

**RIDE CYMRU**

TAKE ON THE WILD HEART OF WALES

# WELSH LANDSCAPES AND WALKING

## A RIDE CYMRU SUPPORTER'S ITINERARY

Four days exploring Wales's most spectacular scenery  
on foot, from sea cliffs to mountain summits

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## DAY 1 THURSDAY

### Llandudno and the Great Orme

A dramatic headland walk  
above the Irish Sea



# Day 1, Thursday **Llandudno**

## Great Orme Coastal Walk

The Great Orme is one of North Wales's finest walking destinations. The circular Marine Drive road hugs the clifftops for six miles (toll road for cars, free for walkers) with breathtaking views across the Irish Sea, Anglesey, and on clear days the Lake District and Isle of Man. Limestone grassland, nesting seabird colonies, and the free-roaming Kashmir goats make this feel like walking at the edge of the world.

**i** **Open access. Marine Drive open to walkers at all times.**

**MORE INFO:** [Great Orme](#)

## Conwy Mountain and Sychnant Pass

Just west of Conwy, the walk over Conwy Mountain at 244 metres via the Iron Age hillfort of Castell Caer offers magnificent views over the estuary, the castle, the mountains of Snowdonia beyond. The descent through the wooded Sychnant Pass completes a circular walk of about five miles. Moderate difficulty, suitable for most confident walkers.

**i** **Open access. No facilities on route. Carry water and snacks.**

**MORE INFO:** [Conwy walks](#)

## RSPB Conwy Nature Reserve

The RSPB's Conwy Nature Reserve on the estuary is an outstanding birdwatching location, with waders, wildfowl, kingfishers and migrating species using the lagoons and reedbeds throughout the year. Easy flat walking on boardwalks and paths with excellent hides, a visitor centre café and a shop.

**i** **Open daily all year, café 9.30am to 4.30pm. One trail section (Grey Heron Trail) may be partially closed for construction. A circular alternative is maintained. Check with staff on arrival.**

**MORE INFO:** [RSPB Conwy](#)



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## DAY 2 FRIDAY

### Snowdonia: Mawddach Estuary and Coed y Brenin

Ancient woodland, mountain rivers  
and one of Wales's great estuaries





## Day 2, Friday En route to Machynlleth

### Mawddach Estuary Trail

The Mawddach Trail follows a former railway line for nine miles along the edge of the beautiful Mawddach Estuary between Dolgellau and Barmouth. Golden sandbanks, oak woodland, mountain reflections and a dramatic estuary footbridge combine to make this one of the most scenic flat walks in Britain. John Ruskin called the Mawddach the most beautiful walk in the world. Dogs are welcome and there is a café at Penmaenpool halfway along.

**i** Open access at all times. No admission fee.

**MORE INFO:** [Mawddach Trail](#)

### Coed y Brenin Forest Park

Coed y Brenin, the Forest of the King, sits north of Dolgellau and offers a vast upland forest with walking and running trails through ancient oak woodland and across open moorland. The Visitor Centre has a café and excellent trail information. The Gold Trail at ten miles follows waterfalls and old gold-mine workings through spectacular scenery. This is also Wales's premier mountain biking destination, so all trails are well-maintained and clearly signed.

**i** Visitor Centre and café open daily. Forest trails accessible at all times.

**MORE INFO:** [Coed y Brenin](#)

### Cadair Idris: for Experienced Walkers

One of the great Welsh mountain walks, Cadair Idris at 893 metres rises dramatically above Dolgellau. The Pony Path from Ty-nant is the most straightforward ascent, taking around five hours return. It is a genuine mountain walk requiring appropriate clothing and footwear. Welsh legend holds that anyone who sleeps on Cadair Idris overnight wakes as either a poet or a madman.

