

TRAIL 6 – From the car park opposite the Woollen Mill, turn right on the main road and go over the bridge. Turn left up the hill after the Café, keep straight on and after the second set of crossroads, turn right (signposted Cemetery and Cowlyd). After the last house on the right (Ty Creigiau) turn on to a forestry track which leads, after 300m, to a junction by the water header reservoir. Take the lower, right hand track for approx. 250m, then turn left up a way-marked steep path to a wooden bridge over a ditch. Turn left immediately after the bridge and continue up to a forestry track. Turn right up the hill. At the junction, turn sharp left. Here the first footpath on the right leads up to the Trefriw Rock Cannon in about 100m. Return to the track and continue up through the forest to the Llyn Cowlyd road. Turn left down the road, passing the track to Gelli Newydd which is taken by Trail 7. Follow the road down to Trefriw Cemetery. Turn right by the cemetery wall and follow this path down and through the gate on to Crafnant Road. Turn left to the village.

Distance: 4.5km / 2.8 miles

TRAIL 7 - Follow Trail 6 to Gelli Newydd to reach the start point for trail 7. At Gelli Newydd, walk down the drive to the house, pass the water wheel and after the house, cross a ladder stile on your right. Turn left onto an old track along the edge of a field and across two streams. At the edge of the wood, turn left down to a stile. Continue through the wood to cross a wooden bridge. Go through two gates. After the second, turn sharp left down the hill to Crafnant Road. Turn right up the road for 250m. Follow a signed footpath left down to a bridge across the River Crafnant. Cross the stile, follow the fence and turn left on a track. Continue this way until reaching a rickety wooden bridge on your left. Leave the track here. Turn right onto a way-marked narrow ditch path before going right up four steps and through a gate into a field. Turn left and go through the opening to the next field. Cross this pasture to the gap in the hedge. Turn left and follow the fence to the woodland. Carry on through the trees, across a small stream and a field, to go through the children's playground. Turn left on the road. Go down to a T-junction and left over the bridge across the river. Follow roads down through Trefriw to the start.

Total distance (including part of Trail 6) : 9km / 5.6 miles



Trail
Trywydd



Main Image: Coed Cregiau (Trail 6)



Total distance: 9km (5.6 miles)