

# Barmouth, Arthog Falls and Cregennen Lakes

13 Miles / 5-6 hours / difficulty - medium



Starting at the historic seaside resort of Barmouth, this route takes you past waterfalls and lakes, with stunning scenery all the way - returning to Dolgellau along the wonderful Mawddach Trail.

This walk is long but not very difficult. There are steep sections, rocky parts and areas that can be wet and slippery underfoot.

Start by leaving Barmouth over the railway bridge. Walk along the Mawddach Trail towards Dolgellau until you arrive, 2.5 miles later, at the small car-park at Arthog.



Go through the metal gate and turn right on to the tarmac road.



Follow this for approx. 50 yards until a sign post appears on your left. Go through the wooden gate and walk the path beyond.



This will lead you to the right hand side of a Church with a road in front of you.



Cross the road aiming slightly left and you will come across 2 stone steps and another gate.

This is a busy road, so please take care when crossing.



Go through the gate and head uphill following the obvious path which will soon have the river on the left.

When you reach a track turn left.



After a short distance take the second path on your right heading uphill and continue to the head of the falls. There is a little path here that leads to a viewing point and it is worth a visit, especially after heavy rains.



Continue on the original path, zig zagging uphill until you reach a massive tree with a wall beyond it.

Climb over the stile and follow the waymarked path keeping the river to your left. Go over another 3 stiles and through 2 gates until you reach a stone "bridge".



Cross the stream here and keep to an uphill path to your left, leading to a stoney track.



Walk along the track going through 2 farm style gates – here you will have your first glimpse of the Mawddach Estuary and Barmouth.



At the end of the track, you enter a field. Follow a path that is parallel to a ditch and an old stone wall.



After you've passed the old stone buildings, turn left in between two walls.



Go through a gap in the right hand wall and look for a stile ahead. Climb the stile and follow the waymarked path.



It is quite easy to navigate but one or two of the posts are missing. Follow those that are present and aim towards a cottage in the distance.



The posts will lead you to a tarmac road which takes you uphill to the cottage.



Turn right at the cottage and follow the road towards Cregennen Lakes.



Just as you first see the larger of the 2 lakes ahead, there is a post to your left pointing the way towards a stile and the continuation of this walk.

If you fancy, the lakes are a brilliant place to stop and have a little break.



When you continue, go to the stile, climb it and follow the path in front of you.



Keeping the slopes of Pared y Cefn - hir to your left and soon, a stone wall on your right continue for a little while.

After passing the lake, a finger post will point to a path to the right. **Ignore this path and continue ahead.** This section can be boggy so the right footwear is advisable.



The wall to your right will eventually come within touching distance and here it will end.



The grassy path will turn right; follow it downhill to a gate in a wall.



Pass through the gate and the gaps in 2 stone walls ahead. You will arrive at a farmer's track and eventually a metal gate



Go through the gate and continue on the track just a little further until you reach a surfaced road.

Continue ahead on the tarmac road with a stream to your right.



When you get to the old cemetery and chapel, take the small path going downhill to your right.



Go through the wooden gate and follow the tarmac road steep downhill.

This will lead to King's YHA, here continue on the tarmac road for about 1 mile (don't turn into King's premises).



At first the river Gwynant will be to your right



After crossing a stone bridge it will be to your left. Ignore all paths leading off this road.



Eventually you will get to a busy main road – (A493) Dolgellau to Fairbourne)



Cross the road and enter the driveway of Abergwynant Farm



On the farm, you will pass a small white cottage and a stone bridge to your left.



Then go through 2 metal gates. Beyond the second gate turn left on a forest track, with the Gwynant river to your left.



Continue on this path, ignoring any others leading off this, until you reach the Mawddach trail where you turn right to walk 4 miles back to Dolgellau.



Don't forget to enjoy the views, and a pint at the George III hotel at Penmaenpool.