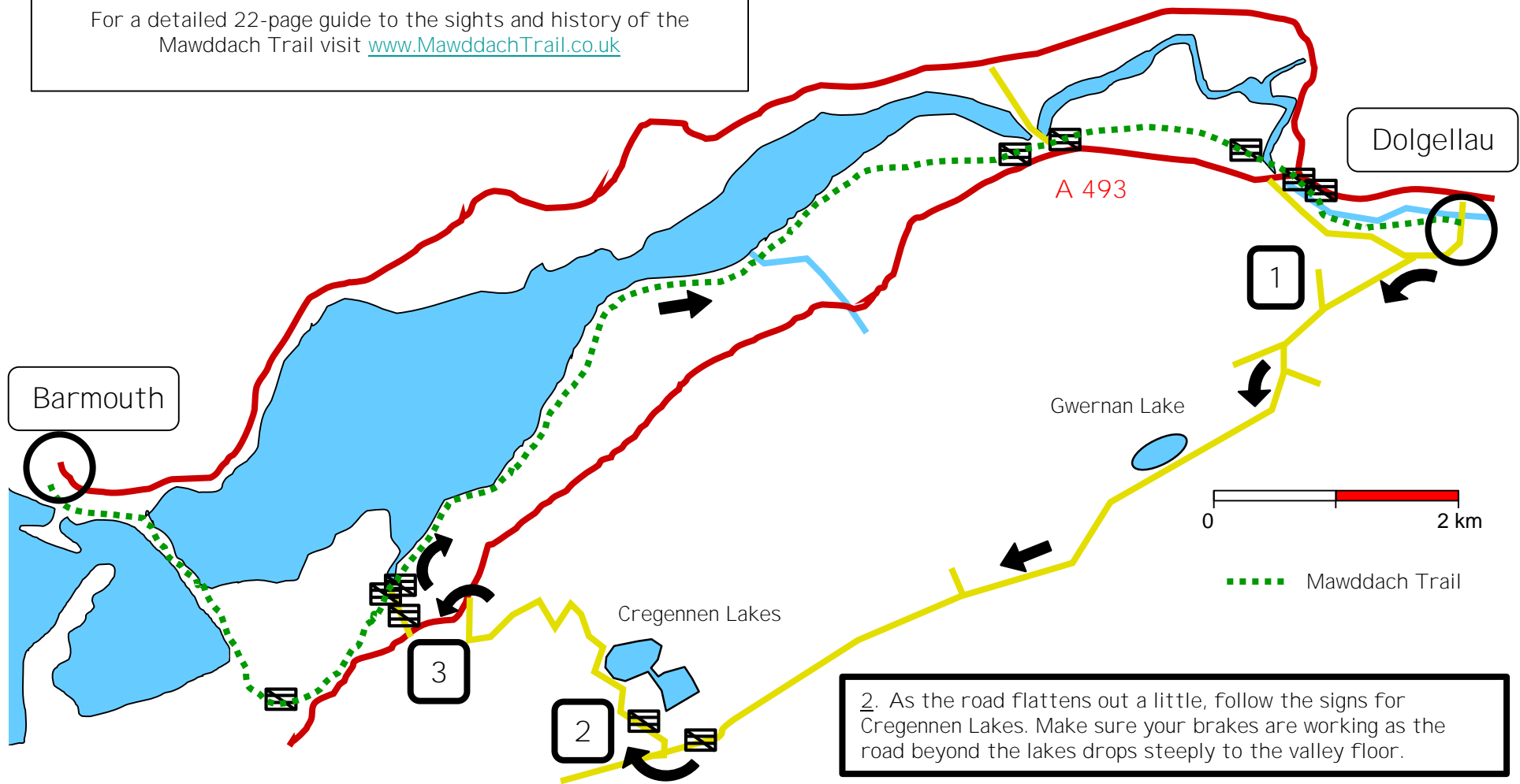


The Mawddach Trail via Cregennen Lakes: 23.8 km (14.8 miles) 501 m climb from Dolgellau

A popular and more challenging alternative to a "there and back" ride along the Mawddach Trail.

For a detailed 22-page guide to the sights and history of the Mawddach Trail visit www.MawddachTrail.co.uk



1. Exit Eldon Square, the main square in Dolgellau via Porth Canol, the road that runs below Ty Siamas. Opposite the old petrol station, turn left onto Cader Road and start climbing. Brace yourself, its pretty much uphill all the way to Cregennen.

2. As the road flattens out a little, follow the signs for Cregennen Lakes. Make sure your brakes are working as the road beyond the lakes drops steeply to the valley floor.

3. At the junction, turn left onto the A 493. Take care as it is busy and narrow. Beyond the church and an old barn converted into holiday homes, turn right onto a gated road heading across the flat estuary floor. The road crosses the Mawddach Trail just beyond a small car-park. Turn Left for Barmouth Bridge and Barmouth, or Right to head back to Dolgellau.