

Cerdded | Scenic Walk



Summary

This is a circular walk first along the lake then over farmland and moorland. From the top of Moel y Garnedd (360m), there are excellent views of the Arenig, Aran, Berwyn mountains and even as far as Cader Idris. Moel y Garnedd is named Gwastadros on some maps and known by locals as "Stadros". Optional detour to Llanycil church. The walk is partly over moorland and can be wet in places, therefore boots are advised.

Bala & Penllyn Tourism Association have checked the information given in this leaflet but changes may occur. You must be responsible for your own safety, please heed warnings, follow the Country Code & see Safety and Conduct information at www.GoBala.org (Information/Safety)

Tourist Information:	www.VisitBala.org or www.visitsnowdonia.info
Trails Information:	www.GoBala.org

Plan your Trip

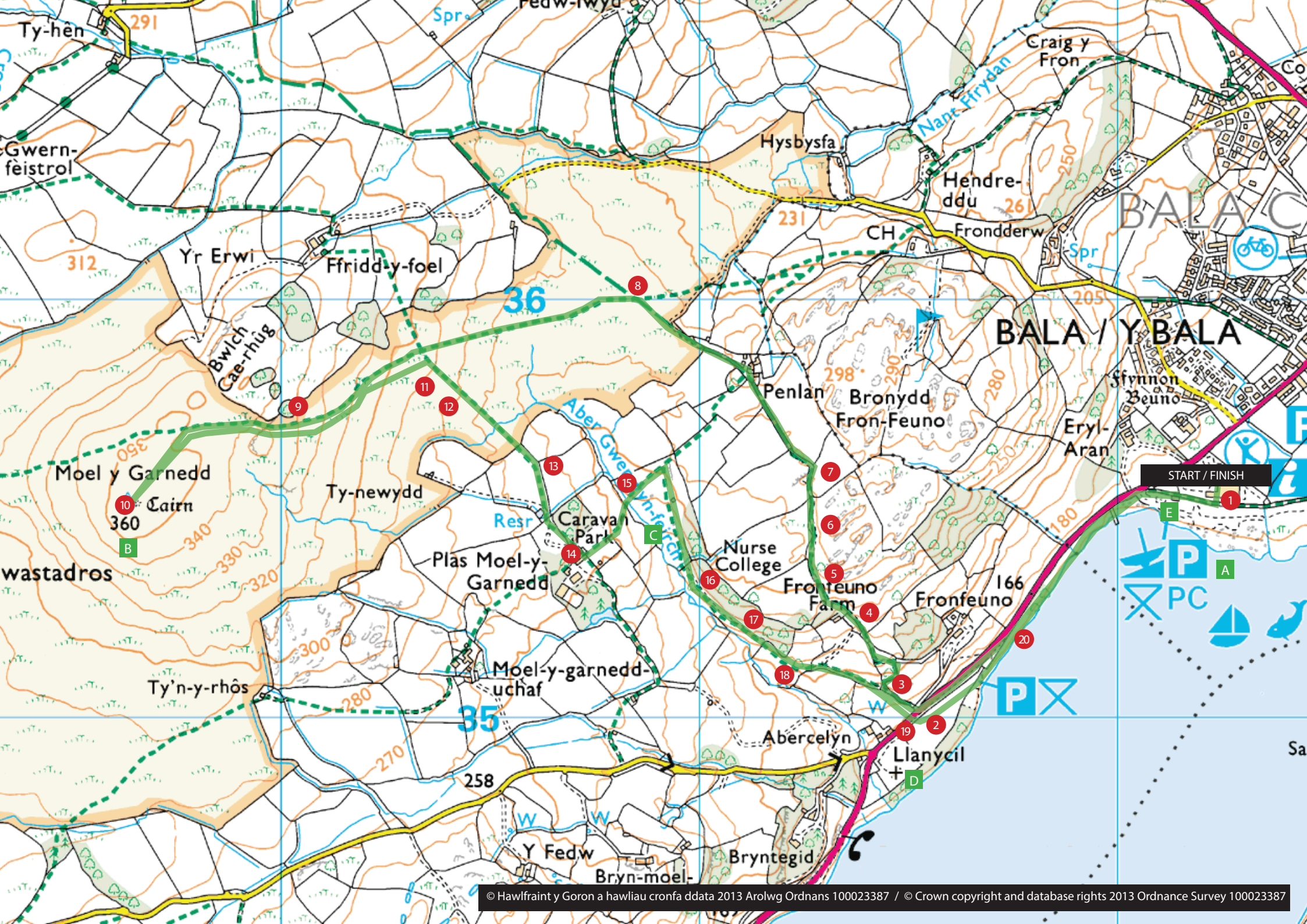
Distance	6½ km (4 miles)
Ascent	230 m (750 ft)
Time	2 - 3 hours
Map	OS OL23 or OL18, LR125
Terrain	Paths, busy-road, farmland, moorland, many stiles
Start / Finish	Leisure Centre, Pensarn Rd., Bala, LL23 7SR, SH922355
Parking	At start (Pay & Display)
Toilets	Leisure Centre and in Bala
Refreshments	Leisure Centre Cafe and in Bala
Public Transport	www.GoBala.org (Information/Public-transport)
Important	Crossing/along a busy road (pavement), children must be supervised. Moorland which may be wet – boots advised, many stiles

