





① From whichever starting point you choose, follow the Mawddach Trail towards point-1 (SH 657 169) just south of a headland jutting into the estuary. There is a Slow (horses) sign on the shore side of the path, and a somewhat overgrown and unmarked gate set back on the land-ward side. The picture above is taken approaching from the Arthog side. Head through the gate and up the steep, rocky, narrow and overgrown path to the forestry road that awaits at the top. This is one of the trickier sections of the route.

② At the large junction, there is the option to go either way around the loop of trail. The measured distance is based on turning Left here, but either direction will do. There are picnic sites a short distance in either direction.

