the Arthog Bog.

Arthog Bog is designated as a Site of Special Scientific Interest (SSSI). One of the remaining fragments of raised bog which once would have covered much of the adjacent Mawddach Estuary and a wonderful place to see beautiful and rare flowers, butterflies, dragonflies and birds, including flocks of Siskins and Long-tailed Tits. Find out more.

36. Here you can either walk the full length of the road to access the toilets at the nature reserve (400 metres), or you can walk until you reach the houses (250 metres) and take the foot path to the right, leading through the bog. Follow this around the bog until a foot gate takes you across a bridge and onto the Mawddach Trail.

37. Turn right on the Mawddach Trail for just under 1km until it reaches a left turning through a wooden gate. Follow the path until you come to a kissing gate onto a lane, turn left on the lane.

38. Follow the lane beside the estuary as it leads around to the houses. Walk along Mawddach Crescent (behind the row of houses (right turn after the houses) and continue along this, keeping to the main lower path beside the estuary.

39. Depending on the tide you have two options to reach Pont Abermaw (Barmouth Viaduct/bridge). If the tide is low, you can walk directly across from where the path opens out

onto the estuary (300 metres). A gate at the opposite side leads onto the bridge. Or if the tide is high, follow the track inland for 550 metres until just before Morfa Mawddach station when the path connects to the bridge footpath.
*skip to 42 if continuing to Dolgellau (day 3a). Otherwise carry on across the bridge to Barmouth.



Barmouth Bridge (Pont Abermaw), or Barmouth Viaduct was opened in 1867 and is a Grade II* listed single-track wooden railway viaduct across the estuary of the Mawddach river. It is 820 metres long, and the only major timber-built viaduct still in regular use in Britain. Find out more.

40. Walk across the bridge and cross the main road, turning left and downhill towards the town for 300 metres. When you get in sight of a church, cross the road to the large anchor in a small garden area and keep walking around to the harbour front for fantastic views of the Viaduct, Fairbourne and the mountains beyond.

▣ Stamp in Davy Jones Locker Café, Barmouth



Barmouth originated as a small and inaccessible fishing settlement. In the 1750s shipbuilding became a popular trade and by 1770 the town was well-established as a small port, the majority of its trading was based on the Meirionnydd woollen industry. The harbour was deepened and a new quay built in 1802, and the railway opened in 1867 bring more people into Barmouth than ever before.
(*Day 3b – skip to page 10, paragraph 54).*
41. *For 3a – Dolgellau.* Start at the Bath House Cafe Barmouth near the promenade car park and proceed to the harbour front. Enjoy the fantastic views of the Viaduct, Fairbourne and the

mountains beyond. Walk under the railway line bridge and turn right uphill (passing the Last Inn) up Parkington Terrace for approximately 300m. Cross the road onto the Barmouth Viaduct and footpath.

42. Follow the footpath (and track) to near Morfa Mawddach station turning left onto the Mawddach Trail (toilets available here).

43. The Mawddach Trail is 9.5 miles long and owned by the Snowdonia National Park. It is clearly marked and can be easily followed. It is essentially flat, has a fairly even surface and for most of its length is at least 3m wide, and as such it is suitable for walkers, cyclists and wheelchair users. Most of the estuary is listed as a site of special scientific interest, there are two RSPB reserves (Taicynhaeaf and Arthog), and a whole host of historical sites as you make your way through this beautiful landscape.

44. At the western end of the Mawddach Trail is the area of the Arthog Bog nature reserve which is a Site of Special Scientific Interest (SSSI). One of the remaining fragments of raised bog which once would have covered much of the adjacent Mawddach Estuary and a wonderful place to see beautiful and rare flowers, butterflies, dragonflies and birds. https://www.rspb.org.uk/reserves-and-events/reserves-a-z/mawddach-valley-arthog-bog/

45. The Mawddach Trail to Dolgellau, a picturesque market town can be joined at several points such as Arthog, Penmaenpool/Taicynhaeaf, and Pont y Wernddu. The route has a number of picnic points and ends at the town of Dolgellau.

46. At Penmaenpool adjacent to the Mawddach Trail is the iconic Penmaenpool Toll Bridge and cottage, a historic wooden bridge built in 1879 to replace a ferry crossing. It spans the River Mawddach, connecting the A493 and A496 roads. The bridge is Grade II listed and is known for its single-lane design and setting with stunning views.

47. There are toilets facilities available near the Toll Bridge and the opportunity to rest / have refreshments at the George III Hotel.
10. From Penmaenpool the Mawddach Trail continues for a distance of 2.4 miles, crossing the Afon Winion and the A493 before running parallel with the Afon Winion to Marian Mawr (open space and playing fields) Dolgellau.

48. Dolgellau is the main base for Cadair Idris. To the north lies the Dolmelynllyn estate.

49. From Marian Mawr visit St Mary's church by turning right through the car park and right again to Gwyndaf Evans Motors before turning left to Marian Road which joins Lombard Street.

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The church is a Grade II listed building standing on the site of a medieval one, dating back to at least 1254. The current church is rare (for Wales) being Early Georgian. Open: 1st April - 30th Sept, 9.30am to 4.00pm. 1st October - 31st March, 9.30am to 2.00pm. Find out more

50. From St Mary's church return to Marian Mawr turning right to the Afon Winion Bridge (Ffos y Felin) and left over the bridge to Bala Road. At the junction turn left then first right on to Pen y Cefn Road.

51. Walk up Pen y Cefn Road for 750m before turning left down a narrow country lane signposted 'Golf Club' (with Coed Pen y Cefn on the right). At the end of the lane follow the public footpath downhill to a road and onwards to near the Afon Mawddach bridge (Llanelltyd Bridge). Turn right before the car park and walk along the track to Cymer Abbey.



▣ Cymer Abbey, is a ruined Cistercian monastery founded in 1198. It was established under the patronage of Maredudd ap Cynan, a grandson of Owain Gwynedd. The abbey, dedicated to the Virgin Mary, was the only abbey in the Meirionnydd region. Find out more

52. Return to the road and turn right to Llanelltyd Bridge. At the end of the bridge continue for 150m to the cemetery turning right down a track. Follow the track for 120m and turn left to the A470 road. Visit St Illtud's churchyard which dates back to the twelfth century.

53. From St Illtud's turn left and proceed to the A470 roundabout. Turn right onto the A496 towards Barmouth and the T3 bus stop (always check the timetable).

https://mawddachtrail.co.uk
Bus time tables:
https://lloydscoaches.com/bus-timetables/
https://lloydscoaches.com/t3nov23/
http://dolgellaucycles.co.uk/bike-hire.html
A great way to complete this day would be to hire a bike and either bike both ways or one way and catch a bus back.

54. *Day 3b.* Beginning from the harbour front, walk along the promenade with the sea on your left and buildings on your right. Once past the sand dune sections you have the option to walk along the beach or the promenade (following Coast path signage until point 4).

55. Walk the full length of the promenade 2200 metres. At the end of the prom, follow the track leading to the small railway crossing. Cross on the green light and follow the road winding upwards to the main road.

56. At the main road, turn left and continue walking, passing a small church on your left. Keep walking for 650 metres until you reach the lych gate entrance to the large graveyard and St Mary & St Bodfan's church, Llanaber.



▣ The site was established for Christian worship in the 6th century by St. Bodfan. The present church dates back to the 13th century although has had many enlargements since then. Two 5th/6th century stones (known as the 'Calixtus Stones'), inscribed in Latin, are located in the north aisle. Find out more.

57 Return to the main road (through the lych gate) and turn left passing the church with the sea on your left. Cross the road and follow the footpath sign up the small road. Follow the road to reach a gate at its end, go through this gate and immediately up to the right following the footpath sign.

58. The byway runs between two walls here. Go through the gate and continue on the byway up the hill. Follow the byway through the gates/stiles and two open fields before once more returning into a walled byway. At the end of the byway (where you meet a mound of stones, with walled sections at the top), turn left and keep the wall on your left to reach a small gate.

59. Go through the small gate and walk straight to the large round post about 8m ahead of you, from here you can pick out an obvious grassy path that meanders uphill. Take this path until it brings you alongside a wall and stile (left).

60. Once over the stile follow a small grassy path towards the middle of the field and uphill to spot the walled remains of a settlement to the left. A bit of a track continues straight into a boggy area, at the far slight left edge of which you'll find a good grassy path leading leftwards uphill to reach another stile (to avoid the bog you can head to the rubble remains to the left and keep to the high ground, skirting the edge of the bog).

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61. Cross the stile in the wall and pick out a narrow path through the gorse bushes, again leading uphill to reach a stile in a wall that runs parallel to the sea. Continue again on the grassy path to reach bumpy mounds (mining area) and a second stile parallel to the sea.

These are disused Manganese Ore mines. This area was mostly mined from about 1835 to the end of the 19th century when better quality ore became available from Europe.

62. Turn left once over the stile and keep the wall on your left down to the base of the valley (240 metres). Cross a stile, small bridge and stream and head through the ruined buildings and continue on the path keeping the v groove and the sea to your left.

