

# betws-y-coed

...and surrounding towns & villages



## The Gateway to Snowdonia... Y Porth i Eryri...



National Park / Forests / Lakes / Rivers / Mountains /  
Walking / Cycling / Outdoor Adventure / Attractions /  
Trekking / Nature / Wildlife / Art / Leisure

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**Welcome to...** Fresh, clean air, mountains, lakes, rivers, outdoor adventure, nature, trekking, cycling, climbing – or just relaxing in the unspoiled mountain and forest environs of Parc Eryri / Snowdonia National Park. **Welcome to** Betws-y-Coed – the gateway to Snowdonia/Eryri and the outdoor adventure capital of Britain.

Nestling in the heart of the Gwydir forest, at the confluence of four stunningly beautiful forested valleys, Betws-y-Coed is the gateway to Parc Eryri / Snowdonia National Park. It lies amidst a wonderful natural landscape of wooded river valleys, hills, hidden lakes and waterfalls and the foothills of some of the highest mountains in England and Wales including Yr Wyddfa / Snowdon itself.

The surrounding area is delightful walking and cycling country where you can escape the crowds and enjoy the peace and tranquillity of nature. Within minutes of the village you can be strolling or cycling quietly by the river, or climbing energetically up through the hills for magnificent views down the valley below and across towards the mountains.

Betws-y-Coed and the surrounding villages are perfectly located as a base from which to explore the exciting and varied attractions of North Wales, many of which are within a 30 minute drive, including wide sandy beaches and traditional seaside towns, historic slate landscapes, stately homes and beautiful gardens, medieval castles, adventure activity centres, underground caverns and more!

The Betws-y-Coed & District  
Tourism Association Welcomes you!

[visitbetwsycoed.co.uk](http://visitbetwsycoed.co.uk)



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# Gwydir Forest

## Betws y Coed Village

-  Garage
-  Petrol Station
-  Post Office
-  Church
-  Tourist Information
-  Train Station
-  Bus Stop
-  Parking
-  Toilets
-  ATM

-  A Road
-  B Road
-  Trails, Lanes & Footpaths
-  Railway
-  Built up area

\* Roads and tracks on this map are diagrammatic only and not to scale.





# Activities in Betws-y-Coed & the surrounding area

The areas surrounding Betws-y-Coed have something for everyone, whether you're looking for stunning scenery, adventure, history, or quiet relaxation. Explore our forests, moorlands, rivers, lakes and waterfalls along the many paths, trails and tracks which criss-cross the landscape. Most paths are signposted and maps and guides are available at the visitors centre in Betws-y-Coed.



Other activities include river and lake **fishing** in the rivers Llugwy and Conwy and Llyn Crafnant. Other lakes have private fishing. Permits are required in all locations. Contact [www.betws-y-coed-anglers.org](http://www.betws-y-coed-anglers.org) for more details. **Pony trekking** for novices is available in Penmachno; more experienced horse riders can explore the forest tracks at their leisure.

Betws has its own nine hole **golf course** which welcomes day visitors. Further afield, Conwy and Llandudno have larger golf courses set in beautiful coastal settings. Opportunities for **wild swimming** abound in local lakes, pools and rivers but take care and mind the prohibition notices. For the less adventurous The Waterloo Hotel has a swimming pool and gym and welcomes day visitors. Llanrwst also has public swimming baths.

There are a number of opportunities for water sports enthusiasts including **canoeing and kayaking** on certain stretches of local rivers. Llyn Geirionydd is also excellent for most types of **water sports**. Local outdoor activity companies also offer **gorge walking** and **canyoning**. The area also has excellent **mountain biking** trails including Gwydir, Penmachno and Antur Stiniog trails. Bike hire is available locally.

For adrenaline junkies there are several activity sites nearby offering adventures as varied as zip wiring, caving, woodland roller coasters. Plus you can explore the slate mines with a unique mine exploration adventure and sleep deep inside one of these mines.

For garden and wild life lovers explore the wild flower garden of **Ty Hyll** (Ugly House) which is maintained by Snowdonia Society, the National Trust gardens at **Bodnant** and the gardens of **Gwydir Castle**. Sites of historic interest abound locally including the deserted mining village of Rhiwddolion, Ty Mawr home of the first translation of the bible into Welsh and industrial heritage sites of the old mines of the Gwydir forest.