The Trail

- START** Leave Leisure Centre and turn left onto the pavement of the A494 towards Dolgellau **A** (alternative path along lake shore, may be wet and overgrown, but is away from the road, use steps to Fron Feuno car park to return to main road).
- Follow the pavement for approx. 1-km, just after the "Llanycil Drive Safely" sign, cross the road and take the middle entrance of three (Fron Feuno Farm), waymarked as a bridleway.
- After approx. 100m, bear right (waymarked) and go through a small gate (this is a detour passing to the right of the Farm). Continue uphill along the fence on your right, after a short distance bear left (waymarked) to continue steeply uphill, then bear left and swing right and then through a small gate. While recovering your breath, there are views over Lake Bala to the Berwyns and also the Aran ridge at the bottom of the lake to enjoy.
- Continue ahead through a (waymarked) field gate onto a track uphill, passing Fron Feuno Farm (no longer a farm) on your left and continue climbing up the track.
- Turn left at a waymarked post and follow the fence & the old field boundary, on your left - it will be wet here! Going to the right will miss the wet but there are gorse bushes instead.
- Go through a gate and continue with an old field boundary, on your left. To the left you will see Moel y Garnedd, while ahead, situated on the top of the hill, is the Golf Course – the location provides good views but a challenging course!
- At the fence corner (waymarked) turn left, continue now with the fence on your right to go through a gate then along the farm track and through a gate to Penlan Farm. Go through the farmyard, and continue along the farm access road until it swings right, with a gate straight-on providing access onto moorland on the left is Moel y Garnedd (SH 909359).
- Go through the gate, follow a track for approx. 100m then bear left. The path is now not clear - but the route is to the high ground ahead. Aim for the left of a clump of trees that are nearly at the top of the hill with other clumps of trees close to their right. If you keep to the right near the fence/wall and trees you will eventually pick-up the path again.
- After the clump of trees, continue ahead, over the brow, then swing left keeping an outcrop close on your left, locate a solitary rock on the near horizon. Then cross wet-ground aiming for where you think the rock is. Upon reaching the rock, the summit, marked by a trig-point, will be visible.

- From the summit of Moel y Garnedd (SH 896355) **B** there are views of the Berwyns and Penllyn Forest across the Lake with the Aran ridge at the bottom of the Lake, continuing clockwise Cader Idris can be seen in the distance while closer to (south-west) are Dduallt (comb shaped) and Rhobell Fawr (just behind Dduallt). To the north-west there are excellent views of the Arenig Fawr and Fach and to the north-east, Moel Emoel can be seen.
- The way back commences in the same direction as the ascent (for 850m), past the outcrop and downhill until just before a clump of (five) trees, on the left, there is a cross-path shown on the map, turn right aiming for a solitary tree and further on the Caravan Park.
- Pass an outcrop on your left then cross very wet ground/stream to reach a ladder stile/gate into a field, behind the outcrop is a structure, thought to be a shooting butts. To the right (uphill) is a ruin Ty-newydd (New House).
- Continue ahead and bear slightly right to a second gate which leads into the Caravan Park.
- Go through the Park, bearing right through the caravans towards the Park entrance, then turn left immediately before the Information & Games Room, go down a short lane between two cottages, through a gate, cross the field to a narrow gate.
- Cross the stream (Aber Gwenwyn-feirch) by a narrow bridge, and turn right, downstream, and descend to the woods.
- Cross a smaller stream and stile to enter the woods - the walk now follows a picturesque valley through woods (Nurse College), with bluebells in the spring, and a mountain stream on the right (Aber Gwenwyn-feirch) - the so called "poisoned stream" **C**.
- Continue on a waymarked path passing badger sets on the left.
- Leave the woods by a stile, at a fence corner, continue ahead down hill (waymarked) and go down the access road to Fron Feuno Farm to the main road (A494) rejoining the outward route.
- After crossing the A494 to the pavement, a short diversion right brings you to Llanycil Church **D**.
- After visiting the Church, retrace your steps and follow the A494 to Bala, at the Loch Café **E**, bear right on to elevated footpath (flood bank) after 150m you will arrive at the leisure Centre on your left.