63. Go over this stile and keep the wall on your left for 675 metres, through two more stiles until you reach a corner that takes the wall away. Leave the wall and walk to the right of the mound in front of you and to the right of the fenced mine area and between a large wall gap. From here walk diagonally up hill to reach a post marker.

64. From the post marker you should be able to spot a gap in the wall, with a good stone wall going down to the left and a broken wall running to the right. Go through this and walk keeping a stone wall on your left until you can cross into the adjacent left field. Walk diagonally down to the bottom left corner to find a metal gate.

65. With sheep pens to your right, keep the wall on your left over a good but rocky path/track for 1250 metres. Keep going as the wall changes to a fence then wall again and then meets a gate and stile. Go over the stile and leave the walls, heading straight/slightly left in the field on the faint track, keeping the sea to your left. The track then meets another farm gate and stile. Cross here and spot a huge collection of large stones to the left, keep to the main track going downhill to meet a wall with a walking signpost, keep going downhill, with the wall on your left. At the next track divide keep left between the walls to meet a farm gate and tarmac track.



66. Go through the gate and keep right to cross the bridge, the gate on the bridge is marked Pontfadog. To visit the Neolithic Burial Chamber follow the below directions, otherwise skip to

66a. When you reach the houses, continue following the road for about 400 metres to reach the Neolithic Burial Chamber to the



left of the road (If you reach the stream you have gone too far). When you are ready, walk back to the houses you last past, directly opposite these is a footpath (signposted) leading you into the woods beside the river.

This Neolithic Burial Chamber dates to about 4,000BC. The monument is of national importance for its potential to enhance the knowledge of prehistoric burial and ritual practices.

67. Keep left to stay on the large main path along the riverside for just under 2km. Go through a wooden foot gate. Keep left at the bench going downhill to bring you back to the river's edge (but do not cross the river, always keep the river to your left). Go over two small streams, past a wooden hut and through a large gate. Follow the river until it leads you to the main road in Tal-y-Bont.

▣ Stamp located at Ysgethin Inn.

68. *Day 4.* From the layby on the A496/Ffordd Ysgethin (next to the main road turning for the station) go over the road bridge and past the Tal-y-Bont public toilets. Cross so that you are on the left side of the road and go past 'Tony's Pizzeria' (100 metres from the river), turning left just after it. Follow down onto a gravel driveway between houses to the river. Walk on the gravel behind the caravans to a footpath gate. Go through into the campground/field and walk across the field to the gate leading into the caravan park.

69. Follow the road through the caravan park to reach the reception and the entrance. At the road entrance, turn left and walk along the track between buildings to reach a tunnel and gates. Go through the tunnel and gates to walk beside the steam. Walk for 130m to a sign and stone stile on the right (mid field) (follow the Coast Path signs from now until point 13). Take this stile and keep the wall on your left to reach the second opening. Walk to the jutting out corner of the wall on the right and then continue to the far corner and another stone stile.

70. In the next, very large field, head for the ruins until you reach the jutting out wall mid field. Take the gate here and then head for the large ruined building. At the back of this building, walk diagonally right so as to pass to the right of the barn building mid field. A good path runs along the right boundary from halfway in the field.

71. Continue to the field end (in front of the buildings) and go through the large kissing gate into the adjacent field. Turn now so that you have your back towards the buildings and are looking across the field to a cluster of houses. In the far left side of the field you should see another kissing gate. Go through this and then head for the houses and go through the kissing gate nearest them. Keep the boundary to your right to reach the other side of the field and a kissing gate onto the road.

72. Turn left on the road and continue for about 1km, passing caravan sites, toilets and a carpark. At the end of the road a path continues into a board walk leading onto Morfa Dyffryn beach.

73. Turn right onto the beach and walk the full length of the sand dunes (4k metres). Be aware there is a naturist section of this beach; it is well signposted. The further you walk, the more shells you find, a sign you are coming towards the popular holiday destination of Shell Island.

74. When you start seeing regular signposts and bins running alongside a manmade spur, look for a footpath signpost that leads up to the right and off the beach. Here either follow the tarmac track and take the first right turning or cut across the field on the right to reach the toilet building. With the toilets on your left walk past them following the footpath signs and the central track through the dunes.

75. Keep right at the next split, then keep straight past a turning right. At the bins and water tap turn left and along beside a camping field. Keep straight and walk beside a small, wooded area, turning left at the break in the trees, off the track and onto a very straight footpath with a footpath gate at its end. This leads onto a raised tarmac track through wetland and with Llanbedr Airfield away to the right.

76. A footpath gate at the end of this section leads to a small road. Turn right here, keeping to the road as it skirts around the airfield and to the level crossing. Go over the level crossing and follow the road around to the left and into the small parking area beside the river. (If you need amenities, it's just a short walk into the village of Llanbedr, just keep going along the road to find it).

77. At the back of the parking area there is a footpath and gate that leads along the riverbank. Take this and walk along to the black and white bridge. Cross this bridge over the river Artro and walk straight from the bridge to the field edge parallel to the road. You'll see here a little fenced path leading along the road edge. At the end of this little section keep to the verge as you walk along the road towards the collection of buildings and Pensarn station.

78. Turn left as if going to the train station but cross the line, walking through the Outdoor Centre to the footpath gate on the other side. Enter the large field and walk to its furthest right corner where you'll find a footbridge. Cross this and walk leftwards along the embankment as far as you can to reach to a gate and another footbridge to the left.

79. Once through this continue along the path beside the stream until it opens out to a large green area. From here you should be able to see the lych gate and church that is St Tanwg's, Llandanwg.



The church of St. Tanwg that exists today was built in the 13th century, but likely was built on the site of a much earlier religious site. In the 15th century, the building was enlarged and then abandoned in 1841 when a new church was built in Harlech. The building was restored in 1884. This Grade I listed church currently houses three 5th/6th century inscribed stones and two cross incised stones (possibly from the original settlement). Much of the former churchyard is buried beneath dunes. Beneath the external east window is the grave of renowned Welsh poet and minstrel, Sion Phillips, who drowned crossing from Pwllheli to Llandanwg in 1620. Find out more.

80. From the church, turn left out of the lych gate and take the footpath gate into the carpark. Handy toilets and a café are here. Follow the road out of the carpark and continue on it for 230m to reach a footpath on the right before the railway crosses the road. Go over the stone stile into the field and make your way to the stile leading you over the railway line.

81. Go through the next stile and over the stone stile into a large field. Head across the field and slightly to the right for another stone stile, then head to the right and onto the bridleway between two walls. Keep the wall on your right until you reach a gate leading onto the main road (500m).

82. Take care crossing the busy road and follow the footpath as it leads past the chapel. Turn left at the lane and continue straight, passing the turning to the left for the main road and continuing up along the lane through the houses for about 2km to reach Harlech. Further up the

road there are some benches overlooking the spectacular views over Harlech beach, the Llyn Peninsula and the mountain ranges further North.

83. The end of the lane joins the road through Harlech. Turn right to follow it, there's a car park on the right with toilets. Continue on the road as it bends to the left and into the high street of Harlech. At the first road leading left (the second left leads down the second steepest road in the world!), you'll find a fantastic ice cream shop and slightly further down is Harlech Castle and the visitor centre.



It is likely that Harlech would have been settled around the same time as the castle was built in 1283. One of Edward I's 'iron ring' of castles in North Wales, it stood up to many a siege, one even inspiring the famous "Men of Harlech" hymn. The promontory, otherwise known as Harlech Dome, on which the Castle sits is the oldest known geological rock formation in the world. Framed by the mountains of Snowdonia, the castle's unrivalled setting has made it one of the best loved castles in the British Isles. Harlech also boasts the second steepest road in the world. Find out more..

84. *Day 5.* Beginning at the castle (top of Harlech) walk downhill on the road signposted to the station, passing the horse and rider statue to the right and toilets to your left.



Statue: The Two Kings is inspired by a tale in the Mabinogion and the sorrows of war depicts Brân Fendigaidd (the giant and king of Britain) carrying the body of his nephew, Gwern, killed in the war between Wales and Ireland. See plaque for more details.

85. On the third bend in the road take the footpath down the steps on the left, leading to the main road.

86. Turn right along the main road and then right again beneath the castle keeping the railway tracks on your left.



In the 13th century, the sea came to the stairway here (which leads to the castle), meaning that even when under siege the castle could be resupplied by ship. (It's likely a channel would have come up to here, although the area of lower Harlech would likely have been under tidal waters as well).

87. Continue on this road (past the school) until the road ends (700 metres). Turn left at the end by the small barn and over the level crossing to reach the main road.

88. Carefully cross the main road and turn right, walking on the lane in front of the houses with the main road parallel to you for 150m. Follow the bend in the lane and a few houses down on the right is a footpath that leads through and behind the houses. Go through the foot gate and turn left along the rear of the buildings (follow Coast Path signs until the end of point 13).

89. Carry on on the good path for 300m until it divides, go right and over the bridge and then through a gate. Keep walking and go over another bridge into a large field. Keep the fence on your right until just over halfway and then cross diagonally over the field to reach a gate in the left back of the field. Cross the next field aiming roughly for the middle of the opposite side where there's a kissing gate, go through this and across to the furthest left corner and through another kissing gate onto a crossroad.