Laburnum\_Arch\_Bodnant\_Garden © Creative Commons Bodnant Garden



01



**Swallow Falls** This famous beauty spot with its dramatic waterfall is easily accessible from the village of Betws-y-Coed; just 2 miles to the north.

The walk is easy and mostly flat. It is varied and scenic, along the valley of the river Llugwy and a track through the Gwydir forest. A circular route is possible – see below.

The start point is the **Pont y Pair bridge**, where the river tumbles over huge rocks in the centre of Betws-y-Coed. Turning left on the far side of the bridge a track comes into view close by the river. This leads to a boardwalk and then along the river valley to the **Miner's Bridge**. Immediately on the right at the top of the steps a straight track through the forest eventually turns left for about 50 metres onto the main road. About ¼ mile further is the entrance to Swallow Falls. The dramatic and explosive force of the falls comes into view and the experience is heightened by descending the steps to the gallery at the bottom.

To complete a circular walk continue ½ mile to **Ty Hyll** – very quaint and well worth the extra walk. Steps adjacent to the small car park lead down to the river where a track eventually leads back to Betws-y-Coed. (There are several tracks on the way but they all lead in the same direction) On the way there is a view point where **Swallow Falls** can be seen from the opposite side.



**Time (hours):**  
2 hours to Swallow Falls, 3.5 – 4 hours circular walk.

**Distance:** 2 miles (4.5 miles circular)  
**Difficulty:** easy



**Map Ref:** SH 765 578  
**Latitude:** 53.103058  
**Longitude:** -3.8461349

02



## Moel Siabod

The closest of Eryri / Snowdonia's mountains to Betws-y-Coed; an isolated pyramid – shaped peak just 4 miles to the north of the village which enjoys spectacular views across Eryri / Snowdonia.

There are two main routes which ascend **Moel Siabod**, both starting from **Bryn Glo** car park on the A5 north of Betws-y-Coed. The more difficult route, which is fairly easy for most of the ascent, begins almost opposite the **Bryn Glo** car park between Betws-y-Coed and Capel Curig. The walk is on wide tracks up a gentle gradient which affords lovely views of the Llugwy valley below. It meanders past small lakes and a spectacular quarry lake ringed by vertical buttresses. Shortly after traversing another, larger lake – **Llyn y Foel**, the summit involves some difficult scrambling and is marked with a trig point with a welcome stone shelter nearby.

The descent to Capel Curig on the north-eastern side is much more gentle but not well marked although a track soon becomes clear. This alternative route starts opposite the former Siabod cafe car park on the A5 in Capel Curig. This route is not waymarked so proficient map reading or route directions are advisable. No scrambling is involved.



**Time (hours):**  
3 / 4 hours

**Distance:** 5.5 miles

**Difficulty:** strenuous / difficult (depending on route)



**Map Ref:** SH 709 548  
**Latitude:** 53.074780  
**Longitude:** -3.9285238





## Llyn Elsi

On the doorstep of Betws-y-Coed, Llyn Elsi is one of the many beautiful lakes in Gwydir Forest which surrounds the village. It enjoys panoramic views of Eryri / Snowdonia's mountain summits.

There are several routes up to the lake. The most direct starts behind **St Mary's Church** in the centre of the village. This is fairly strenuous and steep for the first 500 metres. There are waymarkers all the way and diverging tracks which should be ignored until an obvious T-junction is reached with no way forward. Turning left here then right after 400 metres by **standing stones** leads to the lake and to the **monument** from which there is a great panorama of the lake and the mountains. There is a waymarked route around the lake.

There is a more scenic route, which is more interesting and varied but is not waymarked and requires detailed directions. This starts at the **Pont y Pair Bridge** in the village centre and follows the river Llugwy to the **Miner's bridge**. Crossing the main A5 on the other side of the bridge leads across stiles and fields and past disused quarry workings on tracks which eventually lead to the **monument** overlooking the lake.



### Time (hours):

2 hours (3.5 hours circular walk).

### Difficulty:

strenuous in parts

### Distance: Direct :

2 miles (4.5 miles circular) Scenic

3.5 miles (5 miles circular)



**Map Ref:** SH 792 568  
**Latitude:** 53.094692  
**Longitude:** -3.8054516



## Fairy Glen & Conwy Falls

An easy walk to a spectacular river gorge, and waterfalls.