FINISH



Ty-hên 291

Gwern-feistrol

Yr Erwi

Ffridd-y-foel

Hysbysfa

Hendre-ddu 261

Craig y Fron

BALAC

312

231

CH

Frondderw

205

36

BALA / Y BALA

Bwicheg
Cae-rhug

Penlan

Bronydd
Fron-Feuno

Sfynnau
Beuno

Eryl-
Aran

START / FINISH

Moel y Garnedd

Ty-newydd

Caravan
Park

Nurse
College

Fronfeuno
Farm

Fronfeuno

166

wastadros

Cairn
360

Plas Moel-y-
Garnedd

17

166

Ty'n-y-rhôs

Moel-y-garnedd-
uchaf

Abercelyn

Llanycil

PX

258

Y Fedw

Bryntegid

Bryn-moel-

A Llyn Tegid (Bala Lake), the largest natural lake in Wales, approx. 3½ miles long and 150ft deep, lies on the Bala – Tallyllyn geological fault-line. The basin was probably created by glacial erosion during the Ice Age. The Gwyniad, a survivor of the Ice-Age, is a species of whitefish, similar in features to a herring, is unique to the lake.



Local legend relates that the lake was formed as punishment for the misdemeanours of **Tegid Foel** (Tegid the Bald) - a local prince. His mansion, with all its occupants, were reputedly drowned one night during a drunken orgy, after guards neglected replacing the cover on a magic well which would otherwise overflow at night.

Only one survived – an itinerant harpist who was led out of danger by a small bird calling repeatedly, “Vengeance has come...”. When he awoke on the hillside in the morning he saw a huge lake filling the valley with his harp floating on its surface!

More recent tales exist about a monster lurking in the dark depths of the lake. In 1995 a Japanese mini submarine conducted a survey beneath the waters but did not find a monster!

B Moel y Garnedd (360m): ((Bare) Hill of the Cairn) at the summit is a “trig point” used by the Ordnance Survey as a reference point when making maps. A system know as triangulation

is used where the angles are measured, using a theodolite, from one “trig point” to other points. As the Ordnance Survey now uses a satellite based system, the majority of “trig points” are now redundant and in 1992 a scheme was launched to “adopt a trig pillar” whereby anybody could adopt a trig pillar as long as they maintained it and had the landowners consent. The moorland around the summit is Gwastadros (Flat or broad heathland) and known by locals as “Stadros”.



C Aber Gwenwyn-feirch The “Poisoned Stream”: Apparently after the battle of Naseby (1645), Oliver Cromwell instigated a hunt for Royalists - Rowland Vaughan, an ardent royalist, lived at Caer Gai, near Llanuwchllyn. Cromwell’s men came over the Berwyn Mountains and camped on the banks of the stream on their way to Caer Gai. Local women put leaves from a Yew Tree into the stream above the camp - the horses of the Cromwell’s men drank from the stream and were poisoned, allowing Rowland Vaughan to escape.

D Llanycil Church (The Secluded Church). When founded by St. Beuno in the 8th Century it was most certainly a sheltered peaceful location on the lake shore - this spot has been a constant place of Christian worship up to the end of 2003 when the doors were finally closed due to modern day maintenance costs, rules and bureaucracy. Llanycil Church has been purchased by the Bible Society who intends to make into a heritage centre. Many renowned

men are buried in the church cemetery – the most notable being the Rev. Thomas Charles, a prominent leader in the Methodist revival. Here also lies Dafydd Cadwaladr, father of Betsi Cadwaladr a well-known nurse who worked in a hospital in Balaclava during the Crimean war (see Betsi Cadwaladr Trail), and not forgetting Bob Tai’r Felin – who was well-known for his ballads and folk singing.



Mary Jones walked bare-foot from Llanfihangel-y-Pennant to Bala, in 1800, to buy a bible – a return journey of over 52 miles (see Mary Jones Trail). Thomas Charles had none left but gave her his own bible. This led to the formation of the Bible Society.

E Loch Café: the small wooden cafe was erected by William Meredith one of the first and best known local photographers.



Also see the **Wildlife Guide** on www.GoBala.org