90. Turn right to walk along the long straight road for 750m, with forestry just on your left to begin with. Walk until you see the road starts to bend around, here there is a footpath leading left, take this to lead you through to another section of road beside the dump. Walk directly across the road and through the footpath gate – note; be aware this next section has livestock regularly grazing year-round (sheep, cows and horses). Keep the fence on your right to the kissing gate at the edge of the field.

91. In the next field, make your way to the furthest left corner and through the gate. In the next field there is a kissing gate to the left as the fence meets the wall, go through this and along in front of the farm house and through the main gate. Follow the main track around to the left and then follow the signs and kissing gates leading across the front of another house and out the gate the other side.

92. Follow the track as it leads you alongside the fence until you find a footpath post/marker on the right, climb slightly to the next footpath post and to a footpath gate. Once through the gate,

continue through the little valley and through a kissing gate. Keep walking for views of the Afon Dwyryd estuary and Portmeirion.

93. The grassy path leads slightly right, beside the estuary and through a kissing gate. Follow the obvious path as it leads around and through the fields, staying alongside the estuary. As you near the edge of field follow the main path to the right through the gorse to lead out onto a small track and a building. Turn right on this track and follow it to reach a gate and some farmhouses, go through the gate and up to the left for another kissing gate.

94. Walk along past the back of the buildings and then keep the fence on your right leading away from the buildings. At the corner follow the fence round to the next corner. Turn as if to keep along the next section of fence but instead walk slightly leftwards until you can spot the footpath sign leading you down to the left. At the tree line there is another gate and uneven steps leading down into a field. Looking up from the bottom of the steps you should be able to spot the top of a church, walk towards it and then rightwards to find some steps leading up towards the churchyard wall. Walk rightwards around the wall to the entrance of the churchyard and wander through to the church.

▣ St Michael's is a 12th century church and was formerly the parish church of a very large area stretching right up to Penrhyndeudraeth. Near the church porch is a medieval Latin inscribed stone of significant importance. The Latin text, inscribed in four vertical lines, has been tentatively reconstructed as 'Here is the tomb of Wleder mother of Hoedlyw who first built this church in the time of King Owain'. As Owain Gwynedd was active between 1137-70, it is assumed that the stone dates to this time.
It is recorded that there were a further five inscribed stones but they were broken up and used to restore the church in the early 1900s. A number of churches along the Llwybr Cadfan have such stones present. Find out more



95. As you leave the graveyard, turn left, through the small gate, then follow the graveyard wall to the electricity pylon – then to the next pylon lower in the field and then into the furthest left corner by the large oak tree. Go through into the next field keeping the wall/fence to the left. In the third field keep the boundary on your right side, to the right corner of the field and through the large gate. This little path comes out onto a lane beside the estuary and a large 19th century warehouse likely used when boats could still access this area.

Llwybr Cadfan– Full Route

Llanfihangel-y-traethau (meaning St. Michael's on the Beaches)/Ynys (meaning Island) was originally a tidal island. A 1610 map shows the canal from Tŷ Gwyn (where the warehouse is and an old dockside would have been) almost all the way to Harlech Castle. Later the sea retreated and connected the island to the mainland.

96. Turn right here and then left across the front of the warehouse building to reach a footpath gate leading along the embankment. Continue on the embankment, through 5 gates (and over a railway crossing), always keeping the river to your left (500m). As the path meets the road, carefully cross the road and continue on the embankment with the river to your left. Pass by another bridge and through the gates (240m), again keeping the river to your left.
97. At the end of this footpath, where the path meets the road (240m), turn left on the road, over the road bridge and keep left at the fork. Cross the road and follow the footpath sign as it leads into the field. Work upwards in the field to find a section that narrows into a footpath. Pass by the remains of a style and continue along the path through the woodland, keeping the fence to your left (400m).

98. Keep right at any large footpath divisions, and through a gate in a wall. Keep the forestry and boundary to your right until you reach a style crossing the wall in your path (230m). Continue on this path as the landscape opens out, walking beside a wall of a few small fields to the right. At the furthest corner of this set of fields, take the faint path to the right and uphill for 200m. Soon you will be walking with trees to your left. A wall corner meets the path, follow the path as it leads down to a stone stile and onto the road (70m).

99. Turn right on the road and follow it past the old chapel and phone box to the next road junction. Keep left at the junction and follow the road for 730m until you come to a place where there are footpaths on both sides of the road (one steep stony stile type steps, to the left and through a footpath gate and the other through a large gate to the right). Take the gate to the right and walk down the track and pass the houses on your right.

100. When the path splits take the left path and then go through the right hand gate. Then keep to the well-trodden path, keeping right at a small footpath and carry on through the woods until the path meets a stile in the wall and a small stream leading onto the road. Follow the road left and upwards to meet Llyn Tecwyn Isaf (lake), continue on the road as it skirts around the Llyn and then turn sharply right to follow the road upwards for 500m to St Tecwyn's church, with fantastic views over the Afon Dwyryd estuary.



▣ The site of St Tecwyn's originally had a church thought to date from the 11th century on it, with inscribed stones dating from this time still present in the church today. The current church was built in the late 19th century. Find out more.

101. *Day 6.* Leaving St Tecwyn's church turn left and follow up the farm track passing through the farm gates to stay on the track to reach Llyn Tecwyn Uchaf (lake). At Llyn Tecwyn, keep left through a gate and then slightly uphill before turning down to the left and through the gate that leads onto a wide grassy path leading downhill through the valley.

102. Continue on this good path, through the farm gates until almost at the bottom of the valley the path turns left - keep the wall on your right to reach a house and gate. Go through the gate and between the house and outbuilding to reach a road.

103. Turn right onto the tarmac road and follow it down past the housing estate to reach the main road. Carefully cross the busy main road and continue on the road opposite (following Coast Path signs), leading towards the estuary and around a large headland, beside the train line. Follow across the Pont Briwet bridge (once a small, manned toll bridge). Turn right through a metal gate on the right (just after the bridge) up a tarmac track and through 'Cooke's', Gwaith Powdwr Nature Reserve run by NWWT.



Gwaith Powdwr was an explosives factory from 1865 until 1995 and employed over 500 people. It mostly supplied explosives to the mining industry although in WW2 their expertise was called for and they produced over 17 million grenades. The remote location and steep-sided valleys made it perfect for its purpose. In 1995 it was decommissioned and taken over by the Wildlife Trust. Find out more.

104. Walk up the steep tarmac track with views over the estuary. Pass by a pretty pond on the left with lots of pond life, keeping going

uphill on the tarmac track. When you arrive at the bench, pass by to the right and head to the wooden structure at the end, home to the cannon which tested the gun powder.

105. Return to the bench and turn right, taking in stunning panoramic views. Head down the concrete steps and left down the track away from the building. (Many of these buildings are home to bats and birds including rare species such as the Lesser Horseshoe bat). Carry on down the track to a building at the base and follow the track round to the large opening with a big building at the back of this.

106. An uneven track leads to the left of this building, past a shed and to another building. Head from here downhill on the tarmac track and follow as it leads down and around to the left. Lower down you pass benches and a memorial to the workers of Cooke's on the right hand side away from the path. Keep straight on passing a small hut to reach the exit (white gates) and a kissing gate leading to a small industrial estate and the main road.

107. At the main road turn right and cross a small lane to follow the main road for 250 metres. Take the first large turning to the right, opposite the station as it leads steeply into Penrhyndeudraeth.

Penrhyndeudraeth - meaning the peninsula with two beaches is a relatively new town. The land was originally a malarial swamp encircling a huge stagnant pool but in the 1900s the pool was drained and the town was built. Penrhyn is also known by locals as 'Penrhyn Cocos' or cockle town as the women would collect cockles from the local estuary to sell at the markets. The mining industry and Cooke's Powder works were the main sources of work for those living in Penrhyndeudraeth.

108. When you reach the junction to the main A487 road turn left to visit Holy Trinity church a short distance along on the left.

▣ Holy Trinity church is listed Grade II as a mid-Victorian parish church in largely unaltered condition. Have a look inside, and then walk around the churchyard behind the church for a welcome chance to sit and enjoy more views over the estuary.

109. Return to the main road, turn right and walk until you reach the pedestrian crossing opposite the SPAR. Cross the road , walk around the corner of SPAR and follow the High St until you come level with two carparks (170m). Turn through the smaller carpark on your left and into an open park area, Millenium Park.
110. Walk straight through the park keeping the courts to your left until you reach the woods and boardwalk. Walk across the boardwalk and turn right at the end of it to go though the woods. Keep left at all trail divides, until the path comes out onto a road.

111. Turn right on this road and then left up a lane about 100m from the footpath. Keep left and follow the lane as it leads under the steam railway bridge. Once through the bridge turn left and head straight for 50m, taking the small footpath to the left off the lane. Go through the foot gate, over the steps and cross the large field that runs parallel to the Highland railway line. At the opposite side of this field (still parallel to the line) go through the footpath gate and follow the road to the T-junction.

