



Cerdded

Conwy
Walks

Summer Walks 2017

Welcome!

23 June

2 Lakes and Ty Hyll, Capel Curig

We will walk into the Gwydir Forest and visit 2 of its quiet and less frequented lakes. After a descent to Ty Hyll, we cross to the south side of the Afon Llugwy and return to Capel Curig via the moorland and forest to the north east of Moel Siabod. The walk gives good views of the main Snowdonia ranges. Most of this route is on well defined footpaths and tracks, but parts are likely to be wet underfoot, so decent boots are essential. Sorry, no dogs on this walk.

Duration: 4.5-5.5hrs

Distance: 14km/8miles. 360m/1200ft of ascent

Meet: Siabod Café, Capel Curig. SH 727 578. Parking, toilets and refreshments available

Start: 09:30am for 09:45am start. (Sherpa bus service S2 from Betws y Coed arrives at Capel Curig at 09:20am).

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

Strenuous

24 June

North Wales Pilgrims Way – Walk 2 - Llanasa to St Asaph

This is the second section of the North Wales Pilgrim's Route from Holywell to Bardsey Island (133.9 miles).

Having walked the first section from Basingwerk Abbey, Holywell to Llanasa Church, Llanasa, as part of the spring programme this walk will start from Llanasa, with the group passing through, Trelawnyd, Tremeirchion and on to St Asaph Cathedral to end the section and collect our Pilgrim Passport Stamps along the way!

As this is a linear walk we will require a minibus or car share. Further information available when booking. Bookings for this walk must be received ASAP (start/mid June) to allow for the Minibus to be booked.

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

Duration: 6hrs

Distance: 12.2 miles / 19.6 km

Meet: Pay and Display Carpark adjacent to The Cathedral at SJ 039 303 Hen Esgobty, Upper Denbigh Road, St Asaph, LL17 0RL

Start: 8.45 am start - Transport details to follow at time of booking, it may be that we need to do a car share between St Asaph and Llanasa

Booking: To book people can either phone me on 01352 711648 leaving a message on the answerphone or email me at susan.hibbert@btinternet.com

Strenuous

25 June

Task and Trek, Llyn Eigiau

Using your navigational skills (we're happy to help where needed) you will find various points on the map given to you. At each point you reach you will collect an item that will help you succeed in completing a final task. This event is limited to ten people and is aimed at adults. Sorry no dogs.

The trek will take place on footpaths in the area, taking in views of lakes and mountains.

Duration: 6 hours

Distance: 12 km / 7 miles

Meet: car park by Llyn Eigiau, SH732 663

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

Booking: Clive Noble clivesccw@outlook.com

Moderate

30 June

Nant Gwynant Walk

From the car park we will walk along Afon Glaslyn over National Trust land and along the western side of Llyn Gwynant. After crossing and walking a very short distance between the lake bank and A498, we turn left up into Nant Gwynant woods. After the forest we walk over moorland and will reach a lane, which takes us back, passing Plas Gwynant. Dogs on leads welcome on this walk.

Duration: 5-6 hours

Distance: 10.5 km / 6.5miles

Meet: Nant Gwynant carpark, near Bethania Chapel Cafe (Watkin Path starting point) SH 627 507

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

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate



30 June

Colwyn Bay during World War II - First Walk

Why was Colwyn Bay really important during World War II? If it had been bombed, it would have caused more damage to the war effort than it did bombing the cities. Would you like to find out more? Come and join me for an evening stroll around Rhos-on-Sea and the edges of Colwyn Bay. There are some small slopes, which will be taken at a pace to suit the group.

Assistance dogs only, which must be kept on a short lead. Mobility Scooters can be used on the walk.

Duration: 2 hours

Distance: 2 miles

Meet: Rhos Promenade by Information Point (Opposite the Cayley Flyer) LL28 4EN.

Start: 6.45pm for 7:00pm start

Booking: Not required - Just turn up!

Easy

1 July

Hebog, Ogof and Llefn

A strenuous full day mountain walk from Beddgelert. Following tracks and paths to the 783m (2569ft) summit of Moel Hebog. Descending to Bwlch Meillionen and over Ogof and Llefn, with superb views of Snowdon and the Nantlle ridge. Also views west of Cardigan Bay and the Llyn peninsular. Returning via the Beddgelert forest.

Duration: Approx 7 hours

Distance: 10 miles / 16km

Meet: Caernarfon road (A4085) car park (£2 fee) grid ref SH 588 482. Nearest post code LL55 4UY.

Start: 10.15am for 10.30am start.

Booking: Graham Gill. gvgill@outlook.com, 07713540125. or 01745 832028.

Strenuous mountain

Ancient Woods and Ancient Ways

A scenic circular walk on the hillside below Tal y Fan, taking in Parc Mawr woods, Caer Bach hillfort, Maen Penddu standing stone and the historic Llangelynin Church.

The route follows sometimes rough and steep paths through woodland, fields and open common, following in the footsteps of generations living, working and worshipping in this spectacular landscape.