From the centre of the village walk south along the main A5 to the Cotswold shop on the right and take the adjacent side road uphill.

After about 1.5 miles at a T - junction turn left across the bridge and immediately right up a track on the opposite side of the road following the signs. The entrance is a small porch with a pay box. There is an entrance fee.

For Conwy Falls, walk straight past the entrance and continue for about 0.75 mile through to the Conwy Falls café large car park. The entrance to **Conwy Falls** is beside the café (also the **Go Below** pick-up point). An entrance fee is payable.



### Time (hours):

2 hours

### Distance:

2.5 miles / 4 miles

**Difficulty:** easy



### Fairy Glen

**Map Ref:** SH 798 546  
**Latitude:** 53.075680  
**Longitude:** -3.7951688



### Conwy Falls

**Map Ref:** SH 810 535  
**Latitude:** 53.065745  
**Longitude:** -3.775933



## Gwydir Forest & Llyn Parc (and other circular walks)

An interestingly varied and well waymarked circular walk along tracks through Gwydir Forest to the serene Llyn Parc.

Cross the Pont y Pair Bridge in the centre of Betws-y-Coed and walk uphill along the main road for approximately 100 yards until you reach the first road on the right. After approx. 350 yards there is a wooden post in the ground with coloured footprint signs (**there are other circular waymarked walks from here**). Follow the white on BLUE footprint sign round to the left past houses with black weatherboarding. Continue along this track following the blue waymarkers through the forest.

At the junction with another wide forest road turn right (the blue footprint sign points to the left here) and you will see **Llyn Parc** 100 yards on the left.

At this point you will see a prominent sign back to Betws-y-Coed. Follow this along a narrow track past a waterfall and stream until you reach a junction with another wide forest road. Turn right here and after about 0.5 mile turn left at the junction just above the village.



**Time (hours):**  
2 hours

**Distance:**  
3.5 miles

**Difficulty:** moderate



**Map Ref:** SH 79124 56782  
**Latitude:** 53.094379  
**Longitude:** -3.8063231



Dolwyddelan Castle © Creative Commons, Jeff Buck

## Dolwyddelan

A circular walk along a hidden valley above a pretty village on the main road between Betws-y-Coed and Blaenau Ffestiniog, past an ancient Welsh castle.

From the car park by the railway station turn left over the railway and right immediately after the bridge following a road which rises steeply into the hidden valley of the river Lledr. Continue past the “Gwyndy” farmhouse and turn right immediately before a cottage on the left. After a steep climb the track emerges onto open hillside with fine views across the mountains. Descend along a track to stone houses beyond a small stream. After a gate a path on the left goes through a small field and crosses an old stone footbridge eventually meeting the main A470.

Cross the main road past Roman Bridge railway station and follow signed footpaths which lead to a farm then right on a signed footpath across gates and stiles towards **Dolwyddelan castle**. From here follow the main road back to the village.



**Time (hours):**  
3-4 hours

**Distance:** 6 miles

**Difficulty:** moderate



**Map Ref:** SH 73768 52139  
**Latitude:** 53.0521285  
**Longitude:** -3.8847154

## Other Walks



There are many more lovely walks from Betws-y-Coed. Detailed routes can be found in local guide books available from Betws-y-Coed Visitor Information Centre and include:

- 07 The long distance Slate Trail** offers a long distance walk passing through Penmachno, Betws-y-coed and Capel Curig.  
**[snowdoniaslatetrail.org](http://snowdoniaslatetrail.org)**
- 08 St Michael's Church Village circular walk**  
A short, easy but peaceful walk alongside the Rivers Conwy and Llugwy from the back of the railway station. The walk passes the "Sapper's Bridge" and the oldest building in the village, the charmingly quaint St. Michaels's church.
- 09 Capel Curig**  
4 miles north of Betws-y-Coed, an easy circular 4.5 mile walk with two classic panoramas of the complete Yr Wyddfa / Snowdon Horseshoe to savour; the first reflected in the tranquil waters of Llyn Mymbyr; and the second a wider, more elevated view from the Capel Curig Pinnacles.
- 10 The Llugwy and Lledr Valleys**  
A long and strenuous 8 mile walk beside the beautiful river valleys of the Llugwy and Lledr with a climb up the Roman Sarn Helen, and over the broad wooded ridge separating the river valleys.
- 11 Mynydd Garthmyn and Capel Garmon Burial Chamber**  
A fairly strenuous 6 mile walk featuring a classic viewpoint over the village and the remains of a neolithic burial chamber; then down to the Conwy Falls
- 12 Llyn Sarnau and Llanrwst Mine Engine House**  
A moderate 5.5 mile circular walk along mainly waymarked trails through Gwydir Forest and along the lovely Llugwy valley
- 12 Hafna Mine**  
A moderate 3.5 mile walk exploring the once-thriving lead mining sites that dominated the upland slopes of Gwydir Forest