112. At the T-junction, turn right and away from the railway line (and bridge). Follow this road (1km), keeping left at any junctions, down under the bridge which holds the bypass road and over the railway. After the set of houses close along the roadside, turn left and climb the road to its top where it meets the main road through Minffordd.

113. Cross the main road (using the crossing to the left) and walk towards the signs and lane to Portmeirion. Pass the road entrance and signs for Portmeirion (50m) and turn right onto Cae Eithin bridleway and follow it for 450m. Fantastic views are found on the latter part of the bridleway.



Portmeirion was designed and built by Sir Clough Williams-Ellis between 1925 and 1975. Drawing inspiration from an Italian village he designed it to pay homage to the feel of the Mediterranean.
The location for many films, it is currently run by a charitable trust. The site was originally a late 18th-century foundry and boatyard called Aber Iâ (Ice Estuary) which ran a ferry to Ynys.

114. Turn right on the first tarmac road (beside a house) leading you off the bridleway. Follow to the top of this (50m) and cross the road for Portmeirion following the Bridleway on the opposite side of the road. Follow this wooded path and take the gate into the field where the path splits.

115. Keep the fence on your right-hand side, through the field to the wide opening on the opposite side by the ruined buildings. With the ruin on your right, turn left and then a slight right and uphill to follow the track through the field, passing through a wall. Keep going on this track to reach a cattle grid and footpath signs. Go over the cattle grid and walk straight ahead to the ruined farm buildings (following Coast Path signage to Porthmadog).

Llwybr Cadfan– Full Route

116. Keep the buildings to your left and pass them to reach the end of this track and beautiful views. Turn right through the gate. Cross this field and through the gate into the trees. Follow the large main path as it leads you through the woods (and a gate) and to a train station. When safe, go through the gate and over the line, walking now towards the little station. Pass the road entrance on the right and take the path just after it down to the road.



In 1832 James Spooner was responsible for the survey and construction of the Ffestiniog Railway, which was built to aid the transport of mined substances to the coast to be exported by ship. The route enabled loaded slate trains to run down by gravity while horses were used to haul the empty wagons back up the line. In 1863 specialised steam locomotives were invented to be used on the narrow gauge line meaning more slate could be transported in a faster time. Boston Lodge Railway Works is a repair and maintenance works, and is still in use.

117. Safely cross the busy road and turn left, walking under a wooden sculptured arch and onto The Cob. With views of the mountains including but not limited to Snowdon and Cnicht, walk the full length of The Cob (1450m), or for train enthusiasts, one can walk along beside the train line (take the steps on the corner leading on to the straight section of The Cob and cross the road, taking the steps on the opposite side).



The Cob was built in 1811 by William Maddocks to reclaim land from the sea. It took 4 years to complete and just the following year partial rebuilding was required when high tides and a storm breached it. The building of the Cob caused the estuary to change and scour out a deep natural harbour (Porthmadog). In 1825 wharves were built and by 1873 over 116,000 tons of slate was being exported through Porthmadog in over a thousand ships.

118. At the end of The Cob you reach a Premier Inn, turn right before this and keep right to go through a metal railed alley. Walk along Cob Crwn, the edge of the waterway for 700m until it joins a lane, turn left and follow the lane straight to reach the main high street, or turn left just after the railway line to lead to a clearing with picnic benches. ▣

Wander round the shops, get your passport stamped and explore Porthmadog (museums etc).

Llwybr Cadfan– Full Route

///Optional Extra - Moel y Guest (Scrambly Terrain)

1. Walk away from the estuary, through the main high street to the roundabout, take the first exit on the left and follow the road (passing Aldi and Lidl on opposite side of the road). As you come towards the fuel station on the opposite side of the road, just before you get level with it, there is a track on the left leading away from the road (600 metres from the roundabout).

2. Take this path and keep right leading onto a small path. The path meets a gap in a wall, go through this keeping right on the path for 150 metres. The path then divides again by some trees, this time turn left and follow the path until it divides again (close to a wall, 100 metres), here turn right before the wall.



3. Caution is advised on the next sections due to rocky, uneven ground. Follow the path up out of the forest and through a gap in the wall, keep left and continue on the path which becomes increasingly scrambly until you pop up on a high point with fantastic views.

4. The summit and trig point of Moel y Guest is on the furthest summit (700 metres from this point), to reach this keep to the middle of the ridge, work down to the saddle and then again keep to the middle of the ridge as you work up the next hill. There are some fairly decent little scrambles on this section. Continue on the ridge to reach the trig point and panoramic views over the mountains and sea.

5. To return, follow the same way. Keep to the ridge back to the saddle- be wary some paths lead away off the wrong side of the hill. Continue over the second summit and find the good path looking over Porthmadog town and to the estuary. Follow this back down to the break of the wall, go through the break and follow the path down left, then turn right by little trees and then through the break of the wall and down left until you reach the road again. Turn right to return to Porthmadog. /// End of Optional Extra - Moel y Gest.

119. *Day 7.* Starting from The Australia Pub, turn left and walk towards the Shell petrol station (100m). Cross the road just after the petrol station and walk along the harbour front until you reach a parking area on the harbour side (250m). Here, walk to the right of the tall building that sits on its own between the harbour and row of houses. Follow this lane as it leads behind the buildings and past the old quarry for about 550 metres.

120. At the lane end, take the footpath leading up and to the right, signposted for the Coast Path (follow the Coast path signs from now until point 5.). This path takes you to Borth y Gest

(150m). It leads out into a housing estate, follow down the central lane until you spot the footpath sign leading down with some railings. Then you can choose to either walk along the beach or the walkway along the top, to reach the car park at the far side of the cove.

121. At the car park, walk between the two small rows of houses on the lane. The lane bends around to the estuary and a large footpath leads off to the left, staying parallel to the water.

▣ Walk along this path. (The church is to the right here). It first leads along in front of the houses, keep right at the first junction, then left as the path runs this time behind a set of houses. Keep on the main path for 470m, keeping straight at the footpath junction.



122. Above 'Rose Cottage' turn right on the driveway, then left to continue on the footpath. At the next path junction (200m) turn down left towards Samson's Bay and the golf course. After exploring the bay, head back to Rose Cottage (there is also an adventurous path that leads back up from Samson's Bay for those up for some exploring).

123. Turn left when you come out to the Rose Cottage track/drive, this will lead you into a caravan site. Keep right on this track until you reach the red dog poo bin, then turn left and walk the tarmac track keeping the pond and play area to your right. Turn right to stay next to the pond and follow the road up until you spot a footpath sign straight ahead, leading you off the road. Take this and follow the footpath signs through the fields and woodland. At the end of this is a stone and metal kissing gate onto the main road.

124. Cross the road and beside the Llama Farm gates is a stone stile. Cross this stile and keep the fence on your left, (you may find horses here). Continue (now on a track) until you reach a high metal gate across the track. Go through this and over a small stream in the track, then turn right and following the path gently uphill through open fields until you reach a farm and footpath gate with footpath markers.



125. Once through the gate, keep the wall to your right (passing a tree). Continue between the walls to a makeshift stone beach with stunning views. At the end of the path is a footpath gate, go through this and again keep the wall to your right. Once past the gate opening in the wall keep close next to the wall

on the smaller path to reach a corner where four fields meet. Go through the footpath gate and keep the wall to your left. Continue past the back of a cottage and then through the gate onto a track.

126. Follow the track passing the entrance to another house. Continue down the track and through a gate to reach the main road. Turn left on the road and walk a short distance (towards the bridge), cross the road when you are opposite to the bus stop and continue walking towards the bridge. Turn right on the gravel track going under the bridge, signed for Wern. Once through the bridge turn right and walk uphill on a gravel track between houses.

127. The track becomes a path and follows a wall to the right through woodland before coming to a large white stone bungalow. Keep along the back of the bungalow to the drive/gate and onto a gravel lane. Turn left on the lane and continue through a gate and into Pentrefelin, coming out onto the main road beside the War Memorial.

128. Turn right on the road and keep a look out on the opposite side of the road for a footpath sign and large white sign to St Cynhaearn's Church. When safe cross the road and follow the signs for the church along the lane and through two gates to reach the church.



Built in 1832, this small Grade II* church has remained relatively intact over the years, and retains its historic interior. Situated upon what was once an island on the now drained Llyn Ystymllyn, the church is now maintained by the Friends of Friendless Churches. Notable graves are that of James Spooner, the surveyor who built the Ffestiniog Railway, John Ystumllyn, also known as Jack Du (Jack Black), David Owen a local blind harpist and composer as well as boatbuilders and sailors. Find out more

129. From the church go back through the first gate and then turn left through a footpath gate into a field (signposted). Keep the wall to your left to reach the corner, then continue along the wall, passing the opening and continuing to follow the wall. You'll spot ahead an opening without a gate. Follow the grassy path through this, go slightly right around a mound and then head straight through the field and between two stony mounds on the top of a small slope. From between these mounds you should be able to look ahead and spot the gates leading onto a road. Follow the grassy path to the gates.

