



Arthog Falls & Cregennan Lakes

MODERATE



Route Overview

- Distance: 13.7km (8.5 miles)
- Duration: 4 hours
- Route type: Circular

Before you start

Read the safety and route grading information on the Snowdonia National Park Authority website before you start your journey.

[snowdonia.gov.wales](https://www.snowdonia.gov.wales)



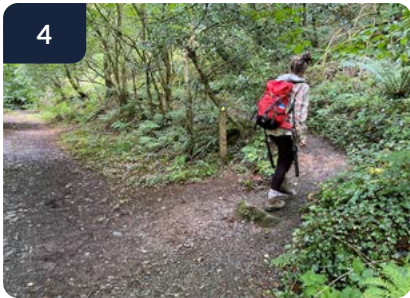
1 From the car park, turn right and walk along the road for about 100 metres to a public footpath on your left.



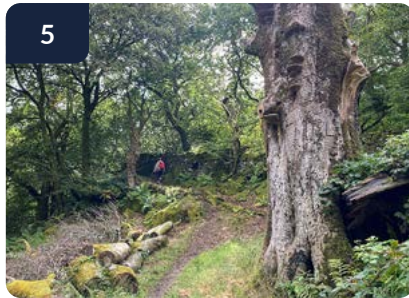
2 Go through the gate on your left, following the National Park waymarkers. Follow the path along the embankment and through the field towards St Catherine's Church and a kissing gate.



3 Go through the kissing gate, turn left and walk along the main road (A493) to the church gate. Take care along the road—it can be busy. Cross the road to the public footpath opposite the church gate and follow the path up the steps, into the woods.



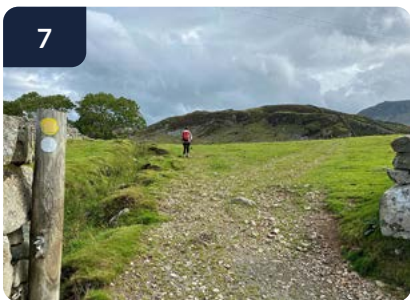
4 At the fork in the woodland footpath follow the path to the right keeping the river on your left. The path climbs up through the woods, at the bend in the path take a moment to enjoy the waterfall below.



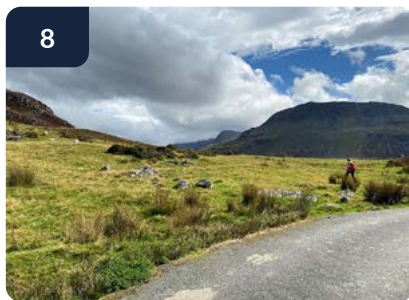
5 Follow the woodland path to the right to the top of the hill passing an enormous, old beech tree on your right. Go over the stile in the wall and continue along the path to the left, following the river for about 500m to a wooden stile and farm track.



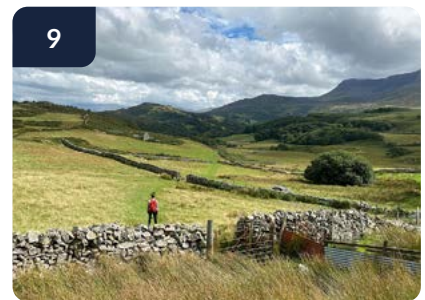
6 Go over the clapper bridge to join a farm track. Enjoy the view of Tyrrau Mawr. Turn left and continue along the track through two farm gates.



7 After the second farm gate, bear left following the waymarkers past a ruin and along the boundary wall aiming for the stile near the large boulders you can see in the distance. Go over the stile and follow the footpath and waymarkers until you reach a road. Turn right and walk up the road for about 650 metres.



8 At the waymarker at the top of the hill, you will see Cregennen lakes below. Follow the path to the left until you reach a stile in the wall. Go over the stile and continue along the path over rough heathland. To your left are the foothills of the Pared y Cefn-hir.



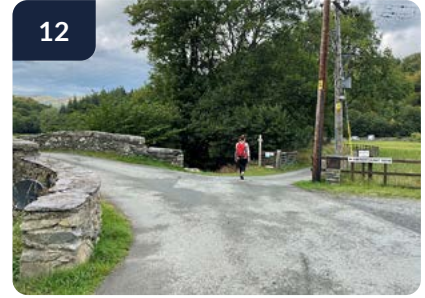
9 Continue along the path to a farm gate above Ty'n Lliart farm. Go through the gate and cross the fields to join a farm track. Turn left and follow the track down the valley to a country lane. Follow the road to the left for about 200 metres. You will reach the remains of a chapel on your left.



Follow the path to your right, opposite the chapel, down through the woods to rejoin the road above the Kings Youth Hostel. Walk along the road for about 1.5km.



Cross the main road (A493) towards the Abergwynant Farm entrance. Take care crossing the road. Continue along the driveway towards Abergwynant Farm to the bridge.



At the bridge, follow the public footpath to the right, keeping the river (Afon Gwynant) on your left. Keep left following the track through Abergwynant woods to the Mawddach Trail.



Turn left and follow the Mawddach Trail for about 4.5km back to the car park.