## Travel & Parking

Betws-y-Coed is easily accessible from across the UK as it is located at the junction of the two trunk roads and has local rail and bus connections to transport hubs.

### Coming by car

Betws-y-Coed is at the junction of the A5 (London to Holyhead) and A470 (Cardiff to Llandudno) trunk roads, which connect to the wider motorway network to the north and south. There is a large public car park just past Betws-y-Coed railway station, and public parking is available in all local towns and villages. The area is excellent for touring by car with mountain scenery, castles, attractions and the coast all within 30 minute drive of Betws-y-Coed.

### Regular train and bus services

Betws-y-Coed and nearby Llanrwst, plus several other smaller villages, are on the Conwy Valley railway line which runs between Llandudno and Blaenau Ffestiniog and connects to mainline services at Llandudno Junction. There are several narrow gauge railways which also take you deeper into Eryri / Snowdonia through breathtaking scenery.

Local bus services connect Betws-y-Coed and the surrounding towns and villages, as well as Bangor and Corwen slightly further afield. During the season, the Sherpa park and ride bus service network connects Betws-y-Coed with key locations in Eryri / Snowdonia, including at Yr Wyddfa / Snowdon trail heads!

### On your bike

There are miles of forest trails and road cycling routes connecting Betws-y-Coed, the surrounding villages, and leading out into Eryri / Snowdonia. Bike hire is available locally so you can leave the car behind and switch to two wheels instead!

## Area Map & Information





# Key

## Walks

- 01 Swallow Falls
- 02 Moel Siabod
- 03 Llyn Elsi
- 04 Fairy Glen & Conwy Falls
- 05 Gwydir Forest & Llyn Parc (and other circular walks)
- 06 Dolwyddelan
- 07 The Long Distance Slate Trail
- 08 St Michael's Church Village circular walk
- 09 Capel Curig
- 10 The Llugwy and Lledr Valleys
- 11 Mynydd Garthmyn & Capel Garmon Burial Chamber
- 12 Llyn Sarnau & Llanrwst Mine Engine House
- 13 Hafna Mine

## Mountain Biking

- 13 Gwydir Mawr (Marin Trail)
- 14 Penmachno Trails

## Top Attractions

- 15 Zipworld Velocity 2
- 16 Go Below
- 17 St Mary's Church
- 18 St Michael's Church
- 19 Gwydir Castle
- 20 Llyn Crafnant
- 21 Llyn Geirionydd
- 22 Conwy Railway Museum & Miniature Railway
- 23 Capel Garmon Burial Chamber
- 24 Bodnant Gardens
- 25 Gwydir Uchaf Chapel
- 26 Tu Hwnt l'r Bont
- 27 Go Below
- 28 Trefriw Woollen Mill
- 29 Zipworld Forest
- 30 Dolwyddelan Castle
- 31 Llechwedd Slate Caverns
- 32 Zipworld Bounce Below



Lots more information, help and advice to ensure that you make the most of your visit, including a wide selection of places to stay is available online at:

[visitbetwsycoed.co.uk](http://visitbetwsycoed.co.uk)

and in Betws-y-Coed at:  
**Betws-y-Coed Visitor Information Centre**  
**Royal Oak Stables, Betws-y-Coed**  
**LL24 0AH**

Tel: 01690 710426  
email: [tic.byc@snowdonia.gov.wales](mailto:tic.byc@snowdonia.gov.wales)



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## Useful Information

### Doctors

Betws-y-Coed surgery is located in the hamlet of Pendre Du, which is a mile north of the village centre on the left of the A5. The turning is on the left just before the school. Telephone **01690 710205**. There is also a surgery in Llanrwst on School Bank Road, tel **01492 640411 / 640303**

### Hospitals / A&E

There are two hospitals with A&E (emergency) departments both within 30 minutes' drive.

