



Summer Walks July 1-10 2016

Extended to include July 11- August 7

Welcome!

1 July

Bush Craft Adventure for Grown Ups, Bryn Cadno

A lovely walk down into the Nant Y Glyn Valley, easily accessible from Colwyn Bay. The circular walk follows woodland paths and farmland with wonderful views of the surrounding area.

There will be a welcome stop at the half point with Colwyn Bay Forest School where walkers will have the chance of bush craft activities and a deserved cuppa! There will be a charge of £3 for this walk.

Duration: 2.5 – 3 hours

Distance: approx.4.8km / 3 miles

Meet: Outside Bryn Cadno Community Centre. Bryn Cadno Upper Colwyn Bay, LL29 6DW

Start: 9:15am for 9:30am start

Booking: Helen Jackson, 07595 461540

Moderate

A Trail of Two Tearooms, Gwydir Forest

From Llyn Geirionydd we'll walk to Ty Hyll, taking in views towards Moel Siabod and Snowdon on the way. Once there, you may sample the many delights, browse in the garden, discover the compost loo, visit the bee exhibition etc. Fully refreshed we'll climb steeply back onto forestry tracks and head to Llyn Crafnant where we have the option of visiting tea room two by the lake. Then a quick hop through the beautiful woods back to the cars.

Duration: 7 hours

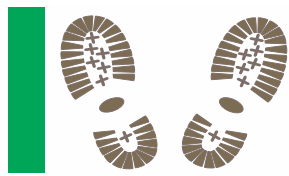
Distance: 14km / 9 miles

Meet: main car park at Llyn Geirionydd

Start: 9:45am for 10:00am start

Booking: Colin Devine, 07770 964716

Strenuous



Cerdded

Conwy
Walks

2 July

Moel Siabod and Afon Llugwy

We will take the route up the south side of Moel Siabod (872m), past some lovely lakes with an easy scramble to the summit. We will descend on the northern side of Siabod, through the woods to follow the river Llugwy back to the car park.

Duration: 5.5 – 6.5 hours

Distance: 11.5km / 7 miles

Meet: Moel Siabod Café, Capel Curig

Start: 9:30am for 9:45am start

Booking: Aled Owen 01690 760112 aledocwm@uwclub.net

Strenuous

3 July

Sunrise from Conwy Mountain

Sit in a beautiful spot and watch one of nature's great shows (weather permitting!)

We'll walk slowly up Conwy Mountain at this quiet and refreshing time of day. Then find a comfortable spot to watch the sunrise. Please bring warm, waterproof, clothing and some refreshments, hot or cold, whatever suits. A torch, preferably a head torch, is essential.

Duration: 3 hours

Distance: 3-4 miles

Meet: Main Car Park, Bodlondeb, Conwy

Start: 3:30am for 3:40am start

Booking: Colin Devine, 07770 964716

Moderate

Betws y Coed to Capel Curig via Swallow Falls

A pleasant walk starting with a bus ride from Capel Curig to Betws y Coed followed by a walk back to the cars. Following the Llugwy river, we visit the cannon rocks at Pont y Pair and the steeply sloping Miner's bridge across the river. We then follow minor roads and paths to see Swallow falls (free). With the river beside us, we reach the Ugly House before ascending steeply up the lane to the forest. Then comes a series of forest tracks before reaching open moorland with wide views of the Carneddau and Moel Siabod and the gradual descent back to Capel Curig for refreshments at Pinnacle cafe.



Cerdded

Conwy
Walks

Duration: 4-5 hours

Distance: 9.6km / 6 miles

Meet: Pinnacle Cafe, Capel Curig

Start: 10:25am to catch the 10.34am bus to Betws y Coed

Booking: Aled Owen 01690 760112 aledocwm@uwclub.net

Moderate/Strenuous

Yogic Journey, Gwydir Forest

Come and join Gwen Ellis Parri for a meditation and short walk to connect with yourself and the world around you.

Outdoors, we will complete a meditation and easy breathing exercise. We will then take a short walk in silence. On return you are welcome to join us for refreshments and share experiences.

No experience required.

Duration: 2 hours

Meet: Gwydyr Uchaf Car Park just off the B5106 nr Gwydyr Castle

Start: 1:45pm for 2:00pm start

Booking: Gwen Ellis Parri 07545 301646

Moderate

4 July

Dragons, Copper and Slate, Nant Gwynant

From the meeting point we will take a short ride on the Sherpa bus (pass or fare) to the start of the walk which will take us through the historic and industrial landscapes of the Craflwyn Estate and Cwm Llan on the southern side of Snowdon. We will return to the car park via the Watkin Path. Most of this walk is on established footpaths and tracks. But it is likely to be wet underfoot, so good boots are essential and gaiters recommended. Sorry, no dogs on this walk.

