



Cerdded

Conwy
Walks

Spring Walks 2017

Welcome!

21 April

Bluebell and Primrose Walk, Pensychnant

A short walk to see spring springing. Hopefully the spectacular bank of primroses at Oakwood will be in full bloom. Just one short but steep downhill for those of us with achy knees.

About 2½ miles on local footpaths.

Duration: 2 hours

Distance: 4km / 2.5 miles

Meet: Pensychnant Nature Conservation Centre, Sychnant Pass, Conwy, LL32 8BJ

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

Booking: Julian 01492 592595 jpt.pensychnant@btinternet.com

Easy/Moderate

Two Churches and a Pub, Conwy Valley

If you like history & old churches – you will like this walk!

We will catch the bus (payable or pass) from Tal y Bont to Caerhun, where we will visit the Church and learn about the Romans who lived in this area. We will then walk to Llanbedr y Cennin and visit another lovely old Church, before calling at The Bull for refreshments, just before we drop back down to Tal y Bont. This walk is mostly along country lanes, although we will also be crossing a couple of fields – so boots essential! Please note there are no toilets available in the village. Please bring water with you.

Duration: 2.5-3 hours

Distance: 6km / 4 miles

Meet: Y Bedol pub in the middle of Tal y Bont. We will meet in the parking area just to the left of the pub, Grid Ref: 767 689. Parking will be on the main road, opposite the school & pub.

Start: 9:45am to catch the no.19 bus at 10:00am (bus is payable or use a pass).

Booking: Ann Allen, 07580 545601 ann.e.allen@btopenworld.com

Easy

22 April

Y Garn from Nant Peris

A full day mountain walk to the summit of Y Garn, in the Glyderau range, Snowdonia. The walk begins from the Snowdonia National Park car park at Nant Peris. As the car park gets very busy at times, car shares are recommended. The steep ascent is quickly rewarded with views of the Llanberis pass towards Ynys Mon, and Llyn Padarn. On reaching the 3106 ft (947m) summit, the whole of the Snowdonia range can be seen in a spectacular panorama. A gradual descent can be followed with a well-earned drink in the Vaynol Arms. Y Garn is a 'real mountain' but no scrambling is required.

Duration: approx 6 hours

Distance: 8 miles / 13 km

Meet: Nant Peris SNP car park (pay and display approx. £5)

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

Booking: Graham Gill, 07713 540125 or 01745 832028, gvgill@outlook.com

Strenuous Mountain



22 April

Up Afon Porth Llwyd and down Afon Dulyn

We will walk up alongside the waterfalls of the Afon Porth Llwyd then along the leat to pick up the Afon Dulyn on its way to Tal y Bont. If the weather's kind to us we should enjoy some nice views of the Conwy valley.

Duration: half day

Distance: Approx 6 km / 4 miles

Meet: Meet on pavement outside Dolgarrog school, Conway Rd, LL32 8QE

Start: 10:00am for 10:15am start

Booking: Colin Devine on 07770 964716

Moderate

Hellebores and Hillforts, Abergele

A circular walk in the hills overlooking Abergele, offering scenic coastal views and an insight into the hidden history and wildlife of Coed y Gopa woods.

Duration: 2 hours

Distance: 4km / 2.5 miles

Meet: SH933 771, Tan y Gopa Road LL22 8DS. Follow signs for Abergele Golf Course. Just after the golf course, turn right. The wood entrance is then on the left after about 300m.

Start: 10:00am for 10.30am start

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

Moderate

23 April

Garreg Fawr and Bwlch y Ddeufaen

This walk will visit some of the pre-historic sites in the uplands above Llanfairfechan. There are good views across to Anglesey and along the Conwy Valley. Underfoot conditions on this walk will be wet; good boots are essential and gaiters recommended.

Sorry no dogs on this walk.