- **Ysbyty Gwynedd**, Penrhosgarnedd, Bangor, Gwynedd, LL57 2PW  
Tel: 01248 384 384

- **Glan Clwyd Hospital**, Rhyl, Denbighshire, LL18 5UJ  
Tel: 01745 583 910

### Dentists

There is a NHS dentist in Llanrwst – four miles from Betws-y-Coed. Contact details:

- **Llanrwst Dental Practice**, 24a Watling Street, Llanrwst, Conwy, LL26 0LS  
Tel: 01492 641000

### Pharmacies / Chemists

Some basic medicines are available from the Spar convenience store in Betws-y-Coed. However the closest pharmacy is in Llanrwst, 4 miles North of Betws-y-Coed.

- **Boots chemist**, Denbigh Street, Llanrwst.  
Telephone: 01492 640620

### Banks / ATMs

There are no bank branches locally. The closest branches of the main banks are in Colwyn Bay and Llandudno. However there are ATMs in Betws-y-Coed and Llanrwst, and most local post offices offer basic banking facilities including cash withdrawals from UK bank accounts. See village map for their locations.

### Post Offices

Betws-y-Coed post office is situated in the Llonis convenience store in the centre of the village. There is also a post office in the Llonis store in Llanrwst.

### Churches

St Mary's church is in the centre of Betws-y-coed along the A5 (see village map) The times of services can be viewed at [www.brogwydyr.cymru](http://www.brogwydyr.cymru). St Michael's church is on Old Church Road, at the rear of the railway station. This tiny ancient church has no services but is open to visitors.

### Police

The closest police station is in Llanrwst, four miles north of Betws-y-Coed.

### North Wales Police

Glasdir, Station Road, Llanrwst, LL26 0DF

### Petrol Stations

There are petrol stations on the A5 at the southern end of Betws-y-Coed, and on the A470 between Betws and Llanrwst

## Cycling in Betws-y-Coed and surrounding area

The area surrounding Betws-y-Coed is a great place to explore by bike, whether you are looking for challenging long distance road rides or off-road adventures.

Single track mountain biking in the UK originated in North Wales: two of the first UK mountain bike trails were in the Gwydir Forest (Marin Trail) and Coed-y-Brenin (Red Bull Trail). Now the red graded Marin Trail and the Penmachno trails attract MTB riders from across the world! The area is also a great base for riding the downhill trails of Antur Stiniog in nearby Blaenau Ffestiniog. A bit further afield, the Lon Las Ogwen and Lon Eifion cycle paths offers family-friendly riding on quiet lanes and disused railway lines, whilst National Cycle Route 5 follows the North Wales coast with wonderful sea views.

Our area is brilliant cycling country! The tracks through Gwydir Forest allow you to explore Llyn Elsi, Llyn Gerionydd, Llyn Crafnant, Sarn Helen, the Lledr Valley, and Penmachno - all of which will challenge your navigation skills and leg muscles and reward you with glorious landscapes and spectacular views. E-bikes can be hired locally to make your rides even more fun, and you can use the Conwy Valley line train service for part of your journey to ease tired legs!

If road biking is your thing, there are stunning routes to explore throughout Eryri / Snowdonia. The Brailsford Way, created to recognise the contribution of Sir David Brailsford to British Cycling, offers two long distance routes through the national park including Betws-y-Coed.

You can also plot your own circular routes, focusing on quieter roads, or try the Trws Eryri long-distance off-road cycle route which links Conwy to Machynlleth and passes through Penmachno, Betws-y-Coed and Capel Curig.

In and around Betws-y-Coed you will find some great cafes and bike hire / repair facilities. Many accommodation providers also offer bike storage and recharge facilities - so leave the car behind and enjoy exploring the area on two wheels! You and your bike will be made most welcome!



### Useful Website Links:

[www.mbwales.com/listings/gwydirmawrandbach](http://www.mbwales.com/listings/gwydirmawrandbach)

[www.mbwales.com/listings/black-powder](http://www.mbwales.com/listings/black-powder)

[www.hiraethog.org.uk/things-to-do/her-hiraethog-p319351](http://www.hiraethog.org.uk/things-to-do/her-hiraethog-p319351)

[www.sustrans.org.uk/find-other-routes/?location=North+West+Wales&routetype=null&distance=null&p=1](http://www.sustrans.org.uk/find-other-routes/?location=North+West+Wales&routetype=null&distance=null&p=1)

[www.cyclinguk.org/traws-eryri](http://www.cyclinguk.org/traws-eryri)



13



## Gwydir Mawr/Bach (Marin Trail)

One of the first dedicated Mountain Bike trails in the country, it is a true classic.