Duration: 4 hours

Distance: 8km / 5 miles

Meet: Parking in the layby at Parc Mawr woods, near Tanrallt Farm, Henryd, LL32 8EZ, SH760744

Start: 10am for 10.30am start

Booking: Essential. Contact Kylie on 0343 770 5785 or email kyliejonesmattock@woodlandtrust.org.uk

Moderate



2 July

Dyffryn Mymbyr

This walk will take us through the foothills of the southern Glyderau, an area made famous by Thomas Firbank in his book *I Bought a Mountain*. Great views of all the northern Snowdonia ranges and a spectacular view of the east face of Tryfan – the practice ground for the British members of the team that made the 1953 ascent of Everest. Underfoot conditions on this walk are likely to be wet; good boots are essential and gaiters recommended. There is a continuous ascent of around 480m/1500ft on this walk. We will be using the Sherpa bus service to reach the start of this walk at the Pen-y-Gwryd Hotel. You will need the bus fare or pass. Sorry no dogs on this walk.

Duration: 5-6hours.

Distance: 10km/6miles. 625m/2000ft of ascent

Meet: Siabod Café, Capel Curig. SH 727 578. Parking, toilets and refreshments available

Start: 9.00am for a 09.15am start. We will be catching the 09.20 Sherpa service, 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

7 July

Gwydyr Forest with the Hafna Mine, Llanrhychwyn Church and its lakes

From the Hafna Mine car park we will walk on forestry tracks and footpaths up to 'Pen Ucha'r Gwaith' and further on to visit the old church of Llanrhychwyn. A small lane leads us down to Llyn Geirionydd and we take a path up to Castell y Gwynt, which allows us to enjoy the lake from different heights. Llyn Glangors and a reservoir are two noteworthy places on our way back to the cars. Dogs on leads welcome on this walk.

Duration: 5-6 hours

Distance: 9 km / 5.5 miles

Meet: Car park "Hafna Mine", Gwydyr Forest (on lane to Llyn Sarnau) SH 781 601

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

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate

7 July

Colwyn Bay during World War II - Second Walk

Why was Colwyn Bay really important during World War II? If it had been bombed, it would have caused more damage to the war effort than it did bombing the cities.

Would you like to find out more? Come and join me for an evening stroll around the East End of Colwyn Bay and Eirias Park.



There are some slopes, which will be taken at a pace to suit the group.

Assistance dogs only, which must be kept on a short lead. Mobility Scooters can be used on the walk.

Duration: 2 hours

Distance: 2 miles

Meet: Theatr Colwyn, Abergele Rd, Colwyn Bay LL29 7RU.

Start: 6.30pm for 7.00pm start

Booking: Not required - Just turn up!

Easy

8 July

Nantgwynant 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: 5-6hr

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. Sherpa S2 service from Betws y Coed passes this lay-by at around 09.30

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

Strenuous

9 July

Wild Draw Tail!

Experience the Great Orme with Country Park wardens and learn about some of the wildlife that lives here. Follow a trail to learn more and then draw your favourite Great Orme animal in chalk in the wildflower garden for all to see. The best pictures will receive prizes.

This event is aimed at children (junior/primary age) accompanied by an adult. Footwear suitable for rough ground and warm, waterproof clothes are recommended. Alternatively, sun hats and sun cream might be advisable. Please come prepared for all weather! Not pushchair or wheelchair accessible

Duration: 2 hours

Distance: Approx. 1.6km / 1 mile

Meet: In the wildflower garden next to the Great Orme Country Park Visitor Centre (SH766833)

Start: 1.15pm for a 1:30pm start

Booking: Great Orme 01492 874151



Easy

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 some of the summer time walk/events below if you fancy going along.

25th June 2017

Great Orme Butterfly Trek

Come and join the Country Park Warden and members of North Wales Wildlife Trust, for an exploration of the Great Orme and its butterflies. We will roughly follow the route of the weekly butterfly survey undertaken by Country Park staff since 1991. Weather permitting, we will see the unique Great Orme races of both the silver studded blue and grayling butterflies as well as many other species which inhabit this spectacular coastal headland.

This walk involves both a steep descent to sea level and steep ascent to the summit of the Great Orme. It covers rough and uneven terrain throughout. Walking boots are essential as are wind and waterproof clothing, sun hats, sun cream and plenty to drink i.e. come prepared for all weather! Please bring your own packed lunch and drinks as we will have a lunch break at a suitable spot. Well behaved dog owners and dogs on leads welcome.

Duration: 4.5 hours (including breaks and lunch stop)

Distance: Approx. 4.8km / 3 miles

Meet: Meet outside the Country Park Visitor Centre near the summit of the Great Orme (SH766833). The car park is Pay & Display.

Start: 10:15am for a 10:30am start

Booking: Booking is essential (through North Wales Wildlife Trust). Please phone Mark Sheridan 01492 583820.

Strenuous

24 July

Bodlondeb Tree Quiz (bilingual event)

Have you always wondered what that tree was? Join Bodlondeb's site Warden for a walk and tree quiz for a fun way to identify the trees in Welsh and English. The quiz is suitable for older children and adults. Younger children can make leaf crowns as they walk. Some uneven ground. Bring strong boots and waterproofs. Children must be accompanied by an adult. Sorry, not suitable for wheelchairs. Dogs welcome on a lead.

Duration:1 hour

Distance: 1.6km / 1 mile.

Meet: at the entrance of the Council Offices at Bodlondeb. Car park at Bodlondeb.

Start: 9.45am for 10:00 am 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.

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

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.

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.