130. When on the road, turn left along the road and walk to the entrance signed for Ystumllyn. Walk down this track and the slightly right of the large house to a cattle grid. Follow the track

through the footpath gate and up to the farm. At the farm go between the two large barns and keep to the path on the other side of them, keeping the wall and fence on the left to reach the edge of the field and two gates. Take the gate on the left into the field ahead and follow the grassy path rightwards along the boundary until the path goes downhill and away from the fence-line, finishing at a footpath gate and the railway line. Turn right and follow the path as it runs parallel to the trainline to reach the crossing (now following Coast Path signs until Cricieth).

131. Cross here and continue until the path opens and gives the option to walk along the beach. Here you can either keep following the path and then turn left to walk along the promenade or you can walk along the beach.

132. When you reach the lifeboat station at the far end of the beach, head up the road (closest to the sea, 60m). At the right turning by the post-box, you can either continue along this road to reach the castle (100m) or turn right, continue over the railway line and slightly left to the main road and Cricieth High Street.

There is evidence that the area around Cricieth was settled during the Bronze Age, with chambered tombs and standing stones still present in the area. Other sites on the Llŷn Peninsula suggests that the area was colonised by a wave of Celtic settlers, who explored the Irish Sea, probably around the 4th century BC. Cricieth Castle was built by Llywelyn ab Iorwerth around 1230 and in the years afterwards was often used as a prison. The town developed into a popular Victorian seaside resort after 1868 and the construction of the Welsh Coast railways. ▣



133. *Day 8.* Starting from Cricieth Memorial Hall, walk along the road with the sea on your left and turn right up the first road signposted for Caernafon, you'll have a large green space on your right and left as you walk the first part up the road (200m). Keep on the road past the large housing estates until you come to the edge of the village where the houses finish, and farmland stretches ahead (700m).

134. Walk along the verge on the right side of the road for 260m, passing the electricity substation on the left. When you get to a track on the right, walk a short distance more and you'll spot a footpath entrance on the left of the road, just after the trees (if you get to the bus stop you've gone too far). Carefully cross the road and walk through the kissing gate into the field.

135. Walk along the right fence line in the field, once about halfway along start trending leftwards, in the middle of the fence ahead there is a stile. Once over the stile walk across the track and take the next stile into a new field. In this field you'll be walking diagonally across the field to the furthest left corner (there is a rough stone path along some of the field).

136. Go through the kissing gate in the corner and keep the wall/fence on the left (stay in the same field, do not go through the gaps in the wall) to reach the far-left corner and another kissing gate. This time, keep the wall to your right, over the bridge and to the next corner, finding another kissing gate into some dense shrubby woodland. Turn right onto the gravel track, then left onto the road for 400m until just before the river.

137. Turn left down the track just before the bridge goes over the river. Walk down the straight track for 200m, passing the house on your right. Look out for a footpath sign on the left, pointing to a slightly hidden stone arch/doorway on the right. Take this as it leads you into the woodland and down by the idyllic river.

138. Continue on the river path, with the river on your right the whole way for just over 2km, to reach a final gate and footbridge bridge and then a hill leading up to a round stone roofless building. This is former Prime Minister David Lloyd George's grave.



Former Liberal Prime Minister (from 1916 to 1922) David Lloyd George grew up in Llanystumdwy. He qualified as a solicitor, which developed his interest and involvement in politics. He lead the government during World War I, and is remembered for social reform policies (including the National Insurance Act 1911), for his role in the Paris Peace Conference, and for his campaign for the disestablishment of the Church of England in Wales, as well as for equality for labourers and tenant farmers, and reform of land ownership.

139. Standing in front of the entrance to the grave, looking towards the road and the gates with crowned elephants on (this is the entrance to the Lloyd George Museum for those wanting to visit), turn right and walk along the small path until it joins the road (5m). Continue down the road* and then turn right, going over the bridge.

▣ *To collect your stamp, don't go over the bridge, turn left at the junction and walk to reach the pub, next to which is a small wooden shop where the stamp is housed.

140. Turn right straight after St John the Baptist church and walk upwards on the lane for 450m, passing the rabbit farm. Once you reach the T-junction in the road turn right and walk along the verge for 25m until you spot a farm gate and stone/wood stile on the left of the road. (The next few stiles are high). Once in the field, keep the ditch and boundary on the left to the corner of the field where there are two more stiles and a bridge over a small stream. Here you'll find an attractive picnic bench, set on stones and hewn from local wood.

141. Walk straight across the next field aiming for slightly right of the buildings and row of large trees to a gate and stile. Once on the lane, walk left and then cross the next stile into the field on the right. Go straight across this field, to its furthest point (the tree line leads down to it and a fence joins it). Go over the stile and onto a small path through the woods keeping the fence to your right. At the edge of the woods, still beside the fence, half a stile drops you down onto the road.

142. Turn left, going downhill on the small tarmac road for 70m, then follow the footpath signs left taking you on the bridge over the river, beside the ford. Keep going up the track until it comes out to a farm, keep going on the track through the farm then turn left on the road.

143. Continue on the road for 900m, passing some cottages on the right, a stream, Rhosgyll Bach farm, two footpaths (one going on either side of the road) until you reach the next road junction. Turn right. At the next road junction (just over 1km from the last junction), beside a letter box and signpost for cycle route 31a, turn right and follow the road past a beautiful homestead where the river joins the road (270m).

144. Carry on along the road for just over 1km, round a sharp bend in the road where the stream leaves the road, then passing by a kissing gate on the left to reach the next road junction, then turn right. Pass Penbryn Farm then turn left as if to visit the farm. Keep going on the gravel track that leads through the farmyard and straight on through the next field (still on the gravel track). As you get to the barn carry on up the track leading uphill and slightly left.

145. When you have two fields in front of you, go through the gate on the right and diagonally across the field to the right boundary. Go over the bridge and then stone steps with small gate into the field, keeping alongside the left boundary edge to the top of the field and a gate onto a track. Go past the house and barns on the left. Continue through a gate and then straight on along the track with a slight ditch and boundary on your left. The end gate leads onto a tarmac road. Turn left on the road and follow it through to the village of Llangybi (530m).

▣ Llangybi, named after the Cornish St Cybi (Cuby in Cornish) who settled in the area and established the church and well in the 6th century, before being gifted Holy Island on Anglesey. Also dedicated to Cybi along with the well is the church, which was restored in 1879. The

graveyard not only contains the grave of Daffy Owen, (Dew Wen o Elfin) a local poet, but also a carved stone, probably dating to the early medieval period (against the north wall of the lych gate).

146. As you come through Llangybi you'll see St Cybi's church on the right, at the furthest side of the church you can enter through the lychgate. Once you are through the lychgate go between two trees on the left of the path and pass the back of the church following the slight path to the back left corner of the graveyard where you'll find stone steps and a gate into the next field. Once in the field follow the left boundary across the field (ignoring the gap in the wall). You'll find a stepped path leading down between trees to a kissing gate and St Cybi's Well.



The well's waters have long been believed to hold healing properties with many people travelling long distances to bathe in its healing waters. Today you can see two well chambers alongside a more recent caretaker's cottage dating from the 18th/19th century.

147. Once you have explored the well, go back through the kissing gate and turn right, keep to the main path as it leads slightly left into a large open field, then keep along the tree line to the end of the field and a kissing gate. Go through this and then up left to another gate and the road. Turn left on the road and keep right past a turning back into the village (70m).

148. Keep left at the next road junction and pass Ynysleci to reach a crossroads.
17. Turn right and walk past the buildings and just over the small road bridge, on the left immediately after the bridge there is a stone stile, take this into the field and keep to the left boundary and stream to the far end of the field where it narrows and reaches a kissing gate.

149. Go through the kissing gate and walk through a narrow field to reach a bridge over a small stream. Once over the bridge, walk to the right of the buildings and barn to reach a footpath gate leading onto a lane.

150. Go straight across the lane and through another footgate into a orchard-like field. Go straight across this to reach a wooden gate opening into a large field.

152. Once through the wooden gate, head to the far right corner of the field (avoiding the boggy ground) to an old iron gate. Keep to the left boundary to the foot gate. Continue along the left boundary until you reach another foot gate leading into the left hand field.
153. From the foot gate (beside the tall trees) walk through the middle of the field (towards the houses) to reach a farm gate, then again through the middle of the field/track to reach a kissing gate and main road. Walk down through Chwilog main street, to the large bus station.

155. *Day 9.* Walk through Chwilog main street, passing the large bus station on the left and the butchers on the right to reach a small road bridge to the left. Take this (400m) and then keep left to access the footpath. Walk past the bus stop and along the road until just before the last house and the national speed limit signs. On the right side of the road there is a track, take this and follow it around the bend (270m). Keep going straight with the farmhouse to your right and go through the farm gate into the field. Once in the field head across to the far left to another farm gate. From this gate, head to the right to cross the little bridge and stream. Carry on along into the field with trees and keep to the right boundary to reach a kissing gate, with a small wall opposite it.

