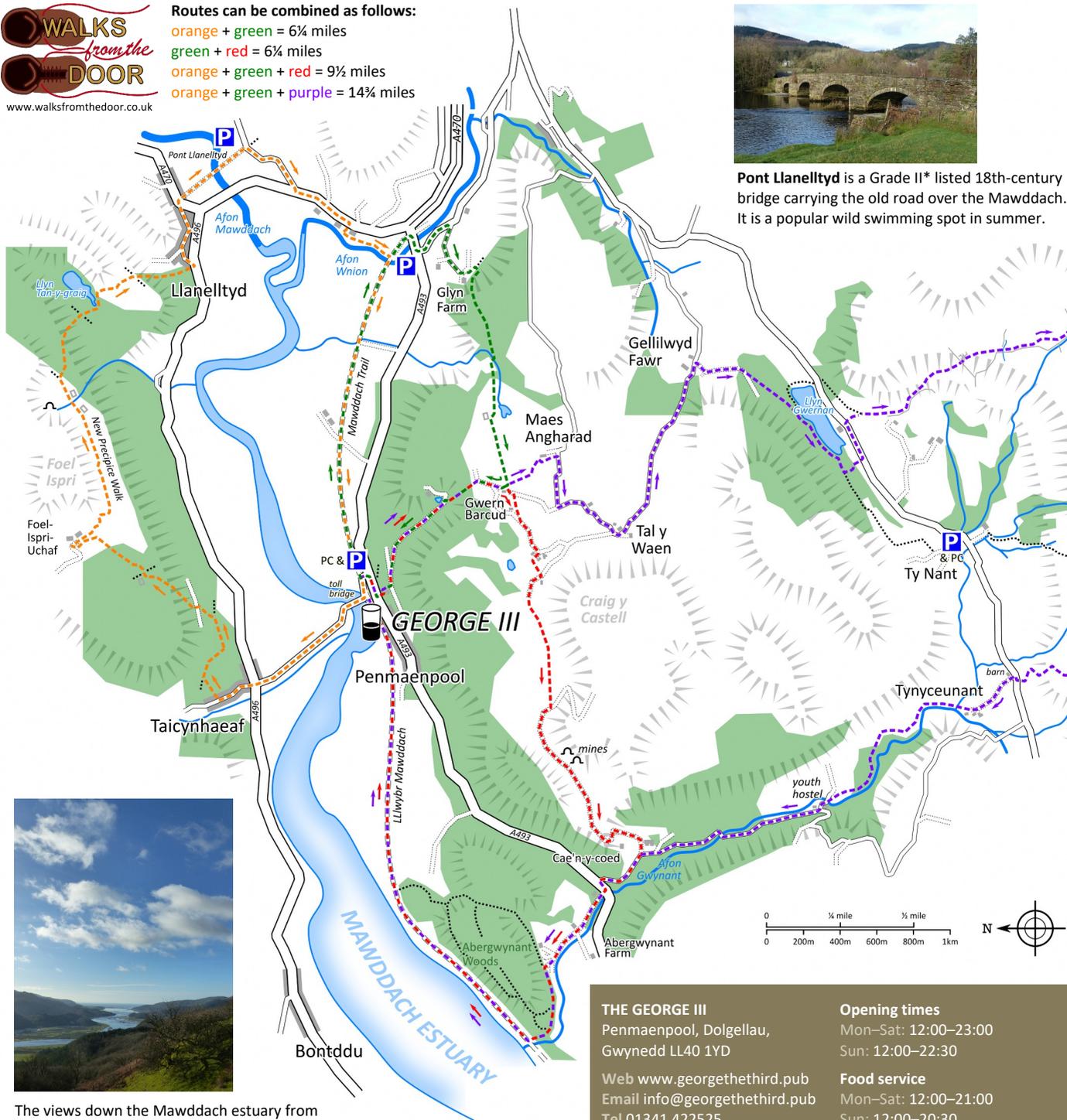


Routes can be combined as follows:

- orange + green = 6¼ miles
- green + red = 6¼ miles
- orange + green + red = 9½ miles
- orange + green + purple = 14¼ miles



Pont Llanelltyd is a Grade II* listed 18th-century bridge carrying the old road over the Mawddach. It is a popular wild swimming spot in summer.