Duration: 5-6 hours

Distance: 11km / 7miles, 450m/1500ft of ascent

Meet: Car park, Bethania, Nantgwynant, Grid reference SH 628507. Parking fee payable (£5)

Start: 9:30am for 9:45am start

Booking: Peter Collins, 01492 680353, If leaving a message, please leave a **landline** number on which you can be reached

Moderate/Strenuous



4 July

A Summers Evening in Llanfair Talhaiarn

We rise up from the delightful village of Llanfair Talhaiarn to the summit of Mynydd Dir (1030feet/314meters). We pass through beautiful countryside and reward ourselves (cross fingers!) with the most beautiful panoramic view. After relaxing at the perfect picnic spot on the summit, we then return back down to Llanfair along the beautiful Afon Elwy, and finish with a lovely pint of your choice. Should you wish your dog to join us please discuss with me on booking.

Duration: 2 hours

Distance: 6.4km / 4 miles

Meet: Llanfair Talhaiarn public car park (opposite the Black Lion) Grid Ref SH 927703

Start: 5.45pm for a 6pm Start

Booking: Ceri Hughes, 01492 680254

Moderate

5 July

Yogic Journey, Gwydir Forest

Come and join Gwen Ellis Parri for a meditation and short walk to connect with yourself and the world around you.

Outdoors, we will complete a meditation and easy breathing exercise. We will then take a short walk in silence. On return you are welcome to join us for refreshments and share experiences.

No experience required.

Duration: 2 hours

Meet: Gwydyr Uchaf Car Park just off the B5106 nr Gwydir Castle

Start: 9:45am for 10:00am start

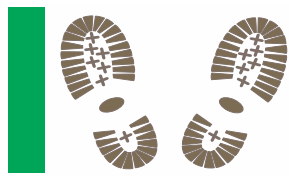
Booking: Gwen Ellis Parri 07545 301646

Moderate

Above the Coast, Conwy

From the meeting point we will catch a bus (pass or fare payable) to the start of the walk at Penmaenmawr. From here there is a steady ascent of the hillside to the North Wales Path which we then follow to Pensychnant Pass, across Conwy Mountain and back to Conwy.

Good views to Anglesey, Puffin Island, northern Snowdonia and Liverpool Bay.



Cerdded

Conwy
Walks

Parts of this walk can be wet underfoot. Good boots are essential. Sorry, no dogs on this walk.

Duration: 5-6hr (including travelling time)

Distance: 11km / 6.5miles 430m/1300ft of ascent

Meet: Bus stop at railway station, Conwy town centre.

Start: 9:00am for 9:15am start

Booking: Peter Collins, 01492 680353, If leaving a message, please leave a *landline* number on which you can be reached

Moderate/Strenuous

An evening on Manod Mawr, Cwm Penmachno

A steep climb through the quarry takes us to the ruined quarry and village of Rhiwbach. Up a steep incline, past Cwt y Bugail quarry, we then take to the mountain before reaching the summit of Manod Mawr. Return the way we came.

Duration: 4-5hrs

Distance: 9.6km/6 miles

Meet: recycling bins, Cwm Penmachno

Start: 5:00pm for 5:30pm start

Booking: Aled Owen 01690 760112 aledocwm@uwclub.net

Strenuous

6 July

Map Reading and Navigation, Rhyd y Foel

This workshop session is designed to help those who have little or no knowledge of map reading to improve their skills.

The workshop will introduce you to the principles of reading an Ordnance Survey map and using it to plan and follow a walk using footpaths and tracks.

There will be an indoor session of about 2-2.5hrs and this will be followed by a walk around the village of Rhyd y Foel, including an ascent to the hill fort of Pen y Corddyn Mawr, to put into practice what you have learnt.

If you would like to improve your map reading and navigation skills but are unable to attend this session please contact Merv about Independent Walking. No dogs on this walk. Parts of this walk are likely to be muddy, good boots are essential

Duration: 6-6.5hr (including the introduction)



Distance: 4-5km/2.5-3miles 130m/400ft of ascent

Meet: Village hall, Rhyd y Foel, near Abergele. Toilets and car parking available. No. 21 bus from Abergele serves Rhyd y Foel.