Duration: 4-5 hours

Distance: 9km/5.5miles. 320m/1000ft of ascent

Meet: At parking place by bridge near Nant y Coed Nature Reserve, Valley Road, Llanfairfechan. About 1.5km/1 mile from centre of Llanfairfechan. Grid reference SH 692 740

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

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

Moderate



23 April

North Wales Pilgrims' Way – Walk 1- Holywell to Llanasa

This is the first leg of the North Wales Pilgrims' Route from Holywell to Bardsey Island (133.9 miles). The remaining legs of the walk will be offered sequentially throughout 2017. For further information please contact Sue via the details below. This walk starts from Holywell, where the ruins of Basingwerk Abbey can be found. This is the site of St Winefride's Well, it is known as the 'Lourdes' of Wales. The legend of St Winefride, includes a murder, beheading, restoration of life and a nun. Come along to find out more on this walk. The walk is mainly along defined public footpaths and will end in Llanasa.

Duration: 5 hours

Distance: 14km / 9 miles

Meet: Parking at Shore Road, Gronant, LL19 9SS or park on side of road at Gronant and walk to Gronant Crossroads

Start: 9:30am for 9:45am to catch the 11M Arriva bus from Gronant Crossroads at 9:55am to Greenfield arriving 10:18am

Booking: Sue Hibbert 01352 711648 If leaving a message, please leave a **landline** number on which you can be reached.

Strenuous

5 May

Cuckoo Walk, Pencychnant

According to legend, centuries ago, the parish council of Dolwyddelan decided to build a high wall around the parish to keep the cuckoos therein all year round. We will be checking Pencychnant's walls! Hopefully we will hear the cuckoo, a species which has declined by 65% since 1980's. This is not a long walk but some steep rocky places. Bring provisions and binoculars.

Duration: 2 hours

Distance: 4km / 2.5 miles

Meet: Pencychnant Nature Conservation Centre, Sychnant Pass, Conwy, LL32 8BJ

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

Booking: Julian 01492 592595 jpt.pencychnant@btinternet.com

Easy/Moderate

Above the Coast – Bethesda to Abergwyngregyn

This walk includes ascents of Moel Faban, Gyrn and Moel Wnion. Moel Faban is an area rich in pre-historic artefacts, including a 'cairn cemetery'. There are good views of some of the northern Snowdonia ranges, Anglesey and Liverpool Bay. Underfoot conditions on this walk are likely to be wet; good boots are essential and gaiters recommended. We will travel to the start of the walk on service buses, so you will need the bus fare or pass.

Sorry no dogs on this walk.

Duration: 4.5-5.5 hours + around 45min travelling time

Distance: 10km/6miles. 480m/1500ft of ascent

Meet: Car park near bus stop at Abergwyngregyn. Grid reference SH 656 728

Start: 9:30am for 9:45am start. We will be catching the 9:48am bus for Bangor, please be prompt.

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

Moderate/Strenuous



5 May

From Llanrwst to the Tal y Cafn Station along the Conwy Valley Hills

We will take the train (payable) from the Tal y Cafn Station to Llanrwst Station and walk back on lanes and footpaths with spectacular views into the Carneddau mountain range and the Conwy estuary. A meandering lane through the Bodnant Estate (with Llyn Syberri and its farms/holiday cottages) leads us back to Tal y Cafn. There will be one steeper ascent from Llanrwst up to Llanddoged and one descent down nearly at the end of our walk.

Dogs on leads welcome on this walk.

Duration: 6+ hours

Distance: 14.5km / 9miles

Meet: Tal y Cafn Station (near A470) SH 787 717

Start: 10:15am to catch the 10:37am train.

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate

6 May

From Eglwysbach to Maenan and back through Bodnant Estate

We start at Eglwysbach School and walk on lanes and public footpaths in a south-west direction around Pennant to Maenan. Passing "Cadair Ifan Goch" we will take the lane to Llyn Syberri and follow it further to "Lletty". A steep path will lead us down back to Eglwysbach and "The BEE" if you wish. There will be one steeper ascent from Ty Nant up to Ty Mawr and one descent down from Lletty to Eglwysbach.