Cadair Idris (893m, 2930ft) is second only to Snowdon on the list of most popular Welsh peaks. Its distinctive profile can be seen at some point from all of the walks presented here.

continued...
its generally seaward direction, passing below a slight crag under the main Cadair Idris ridge. **34** You should pass to the right of a round sheepfold and then left of the remains of a rectangular building as the path becomes progressively smoother and grassier. **35** Passing through a boggy area of springs, descend to meet the Pony Path just above a wall corner by a stream. **36** Cross the Pony Path to a gate in the wall opposite, and pick up an obvious path heading downhill and slightly left, away from the wall, to a low crag with a stream to your left. **37** Continue past a sheepfold and down a zig-zag section to a wall. **38** Bear left to a gate and walk out to the road. **39** Turn right then left by a barn (through a gate with a sign reading "Tyny-ceunant"). **40** Follow the track to the farm and walk straight past the entrance onto a path that bends right, descending to the confluence of two streams. **41** Cross the bridge and turn left along the riverside path; when it leaves the river, follow it across the hillside to a waymarked fork, where you keep left to a clapper bridge over a side-stream. **42** Bear left along the bottom of the next field to a short stretch of track, where you turn left through a hand-gate and follow the path as it continues down the valley. **43** The path leads through a gate into an open area, beyond which a further gate leads to a road. **44** Turn left over the bridge and past the youth hostel to a road junction. **45** Turn right and follow the road down the Gwynant valley for nearly a mile, crossing to the right-hand bank partway down, until you meet the main road.

Now follow steps **19–24** of the **Abergwynant** walk to return to the George III for well-deserved refreshment.

THE GEORGE III
Penmaenpool, Dolgellau,
Gwynedd LL40 1YD
Web www.georgethethird.pub
Email info@georgethethird.pub
Tel 01341 422525

Opening times
Mon–Sat: 12:00–23:00
Sun: 12:00–22:30
Food service
Mon–Sat: 12:00–21:00
Sun: 12:00–20:30



The views down the Mawddach estuary from the **New Precipice Walk** are rightly famous.

four circular walks from the

GEORGE III

PENMAENPOOL



Mawddach Trail (3¼ miles)

Along our adjacent rail trail and back via the scenic foothills of Cadair Idris.

Abergwynant (4½ miles)

Wooded hills behind the hotel, returning via the River Gwynant and Mawddach Trail.

New Precipice (5½ miles)

A superb viewpoint, a pretty lake and a level return through the marshes.

Three Lakes Walk (9¾ miles)

Glorious mountain lakes in the shadow of Cadair, returning via the Gwynant valley.

Mawddach Trail (3¼ miles: Moderate)

Allow 2 hours. One moderate climb and occasional rocky ground. Multiple stiles, and short sections may be muddy after rain.

1 From the front of the George III facing the river, turn right and cross the road by the bridge into the National Park car park. **2** Join the Mawddach Trail beyond and follow it for a little over a mile, with views over the estuary and marshes. **3** Cross the Afon Wnion on the old railway bridge and walk through the Bont y Wernddu car park to the A493. **4** Cross over and, instead of continuing along the Mawddach Trail, turn right to recross the river. **5** Turn left at the road junction (signposted 'Dolgellau') and follow the vergeless road for 300 yards. **6** By a postbox, turn right into a narrow lane that climbs a hill, and keep right through a pair of gateposts with a footpath sign. **7** Turn left through a gate at the entrance to Glyn Farm, then immediately bear right off the track along the wall to a step stile. **8** Climb the wall then swing right, behind the farm, to pick up a track heading left up a valley. **9** At the top of the slope, follow a grassy path alongside a wall to a corner, where you turn left then immediately right (ignoring a path ahead). **10** Descend to ford a stream to a stile by a gate into a field. **11** Turn left to another stile, beyond which bear right, climbing through the trees with the stream to your left. **12** At the top of the bank is a gateway, with a stone step-stile to the left. **13** Cross the next field to a stile in a fence, with the stream on your left, then bear slightly right to climb the neck of the narrowing field, with a pond below and to your left. **14** Near a ruin, cross a stone slab stile on your left and follow the wall beyond to a track. **15** Keep left to a gateway and cross the field ahead, between two low tree-capped, stony ridges. **16** Go through a gate in the garden wall of an isolated cottage (Gwern Barcud), and turn right to leave the garden via another gate in front of the house. **17** Follow a track across the grass then, before a gate, turn left over a ladder stile and then a step stile into trees. **18** Descend through the forest to emerge on a track above a triangular pond; turn left, downhill. **19** Just before a house, turn right onto a signposted footpath that winds through the garden down to the main road. **20** Turn right to return to the George III.