Start: 09.00 for 09.15 start

Booking: Merv Jones 01492 622187

Easy/Moderate

A Botanical Bimble, Marle Hall Woods

A short but occasionally steep evening stroll in Marl Hall Woods. We will climb Jacob's Ladder to a number of viewpoints, taking in vistas of mountains, estuary and the imposing Conwy castle. There will also be an opportunity to identify many of the unusual limestone grassland plants, many of which should be in full bloom along the rocky outcrops.

Duration: <2 hrs

Distance: 1km/ 0.6miles

Meet: *Marl Hall Woods car park*, SH 800786, LL31 9JA

Start: 6:15pm for 6:30pm start

Booking: Kylie Jones Mattock 0343 770 5785 kyliejonesmattock@woodlandtrust.org.uk

Moderate

7 July

Betws y Coed to Conwy, Day 1

This is the first day of a three part walk.

Day 1: From Betws y Coed to Trefriw. We will climb steeply up to Llyn Parc and walk along its shore before dropping down to the Hafna mine. Then up through the mine and over to Llyn Geirionydd via Llyn Glangors and down into Trefriw. With good weather we will have views of the higher mountains, including Tryfan.

Distance: 9.6-11 km / 6-7 miles

Meet: Meet in Trefriw at the Memorial opposite the woollen mill and next to the toilets. There is ample free parking here and a couple of shops in the village.

Start: 10:20 to take the 10:38 bus to Betws y Coed.

Booking: Colin Devine, 07770 964716

Moderate



7 July

An 8 in the Park (morning), Capel Curig

This walk is designed for those who would like to try some short walks in the Snowdonia National Park. The walks are, for the most part, on well defined footpaths and tracks and will be easy paced. There is some uphill walking, but it's not too steep. There are a couple of ladder stiles on each walk. The walks give good views of the main Snowdonia ranges and we may see some of the local wildlife! The walks have been designed so that you can attend one or other or both. Some of this route is likely to be wet underfoot, so decent boots are essential.

Duration: 1.5-2hr

Distance: 4km/2.5miles, 120m/400ft ascent

Meet: Meet at Siabod café, Capel Curig. Parking, toilets and refreshments available. Sherpa bus service S2 passes the Siabod Café

Start: 10.00am for 10.15am start

Booking: Peter Collins, 01492 680353

Easy/Moderate

An 8 in the Park (afternoon), Capel Curig

This walk is designed for those who would like to try some short walks in the Snowdonia National Park. The walks are, for the most part, on well-defined footpaths and tracks and will be easy paced. There is some uphill walking, but it's not too steep. There are a couple of ladder stiles on each walk. The walks give good views of the main Snowdonia ranges and we may see some of the local wildlife! The walks have been designed so that you can attend one or other or both. Some of this route is likely to be wet underfoot, so decent boots are essential.

Duration: 2-2.5hr

Distance: 5km/3miles, 130m/420ft ascent

Meet: Meet at Siabod café, Capel Curig. Parking, toilets and refreshments available. Sherpa bus service S2 passes the Siabod café

Start: 1.30pm for 1.45pm start

Booking: Peter Collins, 01492 680353

Easy/Moderate

Idwal Idyll, Ogwen Valley

An easy paced evening walk in Cwm Idwal. It should be relatively quiet and tranquil – time to ponder the area's various legends! Good views of some of the peaks in the Glyderau and Carneddau and out to Ynys Môn. This route is generally quite dry underfoot, but parts of the



track are quite rough, so good boots are essential.

Duration: 2-2.5hr

Distance: 4km/2.5miles. 90m/300ft ascent

Meet: Ogwen Cottage visitor centre, Ogwen Valley. Parking and toilets available, refreshments possibly available.

Start: 5:45pm for a 6:00pm start

Booking: Peter Collins, 01492 680353, If leaving a message, please leave a **landline** number on which you can be reached

Easy

8 July

Betws y Coed to Conwy, Day 2

Trefriw to Taly y Bont: Today we'll take the bus from Tal y Bont to Trefriw where we start our walk by climbing steeply to Rhibo. We take a path through part of the Coed Dolgarrog reserve and on towards Coedty, hopefully with fine views down the Conwy valley.

Distance: 9.6-11km / 6-7 miles

Meet: Bus stop opposite Y Bedol pub in Tal y Bont. There is ample free parking and a shop nearby.

Start: Meet at 10:10 to take the 10:29 bus to Trefriw.