156. You are now on Lôn Goed for 300m. Go through the kissing gate and head down the track between the fields and houses, go through a kissing gate and continue between two stone gate posts with horses' heads atop to reach the road. Turn right and walk along the road to the roundabout, just before you reach the roundabout cross to the left side of the road and then walk to the first exit, ie turning left past the housing estate.

157. Carry on along the lane for 400m, you'll find the river meets the road. Keep going on this lane, passing a bridge on the left and going under the railway bridge. Stay on the track on the right of river until the gravel path finishes. You'll see the sea in front of you and a footpath sign pointing to follow a path to the right. Follow the right footpath, with the sea to your left.

158 From here follow the Coast Path signs passing the caravan park to start. Follow the coast around to reach Porth Fechan and continue to spot a monument/trig point. Walk around the coast side of the trig point (you may spot some concrete gun emplacements here) until you have just past the hill which the trig point sits on (100m from it). The path splits just after the trig point mound, keep right to a kissing gate that leads you inland on a good grassy path through shrubs.

159. Go through another kissing gate and keep going to reach a golfing green, go across this and back between some hedges which will lead you to some ruined buildings. Go between these to reach a gravelly track and continue along this track, leading you through the golf course, at the path split by the dog poo bin, keep left and walk towards the caravans, passing them on your right.

160. Go through the kissing gate leading you off the golf course and onto the track. Turn left and further along the track go through a gate and kissing gate, then take the gate and kissing gate furthest to your left. On the wide grassy path turn right part way along and go through the gate and kissing gate in the fence and then shortly after, another gate and kissing gate. Go through another kissing gate and take the more obvious path that leads rightwards and uphill.

161. Continue along the path, pass a ruined building away and to the right of the path. When the path comes in sight of a fence ahead (at the edge of the field), keep the fence to your right and head towards small trees ahead to find a kissing gate. Go through a gate marked for the Coast Path and into the sand dunes. Head over the sand dunes and onto the beach and the turn right, towards Pwllheli with the sea on your left.

162. When the sand dunes to your right turn to large boulders (around 1300m from where you started on the beach), walk to the beginning of these boulders and follow the path crossing over the dunes. Walk slightly leftwards to the small kissing gate onto the road near the caravan park, then turn right and continue on the road going over the railway line and later a bridge over a river and then to a large roundabout.

163. Go straight over the roundabout, taking the road towards Abererch. Follow the road as it moves around to the left and continue past the bus stop and through the speed limit signs, over the bridge and into the village. Pass the school on your right, then the war memorial on your left, just after which you'll see a mini house and an entrance to the churchyard and St Cawrdaf's church.



The church is listed Grade I for its exceptionally fine late medieval roof structure, and for the rare surviving medieval choir stalls which feature misericords carved with roses and lilies, and upturned carved masks on the arms. The church is dedicated to a 6th century royal saint, Cawrdaf, probably a missionary to the local area and a dsiciple of St Seiriol. Find out more.

164. Go down past the school and turn right into the first housing estate. Walk to the back of the estate to reach a footpath gate into a field. Turn right in the field and keep to the righthand fence line to the stile. Once in the next field continue along the fence, but go past the

first large opening (with storage containers) and look for a footpath sign and gate on the right hand side into the next field.

165. Turn left in the field, passing the gate to a house and continue to the bottom left of the field and through the gate onto the lane. Turn right and down to the main road and then turn left then when possible, cross the road and take the lane marked with a footpath sign. Go through the kissing gate and then walk slightly right/straight on through old stone gate posts. (This next section can be muddy, if very bad you can use the field on the right, but keep an eye out for the footpath gate after the ford).

166. Take the stone and concrete bridge over the ford and continue straight on. Take the kissing gate on the left then stick to the right boundary line to reach the stile for the railway crossing. When it's safe to cross, do so and head over the next stile leading off the railway line. Turn right in front of the white house and walk past about half a dozen caravans, before you see a walkway between the caravans to the left. Take this and head down the steps onto the beach, turning right and walking along the beach towards the buildings in the distance.

167. When you can see the top of a circular building from the beach, aim for this. As you get closer you will see footpath signs leading you off the beach and past the circular architectural building. At the main road, turn right and cross the road, walking rightwards with the harbour on your left side. Continue walking until you can turn left and over the footbridge, keeping the water on your left and houses to your right. Keep walking to the end of this road, turn left to reach the centre of Pwllheli high street.



Pwllheli is a bustling market town that was given its charter as a borough in 1355 by Edward the Black Prince. Shipbuilding and fishing continued to support the town and Pwllheli still holds a market every Wednesday. Pwllheli means 'salt water basin'.

168. *Day 10.* Start on Embankment Road between the two areas of water at the edge of the main town. Walk south along the path beside the water on the right of the road (250m) until you reach a road, turn left and walk with the wetland on your right. Keep on the path for 520m

until the path leads away from the road. You can either follow the boardwalk through the wetland or continue straight on the road until the road junction.

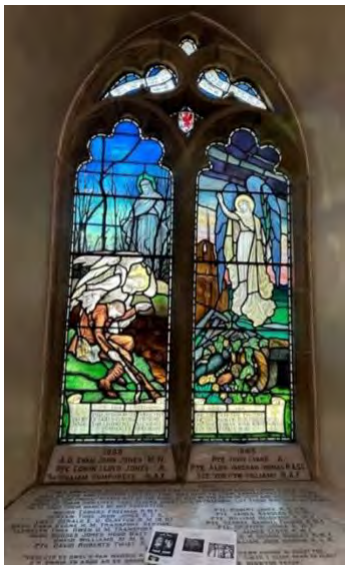
169. At the main road, turn left, cross the road and then take the right turn at the small junction. Continue past the first house on the right (330m) to reach a footpath. Go down this footpath until its first junction, keep right until you reach an old cobbled together slate bridge, do not cross the bridge, but turn left to follow the path, keeping the wetland to your right.

170. Soon you will reach a kissing gate, go through this and keep to the straight path as it leads under the trees and between two areas of golf course. Another kissing gate leads to the end of this path and onto lane and housing estate. Continue straight from the footpath on the lane between the houses to reach footpath and beach signs (you will now be following Coast Path signs until the end of point 9.).

171. Take the track leading to the right along the back of the sand dunes for just under 2km to reach a large gate, up to the left of this there is a kissing gate (you can also scramble down to walk on the beach, but make sure you come back over in time to re-join the path and don't get caught out by the tide). Keep to the Coast Path from Pwllheli to Llanbedrog – 4.5k.

172. As you walk on the top of the embankment with the sea to your left, you'll come to another footpath gate. Keep going along the path as it runs beside the sea until a road crosses in front of the path. Follow the footpath sign straight over to stay on your path. The next section goes through numerous kissing gates (avoid one that leads backwards down to the beach), until you reach a path that leads slightly left and down through trees to reach the beach and a footpath sign.

173. Walk along Llanbedrog beach towards the beach huts and pass them to reach where the road and café meet the beach on the right-hand side. There are toilets past the café on the roadside. 220m up the road on the left (past the café, toilets and a small shop) is St Pedrog's church, which is set back a little from the road on the other side of a small stream. To enter walk up the road as if to walk past it, then turn left and go through the lych gate and follow the path to the church entrance.



▣ St Pedrog was a missionary and prince, thought to have been born in South Wales. He went on pilgrimage to Rome and Jerusalem (like many other 6th century saints) before becoming a missionary and establishing churches in Wales, Cornwall and other areas of the southwest. He is Cornwall's most famous saint. The church is listed Grade II* as substantially a medieval church, retaining a

medieval screen and glass, and for the interesting range of 19th century stained glass and monuments to the Love Parry family. Find out more.

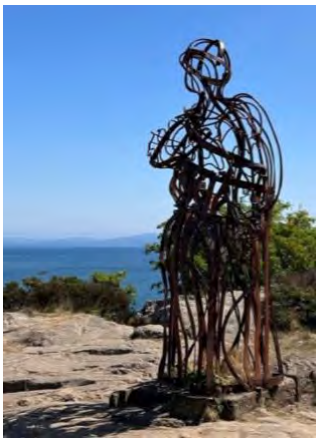
174. Having visited the church, go back through the lych gate and turn right, go down past the shop and then right again, following signs for the coast path and Plas Glyn y Weddw Gallery. Plas Glyn y Weddw is a stunningly situated art and sculpture gallery, looking out over Llanbedrog beach and down the coast to Pwllheli. It is normally free entry and is well worth a look around (it also has a café).

175. From the gallery, walk with the sea on your left towards the car park. Take the path just to the right of the car park entrance and follow it as it leads up into the woodland. Steep stone steps climb up and lead you through to a large open view point and the 'Iron Man' (Tin Man) Sculpture.





The original statue here was a wooden figure head from a ship that sank off the Llanbedrog headland. It was erected in 1919 but was vandalised and replaced by the 'Iron Man', created by a local sculptor in the 1980s. In 2002 the 'Iron Man' was replaced (having eroded to the point where only his boots were left!) with a modern metal sculpture, again created by local craftsmen and has since been nicknamed the 'Tin Man'.