Easily accessible from several points close to Betws-y-Coed, its big climbs, big descents, brilliant single track and awesome scenery make this a trail to explore and to savour.

The full circular trail route covers 25km and requires quite a high level of stamina and expertise, and can normally be covered between 2-4 hours. Graded Red / Difficult, it is therefore most suitable for proficient riders with good off road skills. Expect a wide range of challenging climbs and descents with boardwalks, berms, large rocks, medium steps, drop-offs, cambers and water crossings.

Over the whole trail there is 450m of ascent.



**Season:** All year

**Opening hours:**  
24 Hours

**Ride Time (hours):**  
2-4 hours

**Distance:** 20-30km

**Height Climbed (metres):**  
800

**Grade:** Red / Difficult

**Suitable for:**  
Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.



**Latitude:** 53.131506  
**Longitude:** -3.8084898

14



## Penmachno Trail

The Penmachno trail is a hidden gem of North Wales mountain biking.

Comprising 19km of forest tracks and trails with spectacular views and the feel of a proper mountain biking adventure.

The Dolen Machno trail starts from Penmachno. The Dolen Eryri trail is no longer in service but the area can still be explored on the forest fire roads.

Graded Red / Difficult this trail is not for novices! A high level of fitness and expertise is required. The trail can be steep and tough, mostly single track with technical sections throughout. It includes a wide range of challenging climbs and descents as well as boardwalks, berms, large rocks, medium steps, drop-offs, cambers and water crossings. Overall there are 506 metres of total ascent.



**Season:** All year

**Opening hours:**  
24 Hours

**Ride Time (hours):** 4

**Distance:** 20-30km

**Height Climbed (metres):**  
760

**Grade:** Red / Difficult

**Suitable for:**  
Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.



**Latitude:** 53.030766  
**Longitude:** -3.8117273



# Make your visit memorable with more interesting things to do & see...

## Adrenaline Adventures

The area has several attractions and activity providers with zip wires, high ropes courses, forest coaster rides, underground trampolines, gorge walking, canyoning, climbing and mine exploration.

## Go Below

Exploring mines and cavern underground through the heart of a mountain via a series of exciting subterranean challenges. Now featuring Deep Sleep where you can spend the night deep underground in a cavern.

## St Mary's Church

In a small village it is unusual to find such a large neo-Gothic cathedral – like church. Built in 1873 it is a fascinating building with a lovely interior. Every Sunday during the summer months there is a male Voice Choir concert.

## St Michael's Church

The oldest building in Betws-y-Coed, standing adjacent to the river Conwy, St Michael's church dates from the 14th century and is beautifully preserved with a charmingly rustic interior

## Gwydir Castle

Regarded as one of the finest Tudor houses in Wales, the castle was formerly the ancestral home of the powerful Wynn family. The traditional interior faithfully reflects the Tudor architecture and the gardens are a delight.

## Llyn Crafnant

This beautiful lake is a famous beauty spot, accessible by car or bike and can be best enjoyed on a circular lakeside walk or cycle ride.

## Llyn Gerionydd

Another lovely lake accessible by car and bike. Close to Llyn Crafnant, both can be enjoyed singly or together on the same walk.

## Conwy Railway Museum & Miniature Railway

Adjacent to Betws-y-Coed railway station, Conwy Valley Railway Museum is a must for all who enjoy railways. The miniature railway takes you on a 8 minute trip around the beautifully landscaped grounds.

## Capel Garmon Burial Chamber

Finding this well-preserved Neolithic (New Stone Age) chamber so far North is something of a mystery because tombs of this type belong to an archaeological grouping called 'Cotswold-Severn' after the area in which they are generally found.

## Bodnant Garden

A truly magnificent and uplifting day out at one of Britain's most famous, beautiful and serene country – park type gardens. It's 80 acres are criss-crossed with streams and paths; shrub filled glades, woodland meadows, a lake and the magical dell and water gardens.

## Gwydir Uchaf Chapel

A simple stone-built chapel built in 1673, noted for its fine painted ceiling.