**i** Open access mountain. Car park charges apply at Ty-nant. Allow a full day.

**MORE INFO:** [Cadair Idris](#)

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## DAY 3 SATURDAY

### Brecon Beacons: Wales's Roof

High moorland, spectacular  
waterfalls and volcanic peaks



# Day 3, Saturday Machynlleth to Brecon

## Pen y Fan and Corn Du

The most iconic walk in the Brecon Beacons and one of the most walked summits in Wales. The circular route from Pont ar Daf car park climbs to the flat-topped summits of Pen y Fan at 886 metres and neighbouring Corn Du at 873 metres, with their dramatic north-facing escarpment of red sandstone. Clear days bring views stretching to the Bristol Channel, the Malvern Hills, and even Snowdonia. Allow three to four hours. Appropriate footwear is essential.

- i** **Open access mountain. Car park charges apply. Very busy on Saturdays so arrive early to secure parking.**

**MORE INFO:** [Pen y Fan walks](#)

## Waterfall Country: Four Falls Walk

In the upper Neath and Mellte valleys, a spectacular series of waterfalls cascade through ancient oak woodland in one of the most beautiful landscapes in Wales. The Four Falls Walk covers five miles and takes around three hours, visiting Sgwd Clun-Gwyn, Sgwd y Pannwr, Sgwd Isaf Clun-Gwyn, and the stunning Sgwd yr Eira where you walk behind the curtain of water. Good boots are essential as paths can be very muddy.

- i** **Open access. Car parks charge. Proper boots strongly recommended.**
- MORE INFO:** [Waterfall Country](#)

## Llangorse Lake and the Black Mountains Ridge

Llangorse Lake is the largest natural lake in South Wales, surrounded by wetland and mountain scenery. A circular walk around the lake covers four miles and passes the site of Wales's only crannog, an ancient artificial island dwelling. For a longer challenge, the Black Mountains ridge walk from Pen y Beacon to Hay Bluff at four miles one way offers vast panoramas over the Wye Valley. It is one of the finest ridge walks in Britain.

- i** **Open access. Llangorse has a small car park and café nearby.**
- MORE INFO:** [Bannau Brycheiniog National Park](#)



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## DAY 4 SUNDAY

### Cardiff and the Vale: Valleys, Castles and Coast

Urban greenery, a wooded river gorge  
and a dramatic heritage coastline





# Day 4, Sunday Brecon to Cardiff

## Taff Trail: Fforest Fawr to Tongwynlais

Your cyclists will arrive in Cardiff parallel to the Taff Trail and you can walk a section yourself to get a feel for their journey. The stretch from Fforest Fawr through Tongwynlais, passing beneath the fairy-tale turrets of Castell Coch, is particularly beautiful. A wooded river gorge gives way to the edge of the city, and the path is flat, well-surfaced and suitable for all fitness levels.

**i** Open access at all times.

**MORE INFO:** [Taff Trail](#)

## Cosmeston Lakes Country Park

South of Cardiff near Penarth, Cosmeston Lakes is a 100-hectare country park on former limestone quarries, with two large lakes, woodland, meadows, and a reconstructed 14th-century medieval village. The flat lakeside paths are perfect for a Sunday morning stroll, with superb birdwatching. Great crested grebes, herons and kingfishers are regulars. Entry to the park is free.

**i** Open daily, free entry to the park.  
Medieval Village open daily in summer.

**MORE INFO:** [Cosmeston Lakes](#)

## Penarth and the Vale of Glamorgan Heritage Coast

The clifftop walk south from Penarth reveals a Wales many visitors never see: dramatic carboniferous limestone cliffs, hidden coves, and wide views across the Bristol Channel to Somerset and Devon. The Heritage Coast path towards Ogmore-by-Sea is one of Wales's most underrated walking routes. Take the short ferry from Cardiff Bay to Penarth for a morning coastal walk before returning to meet your cyclists in the city.

**i** Open access coastal path.  
Ferry from Cardiff Bay operates at weekends.

**MORE INFO:** [Vale of Glamorgan Heritage Coast](#)

**i** **Tip:** Cardiff Bay is the perfect base for Day 4. Park once, walk to the waterfront, take the ferry to Penarth for a morning coastal walk, return for lunch in the Bay, then head into the city centre to cheer the riders home.

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# GOOD LUCK, ENJOY THE WELSH LANDSCAPES

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