Dogs on leads welcome on this walk.

Duration: 5-6 hours

Distance: ~15km / 10 miles

Meet: Eglwysbach School car park, LL28 5UD, SH 803703

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

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate

Crimpiau, Crafnant

We'll walk up through the woods along the beautiful Crafnant valley to the end of Llyn Geirionydd and on to Crimpiau via forestry roads and old tracks. If we're lucky with the weather we'll be treated to wonderful views of the Snowdon range, the Ogwen valley, and the Carneddau.

Duration: 6-7 hours

Distance: Approx 12km / 8 miles

Meet: Meet at Trefriw car park opposite woollen mill. There are loos, a cafe and a shop near to our meeting point.

Start: 10:00am for a 10:15am start

Booking: Colin Devine 07770 964716

Strenuous



7 May

Parc Mawr - St. Celynin Old Parish Church, Llangelynin, Conwy

We will start this circular walk from a 'car park' (no sign) and meander on little paths with steps through Parc Mawr slowly uphill to join the North Wales Pilgrims' Way. This leads us to St. Celynin church, Llangelynin. The walk continues further up along the northern side of Craig Celynin to Maen Penddu, a standing stone. We will then walk parallel to Cefn Maen Amor to join a lane later, which leads us downhill back to our cars.

Please be prepared for all kind of winter weather and don't forget a warm drink and a snack.

Dogs on leads welcome on this walk.

Duration: 4-5 hours

Distance: 8 km / 5 miles

Meet: "car park" Parc Mawr, near Tanrallt Farm (Henryd LL32 8EZ) SH 760745

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

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate

You may also be interested in the following....at present there isn't a Wildlife Events programme for 2017 (we hope there will be one later in the year) so for now we have included two of the spring time walk/events below if you fancy going along.

13 May

Early Bird Walk, Llanfairfechan

Enjoy the sights and sounds of birds in the spring at Nant y Coed Local Nature Reserve, Llanfairfechan. Bring binoculars if you have them, strong boots and waterproofs. The first part is rough but accessible by electric wheelchair. The second part is steep but people can opt out of this part.

Sorry, no dogs.

Duration: 1.5 hours

Distance: 1 mile

Meet: In the car park on the hairpin bend on Newry Drive, Llanfairfechan. SH 695 740,

Start: 6:45am for a 7:00am start

Booking: Alun Jones 01492 575547

Easy/Moderate

30 May

Bryning with butterflies, Bryn Euryn

Join butterfly enthusiast Vic Hitchings and the reserve warden for a butterfly walk around Bryn Euryn. The walk route will involve steep and rocky terrain, in places. Bring strong boots and waterproofs.

Sorry, not suitable for wheelchairs and no dogs.

Duration: 1.5 hours

Distance: 1.5 miles

Meet: At Bryn Euryn car park, off Tan y Bryn Rd, Rhos on Sea.

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

Booking: Alun Jones 01492 575547

Easy/Moderate



Skills and Training

Map Reading and Navigation

We recognise that not everyone is able to go out on our guided walks because of family, work or other commitments. But are you keen to do more walking, but perhaps lack the confidence or skills to go walking independently?

Peter Collins and Merv Jones are considering putting on some route planning and map reading workshops outside of the fixed dates for Conwy Walks' guided walks. Would you like to attend one of these?

If so, contact Peter (details below) and discuss with him what you know about route planning and map reading, what you would like to know, how much time you've got and when you're available. If enough people are interested, then we'll organise some workshops through the early part of the year at times and places that suit as many people as possible.

There will be no charge for these workshops, but donations to Conwy Walks would be welcome.

Contact: Peter Collins - 01492 680353 If leaving a message, please give a **landline** number on which you can be reached.

**** 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.

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 i.e. 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. **Cont.....**

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.