## Ty Hwnt I'r Bont

Ty Hwnt I'r Bont is a historic and unique award winning tearoom and restaurant dating from the C15th situated on the west bank of the river Conwy beside the famous Inigo Jones Bridge in the nearby market town of Llanrwst, it is famously picturesque due to its colourful ivy cladding.

# Eat & Drink

Betws-y-Coed and the surrounding towns and villages are full of great places to eat and drink. You really are spoilt for choice.



Breakfast, brunch, a long lunch, afternoon tea or dinner, Betws-y-Coed and area has it all.

You can enjoy great Welsh breakfasts in lovely independent cafés in the area which cater for every dietary need.

Enjoy local specialities such as Welsh cakes, bara brith or rarebit. You can take in afternoon tea by the river and treat yourself to wonderful views and great local produce.

Picnics are well catered for too! Grab freshly prepared supplies from our local bakeries and delicatessens to fuel your adventures, or enjoy a more leisurely lunch by the river or on one of our many picturesque walks.

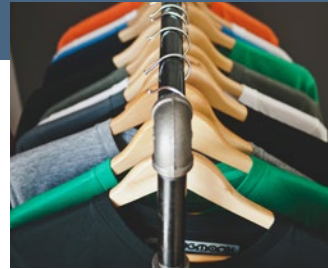
The local restaurants cater for all options.

There are local restaurants to suit all tastes! Whether you want a quick bite to refuel after a long day in the mountains, to mark an occasion, or enjoy a special treat there is something for everyone! From freshly prepared fish and chips and hearty food in cosy pubs, to wood-fired pizzas, authentic curry, Welsh tapas, and fine dining - it's all here in and around Betws-y-Coed!.

You will truly find a warm welcome in the cafes, pubs and restaurants in the Conwy Valley, giving you the chance to enjoy the amazing produce our region has to offer!

# Shopping

Betws-y-Coed is the perfect place to enjoy a wonderful variety of independent shops and big name outdoor stores!



There is a great variety of stores selling everything you could ever need to enjoy the outdoors.

Missing a bit of vital kit for your planned adventures? No problem, you can pick it up in Betws! From expert boot fittings, to biking gear, climbing equipment and all-weather clothing we can equip you for whatever Eryri / Snowdonia throws at you!

If you are looking for souvenirs you are in the right place! We have a wealth of wonderful local artisans and producers and a wide variety of unique shops and galleries to tempt you! Whether you're looking for Christmas gifts, that perfect birthday present, or the perfect memento of your time in

Eryri / Snowdonia you are sure to find it in and around Betws!

Betws-y-Coed was previously an artists' colony, and in accordance with that tradition you will find several galleries nearby showcasing Welsh art in a range of media, from sculpture and glass work to paintings and jewellery.

Whether you enjoy just window shopping or are looking for a specific present or keepsake, Betws-y-Coed is the perfect place to find that perfect gift or treat.

Further afield Trefriw woollen mill has traditional woven goods and clothing and Llanrwst has supermarkets, local butchers, chemist and bakery.

# Parc Eryri/Snowdonia National Park

From spectacular mountain peaks to its culture and language, Parc Eryri / Snowdonia National Park has many special qualities including:

- Eryri / Snowdonia's landscape is unique. Its **nine mountain ranges** cover approximately 52 percent of the park and include many peaks that are more than 3,000 feet (915m).
- **Snowdonia is a delightfully varied landscape** of steep river gorges, waterfalls and green valleys. Oak, ash, rowan and hazel woodlands are found scattered throughout the park - and the beautiful Dyfi, Mawddach and Dwyryd estuaries plus 23 miles of coastline and sandy beaches contribute to the overall diversity of the landscape.
- **The range of habitats** in the park is recognised nationally and internationally - from Local Conservation Areas and Sites of Special Scientific Interest to Special Areas of Conservation and the Dyfi Estuary which is a proposed World Biosphere Site.
- Eryri / Snowdonia is in the **ancient Kingdom of Gwynedd** and a stronghold of 'Cymraeg', the Welsh language. The Welsh name for the national park is Eryri.
- There are **more than 100 lakes bigger than an acre in size** in Eryri / Snowdonia, from Llyn Ogwen in the north to Tal y Llyn in the south.
- Approximately 20 percent of the Parc Eryri / Snowdonia National Park is specially designated by UK and European law to protect its distinctive wildlife. Amongst the Arctic alpine plants found in the high peaks, the **Snowdon Lily is unique to Yr Wyddfa / Snowdon**. So, too, is the Snowdon or Rainbow Beetle.
- There are **17 National Nature Reserves in Eryri / Snowdonia**; more than in any other national park in England and Wales; and 56 Sites of Special Scientific Interest.
- In Llyn Tegid, the largest natural lake in the park, lives another Snowdonia rarity, **the Gwyniad**, a unique sub-species of the European white fish, trapped in the lake at the end of the last Ice Age, 10,000 years ago.
- History and culture is everywhere in Eryri / Snowdonia and the Welsh language is the mother tongue of 65 percent of the population. You're sure to see and hear the Welsh language in use when you visit.
- Eryri / Snowdonia's landscape illustrates the history of the area through Stone Age burial chambers, Roman forts, churches, castles, slate quarries and other industrial works.
- Ice Age activity has done much to shape the landscape in Eryri / Snowdonia. The glaciers that were at their peak 18,000 years ago in Eryri / Snowdonia scoured out great U-shaped valleys including Llanberis and Nant Gwynant in the north and Tal-y-Llyn in the south.