Booking: Colin Devine, 07770 964716

Moderate/strenuous

9 July

Betws y Coed to Conwy, Day 3

Tal y Bont to Conwy. We'll take the bus from Conwy to Tal y Bont where we start our walk by climbing steeply up the side of the valley before contouring along old leats, as we head to Rowen. After Rowen we walk past the church at Llangelynin into Parc Mawr owned by the Woodland Trust. Depending on our legs we will either finish the walk over or along the side of Conwy Mountain back to Conwy.

Distance: 12.8km / 8 miles

Meet: Lancaster Square, Conwy outside the old police station. Many parking and shopping options.

Start: 9:55am to take the 10:15am bus to Tal y Bont.



Booking: Colin Devine, 07770 964716

Moderate

Nant Gwynant and Cwm Edno, nr Capel Curig

This walk follows a route near the Snowdon massif. A descent towards Llyn Gwynant is followed by an ascent into the beautiful and desolate Cwm Edno. A further ascent takes us to Carnedd y Cribau with its wonderful views of Snowdon and the other north Wales ranges. The return to the start is over rough moorland. Some of this route is likely to be wet underfoot, so good boots are essential and gaiters recommended. Sorry, no dogs on this walk.

Duration: 5-6 hrs

Distance: 12km/7.5miles, 500m/1700ft of ascent

Meet: Lay-by on A4086 approx 0.5km east of Pen-y-Gwryd hotel, Grid reference SH665559,
No facilities

Start: 09.30am for 09.45am start

Booking: Peter Collins, 01492 680353

Strenuous

10 July

Muffins, Mindfulness and Moel Fadair

A wonderful day with an expert's introduction (Dr John Fleet) to the increasingly popular mindfulness. A beautiful walk in the Vale of Clwyd, exploring low hills and scenic valleys. The route climbs through woodlands and open pastures before reaching the summit of Moel Fadair (1279feet/390 meters). We are rewarded with breath taking views of Snowdonia, the Clwydian range as well as the North Wales coast. Sorry no dogs.

Duration: 5 hours

Distance: 11.5km / 7 miles

Meet: Pen Parc Llwyd car park, Henllan. LL16 5DE. We can email you directions on booking.
Grid Ref SJ 004677

Start: 9.45am for a 10am Start

Booking: Ceri Hughes, 01492 680254

Moderate



Cerdded

Conwy
Walks

10 July

Llangelynnin Church, Tal y Fan and The Pilgrims' Way

A strenuous walk in an historic landscape. On footpaths and over moorland to summit of Tal y Fan, one of Snowdonia's most Northern and smallest mountains at 2000ft. A short stop at Llangelynnin Church, one of the oldest and remotest churches in Wales. Following part of the Pilgrim's way, we will be rewarded with excellent views over the mountains, coast and the Conwy Valley (weather permitting).

Sorry no dogs on this walk.

Duration: 5 hours

Distance: 11.2km / 7 miles

Meet: In Rowen by sign for Toilets; Parking; Recycling Centre and Memorial Hall

Grid ref– SH760719

Start: 9:30am for 9:45 am start

Booking: Clive Noble, clivesccw@outlook.com

Strenuous

11 July

Entertainments of Colwyn Bay in Days Gone By- Part 1

This is Walk 1 of a pair of walks, starting in different places to cover different parts of Colwyn Bay. Colwyn Bay was once a hive of entertainment. These days have long gone - discover the places and their history on this evening stroll around Colwyn Bay.

Duration: 2hrs

Distance: 3.2km / 2miles

Meet: Bay Learning Centre, Conway Road, Colwyn Bay, LL29 7AW (opposite RBS Bank)

Start: 6.15pm for 6.30pm start

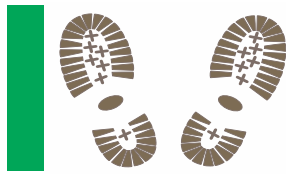
Booking: Rosemary Brotherton 01492 540152

Easy

13 July

Entertainments of Colwyn Bay in Days Gone By- Part 2

This is Walk 2 of a pair of walks, starting in different places to cover different parts of Colwyn Bay. Colwyn Bay was once a hive of entertainment. These days have long gone - discover the places and their history on this evening stroll around Colwyn Bay.



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Conwy
Walks

Duration: 2 hours

Distance: 3.2km / 2 miles

Meet: Theatre Colwyn. Roadside parking. The number 12 bus stops nearby

Start: 6.15pm for 6.30pm start

Booking: Rosemary Brotherton 01492 540152

Easy

17 July and 7 August

Carneddau End to End

From Abergwyngregyn we will take a minibus to Glan Dena, Ogwen.