176. With stunning vistas follow the path as it runs around the headland, keeping the sea on your left hand side, follow the Coast Path signs and keep left at any path junctions. When you reach the other side of the headland, with views over a large caravan park, there will be a pathway leading down towards the caravan park. A few stone step start the pathway down. At the bottom of these steps you reach a road. Turn right on the road and walk a short distance to another footpath on the left.

177. Follow this as it leads through the trees and to an old footpath gate and then between some picturesque cottages (Forget Me Not Cottage) to a tarmac lane. Turn left and go downhill on the lane to reach a main road (230m). Turn left and walk on the verge for 140m where you'll spot a kissing gate on the opposite side of the road.

178. Cross and go through this kissing gate, turning left once through and following the path as it meanders up the field (do not cross the old fence boundary line). Near the top of the field step over a small stream and through a rocky area leading to a stone stile. Follow the path through the next field to reach a large gate. Continue up gaining views over the sea passing an old rocky stone gatepost and over a tiny wooden bridge to reach a few wooden steps and Bryn Melyn cottage.

179. Continue past the house on the gravel lane between the houses, then turn left at the road after 450m. At the base of the tarmac road turn right through a large wooden gate and into the trees. Continue on this footpath to reach an old kissing gate and track and then the road (300m), turn left on the road and go to the next road junction (500m). (Half way along the above road there is a footpath on the left beside a church, take this to view Ffynnon Fyw).



Ffynnon Fyw was an important holy well, consisting of 6-7 feet high walls, stone benches, steps and two well pools. Pilgrims would bathe in the larger well and drink from the smaller well. Can be overgrown.

180. At the road junction turn left onto a footpath and continue until it leads onto a track (500m).

181. Turn right to follow a very straight track past a house on the right and then over a tarmac road and just to the left of the next house there is a footpath gate. Continue on this good footpath between fields to reach the next road then turn left down the road. About 500m down the road on the right hand side there are stone steps and a wooden stile.

182. Follow this path between two fences until it leads over a stile into a large open field. Keep the fence on your right until it finishes halfway into the field. Then walk from there, slightly left and hugging the edge of the slight mound to reach the edge of the field and a kissing gate onto the road by a junction. Follow the road sign to Llangian and the campsite.



183. Stay on this road, passing a footpath on your left and keep left at the next road junction. Just to the left past the first few houses is St Cian's Church, Llangian. There is another Early Christian stone (like in St Michael's, Ynys) with Latin inscriptions in the graveyard here.

▣ Parts of St Cian's church dates back to the 12th century, but much of the existing building is from the 15th and 19th centuries.

Llwybr Cadfan– Full Route

There is a 5th/6thcentury Latin inscribed stone in the churchyard suggesting that the site was in use from a much earlier time, with radiocarbon dating from under one of the churchyard walls dating back to 430-670 AD. Find out more.





184. From the church turn left onto the road and follow it to Llanengan (about 2km), keeping left at the first junction and carry on on the road through the wetland area and into Llanengan.

Saint Engan (Einion) was a late 5th century king of the Llŷn peninsula who gave Enlli to Saint Cadfan (and Penmon on Anglesey to his brother Seiriol). ▣

Although parts of St Engan's church are 13th century, the majority of the church is from a restoration in the 16th century. The church holds and a pair of stunning 16th century carved screens one of which was possibly moved from Cymr Abbey, near Dolgellau.

Ffynnon Engan is believed to date from the late sixteenth century, if not earlier. The site, which is now grade II listed, would have been visited by pilgrims and was known for many miracles as well as hosting baptisms.

185. *Day 11.* From the entrance of St Engan's walk straight and through the lych gate onto the road. Turn right and continue on the road for 600m until you reach a footpath sign on the right leading through a kissing gate. Keep the fence on the right until you can see the opening in the fence, head through this and then walk to the bridge in the middle of the field. Walk to the corner of fence that juts into the field to find a footgate and follow the right fence, over stone steps and gate into the next field, keep the fence to the right until you then have the river on your right. Then go through the gate to walk along the back of a farm and over the stone stile onto the road.

186. Cross the road and slightly right to a footpath gate (following the Coast Path signs until point 5) which leads you into a field with a wide stream and bridge. Keep the boundary line on your left to the wall at the end, then follow along the boundary line until about halfway along the field to a reach a foot gate. Keep left to reach another gate and then follow the river through the next two fields. In the next field head straight for the building on the far side of this field.

187. Once at the building you'll notice a track, walk to this and then take the footpath gates (with a bridge between). Once in the field, turn left and follow the boundary line, passing the

corner to reach a kissing gate. Follow the left fence to reach another gate, then turn right and follow the boundary to reach a kissing gate into the next field.

188. In the next field turn left, following the boundary line to reach a gate. Walk directly across the next field and through a gate, then head straight for the building halfway through the field. Just before the building turn right and walk to the footpath gate and bridge. Once over the bridge, look across the field and slightly right to spot a Coast Path signpost. Walk to this and then through into the next smaller field. Walk along beside the house, then head right slightly to find a hidden foot gate onto the road.

189. Turn left on the road and walk for about 2km. At a small crossroads, turn left towards Treheli campsite, following the Coast Path signpost, passing Treheli. After approximately 300m turn right to re-join the main road. Cross the road, turn right and almost immediately to the left there is a footpath opening. Take this and walk up and leftwards, following the path as it leads through the woods over various little stone steps. At the slight fork keep right, continuing uphill. The path comes out besides a map information board and National Trust toilets, shop & cafe and then leads through to Plas y Rhiw, a 17th century manor house, gardens and café. Find out more.

190. Walk through the first buildings to reach the tarmac road, turn right and walk steeply uphill. Walk uphill on the road for about 250m keeping left on the tarmac road at the small junction to reach a footpath sign marked for the Coast Path and stone stile on the left. Once in the field walk to the furthest right corner (top of the field) to a gate and then in the next field go over two bridges then through a kissing gate.



Fynnon Aelrhiw/Aeirhiw (often overgrown) is a Grade II listed 17th century rectangular basin with larger stone surround and evidence of flat stone seats. People visited this well for its healing effect on skin diseases.

191. In the top corner of the next field a stone and double wooden stile takes you into the field diagonally right from the last. Go over a stone stile, keep to the path and go through the farm gate, then towards the farm building. Go through another kissing gate beside the farm building and then out onto the small, tarmac road.

192. Go right on the road for 100m to the signposts for the Coast Path which leads you left off the road between some buildings, keeping going down the track to an old rusted large gate. Once through, follow the boundary on your left down a good wide grassy path. Pass a row of houses on your right and through another gate. When you get to the white house (Syntir) and footpath sign turn right. After leaving the wall from the white house, walk along the bottom

walled boundary of some small fields to its furthest corner. From the corner of the wall, leave the walls and follow the path going slightly up and rightwards. Follow the path passing the top of another few small fields. Pass by a large craggy outcrop to the right before reaching a kissing gate and signposts for the Coast Path.

193. Turn left and downhill once through the kissing gate, pass by the sewage works and keep right on any path splits keeping along the boundary line. At Penarfynydd farm (you should be able to spot your next church from here), turn right and through the farm gate and then walk between the buildings towards the track. Go across the track and into the right hand field. Keep the boundary on your left side to the end of this field. In the next field cross over into the left hand field and follow the right boundary line to a kissing gate and a road.

194. Turn left on the road and walk to the next road junction. Turn sharply left on the road and follow it to reach St Maelrhys, Llanfaelrhys.



St Maelrhys Church is medieval in origin, although has had later additions to the building. St Maelrhys was a cousin of of both St Cadfan and St Hywyn, and came to Lleyn with them in the 6th century. It's interesting to see the separation of classes here with box pews on one side and basic bench seating on the other. R.S. Thomas, poet and priest, was vicar here. The loft/upper room in the church has been dedicated to him. With a view of Ynys Enlli, pilgrims can sit and read, or listen to music associated with Thomas's work. Find out more

195. Having visited the church turn right on the road and continue to the first set of buildings signed Ysgo. Walk past the first small building to the left and then turn left, walking around this small building to reach a kissing gate and signs for Porth Ysgo. Follow down the picturesque little valley and turn right (off the good path) towards the small stream to find a foot bridge. Continue from here on the Wales Coast Path (keeping the sea to your left and following Coast Path signage), over and through various bridges and kissing gates until you come around a headland and can see along the beach to Aberdaron.

196. From the kissing gate where you can see to Aberdaron: Go over a small bridge and through another kissing gate which starts to lead away from the coast. Go through another kissing gate to lead along a fenced path. Go through another two kissing gates and go left. Keep the boundary on your right to a kissing gate that leads onto a gravel track. Turn right on the gravel track to reach a tarmac road. On the other side of the road to the right of the buildings there is a kissing gate and signpost for the Coast Path.

197. Keep to the left boundary to reach a kissing gate and path that leads you down to a foot bridge in a valley. Go over the bridge and turn left keeping along beside the river for 750m where the path rises slightly, through a gate and along a path with hedges on both sides. Follow this path to lead you into Aberdaron. Turn left onto the road and down towards the small road bridge, turn right just before the road bridge for the National Trust car park and toilets.