Abergwynant (4½ miles: Moderate)

Allow 2–3 hours. One moderate climb and some rocky ground. Multiple stiles; may be muddy in places.

1 From the front door of the George III facing the river, turn right and walk out to the main road. **2** Turn right past the rear of the pub. **3** Cross the road carefully and follow a signposted footpath leading half-left into a garden; the path winds below a house then leads up to a track. **4** Turn left and follow the track uphill, keeping right at a fork, until you reach a triangular pond. **5** Turn right at a waymark post onto a footpath that climbs through conifers. **6** Cross a

stile at the top of the wood into a field. **7** Cross the field to a ladder stile and join a track in the next field, following it to the right, then bear left between rocky hillocks to a gate in the wall of an isolated cottage (Gwern Barcud). **8** Pass to the left of the cottage and (ignoring a hand-gate on your left), leave the garden by the far gate. **9** Turn right beyond a telegraph pole and walk up a grassy valley. **10** Join a track to the left of a barn and bear left past a couple of gates with ladder stiles to a farm (Tyn-y-llwyn). **11** Go through a gate into the farmyard and turn right through two more gates, between barns, into a field. **12** Turn left to a stone barn at the top of the field and follow a track to the right, leading over the brow of a hill to a gate and ladder stile by a shallow ford. **13** Bear left and walk up the field, close to the wall on your left, to a gateway with a ladder stile. Continue along the wall below the rocky slopes on your left to another ladder stile in a corner towards the top of the hill. **14** Turn right along a track with a wall on your right. **15** The track curves left, away from the wall, with views down the Mawddach estuary to Barmouth Bridge, then rejoins the wall, passing two old mine entrances among the scree on your left. **16** Follow the track downhill, past a gate and ladder stile, then bend left and right to another gate and stile near a farm (Cae'n-y-Coed). **17** Ignoring paths signposted left and right, follow the track ahead downhill, past the former school (now a bunkhouse) to the public road. **18** Turn right and follow the lane down the valley of the Afon Gwynant to the main road. **19** Turn left briefly then, before the river, turn right onto the private road to Abergwynant Farm. **20** At a bridge, carry straight on with the river still on your left. **21** At a three-way fork, turn left through a gate, then keep right at the next fork to a gate into the wood. **22** Turn left along the track alongside the river, passing a lime-kiln on your left. **23** The track bends right, round the end of a hill, following the river, and eventually leads to the former railway bridge over the Afon Gwynant; turn right onto the Mawddach Trail. **24** Follow the Trail for a mile and a half back to the George III.

New Precipice Walk (5½ miles: Fairly strenuous)

Allow 3 hours. One stiff climb and a steep descent, with occasional rocky ground (though the New Precipice Walk, despite its name, is mostly level and involves minimal exposure). Uses the Penmaenpool Toll Bridge (20p per person on foot in 2019).

1 From the George III facing the river, turn right to the road, then cross the toll bridge over the Afon Mawddach, paying your fee at the booth on the left. **2** Follow the road beyond until you reach the A496 main road. **3** Cross carefully, take a few steps to the left, then turn right into Taicynhaeaf. **4** Follow the winding no-through road uphill for 200 yards between houses, then take a signposted footpath on the right. **5** This path climbs to a path junction, where you turn right (ignoring a stile into a garden on your right). **6** Continue to a former kissing gate and beyond through woodland, passing between rocky