A linear walk starting at Pen yr Ole Wen and ending at Abergwyngregyn.

This walk starts with an ascent of Pen yr Ole Wen from Glan Dena alongside Ffynnon Lloer before continuing on Carnedd Dafydd, Carnedd Llywelyn, Foel Grach, Carnedd Gwenllian, Foel Fras, Drum and Yr Orsedd before dropping back down to Abergwyngregyn and the cars.

PLEASE NOTE – There will be a reasonable charge for this minibus and that this walk may be cancelled if there are insufficient being subject to the normal Cerdded Conwy Booking Conditions

Duration: 6-7 hours

Distance: 16km / 10 miles

Meet: Abergwyngregyn Car Park SH 65625 72828

Start: 9.00 am start - Meeting the Minibus (we have a 20 min bus ride to Glan Dena to the start)

Booking: Sue Hibbert 01352 711648

Strenuous

****The Important Stuff****

How easy or hard are the walks?

Easy: Mainly flat, under 4.8km/3miles.

Moderate: Some steep slopes and uneven ground 4.8-11km/ 3-8miles.

Strenuous: May be very steep, over 11km/7miles.

Cerdded Conwy Walks is supported by Conwy County Borough Council. However all walks are led by volunteers. With limited funding available we therefore ask for a donation (**suggested £2**) from walkers. All donations go towards supporting the work of Cerdded Conwy Walks to continue to put on led walks for you to enjoy.



Cerdded

Conwy
Walks

For your safety.... You must read a copy of the booking conditions and agree to them before attending any walks.

Booking All walkers are asked to pre book onto walks unless otherwise stated in the programme. This is for the following reasons: For the participant to enjoy the walk; Health and Safety: to have the correct ratio of leaders to walkers. This can vary from walk to walk depending on the terrain, type of walk and the leader; For leaders to have the details that are required of each walker. If a walk is fully booked, your name can be held in reserve. If a participant turns up at the start of the walk who has not booked the leader reserves the right not to accept the person on the walk.

Health It is the responsibility of all walkers to ensure that they are physically fit enough to take part in the walks that they have chosen. Leaders will ask walkers to disclose any medical information that may affect them at any time of the walk. This information is for the walker's safety and well being.

Clothing, Footwear, Food and Drink It is the responsibility of all walkers to ensure that they wear appropriate clothing and footwear for the conditions likely to be encountered ie sturdy footwear and waterproof clothing. It is recommended that walkers bring food and drink adequate for their needs and the duration of the walk. Please bring sun cream if required. The leader has a right to turn away walkers who are not adequately equipped.

Young People All children under the age of 18 are welcome but must be accompanied by a parent or guardian over the age of 18. Some of the walks may be unsuitable for children, if you would like to bring children on the walk please contact the walk leader to check that this will be appropriate.

Starting Time As noted in the programme, please arrive at least 15 minutes prior to the start of each walk in order to register. Walks will commence at the quoted start time whether all participants have arrived or not.

Weather The walk leaders will be at the starting point whatever the weather. However, in exceptional weather conditions, the walk may be re-routed or cancelled to ensure walkers safety.

Alteration The organisers reserve the right to alter the programme without prior notice. The details in the programme are believed to be correct at the time of going to print. The walk leader reserves the right to change the route of the walk during the walk if necessary for safety purposes.

Photographs During the walks leaders may take photographs of walkers that may be used for promotional material in future years. Anyone who does not wish themselves or their child to be photographed for promotional material should notify leaders and staff at the start of the walk.

Dogs Dogs are welcome on all walks unless otherwise noted in the programme. Dogs must be kept on a lead at all times.

Ticks When you are in the countryside you are at risk of being bitten by a tick. Ticks can carry a variety of diseases so it is important that you know what to do if you are bitten, or how to avoid being bitten in the first place. For more information go to www.bada-uk.org.

Smoking All walks are non smoking.

Liability The organisers have endeavoured to ensure so far as is reasonably practicable the safety of all participants during the walks. However, the organisers cannot be held liable, for any injury to, loss of or damage to, personal or any other property, however caused except to the extent to which it results from the direct negligence of the organisers and where the organisers owed a duty of care. We advise you to take out insurance against accident and personal injury. It is the responsibility of those taking part in the walks to satisfy themselves that they are sufficiently fit and adequately attired for the walk. The walk leaders reserve the right to refuse any ill-equipped walkers.