Aberdaron began life as a small fishing village and was the final rest stop for pilgrims on the journey to Enlli. In the 18th and 19th century Aberdaron developed as a ship building centre and port supporting the local mining industry. Aberdaron has become a popular seaside holiday destination.

(For Day 12b. Aberdaron to Porth Meudwy – Ynys Enlli |Bardsey Island – see page 43).

198. *Day 12 (Circular Walk).* Park at the National Trust (you'll need cash or a National Trust membership for parking), walk towards the buildings and turn right to cross over the road bridge. Follow the road around to the left until you reach the church of St Hywyn, Aberdaron.



The site of St Hywyn's dates back from the 5th to 7th century. Two Latin inscribed graves stones of priests are present in the church today and date back to the 5th or 6th century. The church was built in the 12th century when the King of Gwynedd was replacing many wooden churches with sturdy stone structures. The second nave was added in the late 15th century, sadly the church then fell into ruin until the 19th century when it was restored and has stayed in use ever since. St Hywyn's was an important sanctuary throughout its history, not just for pilgrims awaiting the crossing to Enlli, but also for Kings! St Hywyn's canons provided a boat in which Gruffydd ap Cynan escaped to Ireland from the Normans in 1094. Find out more.

199. Having visited the church you can either walk out from the church and left down a ramp onto the beach, then turn right and walk for about 100m before crossing a small channel to reach the start of the rocky/boulder sea defence, or you can walk back to the National Trust carpark and walk out the back end of the carpark (bypassing the channel) onto the beach to the start of the rocks. At low tide you can walk along in front of boulders to reach Porth Simdde. At a higher tide, walk up onto the embankment behind the rocks and once on the pathway turn right and walk uphill to reach a gate that leads to a small parking area and the road.



200. Once through the gate, turn left and through another gate onto a wide footpath leading along the top of the hillside parallel to the beach (following Coast Path signage from here until Porth Meudwy). Continue along this, passing a fantastic viewpoint and inscribed bench. Go through the next gate and follow down the stone steps leading to a bridge over a small stream and along to Porth Simdde bay. Before you get to the beach a path leads rightwards up steep wooden steps, after exploring the beach come back to this path.

201. At the top of the steep wooden steps (leading away from Porth Simdde) a kissing gate leads you on a path between fences and with the sea to your left. Keep on this path for 1km to passing by a bench and then through a kissing gate, then another kissing gate with farm gate. Stay left on the path to go down stone steps and a kissing gate to Porth Meudwy (boat crossing to Ynys Enlli).



Porth Meudwy is a small fishing cove that has long been the launching point for boats heading to Enlli. The sheltered cove makes it the perfect spot to set off from.

202. From Porth Meudwy walk inland up the lane for 700m, passing through a gate and past a car park until you reach a small tarmac road. Turn left on the road and continue for 80m to reach a track sized grassy opening on the right. Walk down this grassed over track between the hedges until it meets the road on the other side. Turn left on the road for 100m and then turn right down the first track signposted for Pen y Maes (& Mawr). Just before the house-gate on the left up a couple of stone steps is a kissing gate which leads beside the house to a stile.

203. Once over the stile, head straight to the opposite side of the field (in line with the house) to another stile and immediately a gate. Then across the next field to reach the gates to the house. Keep the house to your right and walk past the side of it and continue up the lane to reach the tarmac road. Turn left on the road and stay on it for 600m passing by a road junction on the right, a house on the corner, a caravan park and Pen Draw'r Byd Café (toilets, food and most importantly ice-cream!).

204. Not far after the café on the right there is a lane leading up to some houses. Walk up this and go straight and directly between the two houses to reach a kissing gate. From the kissing

gate turn left and follow the path until it reaches a memorial plaque and a concrete track. Turn right on the track and follow it to the Coast Guard station at Mynydd Mawr's summit.

205. From the summit walk towards the large Island that is Ynys Enlli (Bardsey Island) keeping right on the concrete path following signs for the Welsh Coastal Path. At the bottom of the concrete path there are concrete ruins, from these follow the coastal path signs towards Enlli (follow Coast Path signage for the rest of the walk).

The summit of Mynydd Mawr was chosen by the Victorians for a coastguard lookout due to its excellent vantage point over the sea. It was then used in World War I and upgraded in 1940 to hold radar equipment, an army guard-house and gun placements. The coastguard used the site until 1990.

206. Keep following the signs around the headland before they lead you inland slightly around a small grassy inlet, passing the likely remains of St Mary's chapel/hospital.



St Mary's chapel was built so that seamen could call on the Virgin Mary for protection on the dangerous waters of Swnt Enlli (Bardsey Sound), the sea between here and Bardsey. Nothing remains of the chapel except some earth banks denoting the foundations. Ffynnon Fair is located in a precarious position and ***extreme care should be taken if deciding to visit the site***. Ffynnon Fair is a freshwater spring and is regularly covered by the tide. Tradition said that if a person could get a mouthful (or cupped hands full) of the spring water and carry it up and around the church without spilling a drop, their wish would be granted.

207. Continue around the next headland of Mynydd y Gwyddel and then head uphill following footpath markers for the coastal path to reach a fence and a gate above Porth Felen. Go over a bridge and through a gate.

208. The path then splits, keep right and along the coast to meet a kissing gate to continue on the coastal path. Pass a spring just down to the right of the path and then another shortly after



before passing a coastal path signpost. Go through a gate leading you beside a fence and large cliff face (Parwyd inlet).

209. Go through a kissing gate in a wall and then another in a fence before turning right, passing by Pen y Cel cairn and carrying on along the headland. Descend slightly to meet a kissing gate and continue on the path.

210. Looking ahead to Aberdaron, take lower path to the right following the coast and fence line. Keep right to meet the top corner of a wall and keep this to your right to reach a kissing gate (you will soon be over Hen Borth inlet). Near Porth y Pistyll inlet there is a ruined stone quay beside the sea and just after that beware of some jutting metal steps in the path.

211. Go over a wooden bridge and through a kissing gate, walking with fences on both sides of you until you reach another gate. Go over a small rocky outcrop and then down wooden steps follow the coast. Keep right and go down the stones step to reach Porth Meudwy (where the boat goes to Enlli).

212. Head up the stones steps on the opposite side of Porth Meudwy to a kissing gate. Go through another three kissing gates before going down stones steps to Porth Simdde beach. From the path walk inland slightly to access the gate and footbridge over the stream and then follow up the stone steps to a gate and an engraved bench with more beautiful views.



213. Continue from the engraved bench to reach a gate onto a small parking area beside the road. Go through the gate and then right, through another gate leading down to the beach. Once on the beach, keep left (sea on your right) to reach the National Trust car park.

Llwybr Cadfan– Full Route

Aberdaron to Porth Meudwy – Ynys Enlli | Bardsey Island

1. Park at the National Trust (you'll need cash or a National Trust membership for parking), walk towards the buildings and turn right to cross over the road bridge. Follow the road around to the left until you reach the church of St Hywyn, Aberdaron.

The site of St Hywyn's dates back from the 5th to 7th century. Two Latin inscribed graves stones of priests are present in the church today and date back to the 5th or 6th century. The church was built in the 12th century when the King of Gwynedd was replacing many wooden churches with sturdy stone structures. The second nave was added in the late 15th century, sadly the church then fell into ruin until the 19th century when it was restored and has stayed in use ever since. St Hywyn's was an important sanctuary throughout its history, not just for pilgrims awaiting the crossing to Enlli, but also for Kings! St Hywyn's canons provided a boat in which Gruffydd ap Cynan escaped to Ireland from the Normans in 1094. Find out more.

2. Having visited the church walk back to the National Trust car park and walk out of the rear of the carpark (bypassing the channel) onto the beach to the start of the rocks. At low tide you can walk along in front of boulders to reach Porth Simdde. At a higher tide, walk up onto the embankment behind the rocks and once on the pathway turn right and walk uphill to reach a gate that leads to a small parking area and the road.

3. Once through the gate, turn left and through another gate onto a wide footpath leading along the top of the hillside parallel to the beach (follow Coast Path signage). Continue along this, passing a fantastic viewpoint and inscribed bench.

4. Go through the next gate and follow down the stone steps leading to a bridge over a small stream and along to Porth Simdde bay. Before you get to the beach a path leads rightwards up steep wooden steps, after exploring the beach come back to this path.

5. At the top of the steep wooden steps (leading away from Porth Simdde) a kissing gate leads you on a path between fences and with the sea to your left. Keep on this path for 1km to passing by a bench and then through a kissing gate, then another kissing gate with farm gate. Stay left on the path to go down stone steps and a kissing gate to Porth Meudwy (boat crossing to Ynys Enlli). Ynys Enlli stamp can be found in Ynys Enlli Chapel.

Porth Meudwy is a small fishing cove that has long been the launching point for boats heading to Enlli. The sheltered cove makes it the perfect spot to set off from.

To book a crossing phone or text Colin on 07971 769895, and leave a message, including your phone number. https://bardseyboattrips.com/