outcrops and through a gap in a dry-stone wall before descending alongside a fence and then a tumbledown wall. **7** At a junction of paths with a yellow-topped waymark post, turn left and start to ascend again. **8** Ignoring a white-arrowed waymark indicating an alternative route to the right, continue straight ahead to meet a forest road. **9** Take the waymarked path opposite, which continues obliquely uphill through the trees. **10** This path climbs to a dry-stone wall, where the path bears right. **11** Cross another footpath by a waymark post and take the path ahead, which leads on up to a metal hand-gate in a wall. **12** Continue uphill to a wooden farm gate and then follow the field boundary towards a farm (Foel-Ispri-Uchaf). **13** Bear left below the farm buildings to join the metal track by the entrance gate. **14** Turn right and pass in front of the farm buildings then take the footpath on the right before the farmhouse. **15** Go through a couple of gates before emerging onto the open hillside. **16** Follow the level and well-made New Precipice Walk path through another gate, with fabulous views down the estuary over your right shoulder. **17** Continue along the contour past a series of benches then, beyond a wall, bear right downhill to a couple of ruined buildings, between which you cross a footbridge over a stream rushing steeply through the former gold mine. **18** Pass the ruined house and follow the woodland edge beyond to a ladder stile, where you cross the wall into the trees. **19** Follow the obvious descending path to your left through the woodland to reach a crossroads of paths, where you carry straight on through the conifers, shortly emerging by the outlet of Llyn Tan-y-Graig. **20** Walk round the end of the lake to a gate into open country; bear right then left, downhill, to a ladder stile by a field gate. **21** The path beyond descends steeply through deciduous woodland to a path alongside a stone wall; turn right and follow the wall downhill through a couple of gates to the road junction on the edge of the village of Llanelltyd. **22** Turn left and walk along the quiet village street. **23** Beyond an old bridge, keep straight on past a former chapel to the far end of the village. **24** Cross the main road and take the no-through road opposite, continuing past a gate to reach the old bridge (Pont Llanelltyd) across the River Mawddach. **25** Beyond the river, continue past a car park and the entrance to Cymer Abbey, bearing right at a road junction (ignoring the footpath ahead). **26** On meeting the main road, turn left along the combined pavement and cyclepath, passing a house on the right and the entrance to a kennels and cattery on the left. **27** Cross the road carefully opposite a house called Talrafon. **28** Bear right and left around the buildings to a bridge over a side-stream, beyond which turn left over a stile. **29** The path leads to the riverbank and emerges on the Mawddach Trail near the Bont y Wernddu car park. **30** Turn right over the Afon Wnion and follow the Mawddach Trail through the estuarine meadows and marshes for a little over a mile, back to the Penmaenpool Toll Bridge and the George III.



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Three Lakes Walk (9¾ miles: Strenuous)

Allow 5–6 hours. This route climbs to the foot of Cadair Idris over rocky ground and should not be attempted in bad weather. Stout footwear and waterproofs recommended. Paths may be muddy. Experienced walkers with a suitable map can continue from Llyn y Gadair up the loose and rocky Fox's Path to the summit of Cadair Idris, returning via the Pony Path, but this route is beyond the scope of this leaflet.

Follow steps **1–7** of the **Abergwynant** walk as far as Gwern Barcud.

8 Pass to the left of the cottage and exit the cottage garden by a metal hand-gate in the wall on your left. **9** Turn right and walk down the field past a waymarked telegraph pole to a gate beyond a stream. **10** Follow the fence uphill to the end of a farmhouse, where the path turns right over a ladder stile. **11** Turn left around and above the farm buildings to another ladder stile, and continue to a third into a narrow lane. **12** Turn right along the lane to a gate, and continue through the trees. **13** Go round a sharp left-hand bend and follow the lane for a further 350 yards to another gate and through a farm. **14** After a little over a mile's road walking you reach the long low farmhouse of Gellilwyd Fawr, at right angles to the road on your left. **15** Just after this and before a small barn, turn right onto a stony track through a gate with a wooden stile. **16** Pass a ruined barn on your right and bear slightly left across the hillside to a hand-gate into coniferous woodland. **17** Don't follow the track leading uphill, but bear left onto a gently descending footpath. **18** When you meet the lakeside path, turn right. **19** Pass the end of a wall and continue parallel to the lake shore to a wooden hand-gate. **20** Just before a tumbledown wall, turn left onto a permitted path along a boardwalk over the marshy ground at the head of the lake. **21** Climb the field beyond to some steps and through a gate into a road. **22** Turn left for 100 yards to the Gwernan Hotel. **23** Turn right through a metal hand-gate onto the Fox's Path and climb to meet a footpath that joins from the left. **24** Follow a wall on your right before leaving it to pass above a house and then rejoining it beyond. **25** Leave the wall and follow a path across the hillside. **26** An intermittently rocky section leads to a gate and ladder stile by an old sheepfold, beyond which the path continues to a hand-gate and plank bridge. **27** Follow wall and fence to a stream, which you follow briefly before crossing. **28** Cross a fairly level area before fording the stream flowing out of Llyn Gafr, which becomes visible to your left as you start to climb steeply. **29** A loose, rocky path continues to Llyn-y-Gadair, below the dramatic horseshoe of Cadair Idris. **30** Leave the Fox's Path here, instead following a narrow path to the *right* of the lake. **31** By a small inlet, follow the path right, away from the lake, across a chaotic area of landslipped rock below the dramatic scree and cliffs of Cyfrwy Arête. **32** The vague path, alternately rocky and grassy, winds through and over the hillocks – a small upright stone is a reassurance that you are on the right path. **33** At a vague fork, the path bears north (right) for a while before resuming