## Eryri / Snowdonia National Park continued...



As the official gateway to Eryri / Snowdonia, Betws-y-Coed is uniquely positioned within the National Park for its easy access to Yr Wyddfa / Snowdon, the highest mountain in England & Wales at 3,560ft. Also in close proximity to Betws-y-Coed are Tryfan and 15 other peaks, some with their own trails to the summit.

It is only 6 miles to Pen-y-Pass which is the main trekking route up to Yr Wyddfa / Snowdon via the Pyg & Miners tracks. Parking must be booked in advance or take the Sherpa Bus direct from the village.

Further along from Capel Curig on the A5 and situated in the Ogwen Valley is Tryfan which is known as the 'hands on' mountain with the famous Adam and Eve boulders at the summit. It is a very popular climb and offers a more adventurous experience.

Adjacent to Tryfan lies Cwm Idwal, a spectacular hanging valley and is a site of special scientific interest (SSSI). The mountains act as an Amphitheatre around the lake and are popular with climbers especially in Winter. Cwm Idwal has a car park and visitor's toilets.

Safety in the mountains is paramount as the weather conditions vary frequently and therefore you are advised to check the weather forecast before venturing out and inform another person or people of your route. Proper weather mountain gear is essential on all climbs in Eryri / Snowdonia. As the weather conditions can change rapidly and the temperature on the summits can be as much as 10° below the temperature in the valleys. Also note that in some areas it is sometimes difficult to get a mobile phone signal. Finally, never venture into the mountains without a map.



# Local Events

## January

- **Buff Winter Trail Race**  
Trail half marathon taking in the beautiful forest trails of Coed Y Brenin.  
[runcyb.com/winter-trail-wales](http://runcyb.com/winter-trail-wales)

## February

- **Dragon Rally**  
Motor biking adventure based around the village of Betws-y-Coed and its surroundings  
[conwymotorcycleclub.org.uk/](http://conwymotorcycleclub.org.uk/)  
Dragon-Rally
- **Let's Run Rhyl**  
5 mile, 10 mile and half marathon in the coastal town of Rhyl: flat and fast for the PB chasers amongst you.  
[runwales.com/e/lets-run-rhyl-5-mile-10-mile-and-half-marathon-8640](http://runwales.com/e/lets-run-rhyl-5-mile-10-mile-and-half-marathon-8640)

## March

- **Anglesey Half Marathon**  
Half marathon starting on the beautiful Menai Bridge running out to the wonderful Beaumaris and back.  
[alwaysaimhighgevents.com/events/anglesey-half-marathon-and-10k-2024](http://alwaysaimhighgevents.com/events/anglesey-half-marathon-and-10k-2024)
- **Conwy Seed Fair**  
700 year old Royal Charter Fair with seeds and plant stalls, honey and farmers' market stalls  
[visitconwy.org.uk/whats-on/conwy-seed-fair-2024-p465301](http://visitconwy.org.uk/whats-on/conwy-seed-fair-2024-p465301)

## April

- **Harlech Triathlon**  
Based in Harlech this is the first of Always Aim High series of triathlons taking in the best of this beautiful coastal town.  
[alwaysaimhighgevents.com/events/harlech-triathlon-2024](http://alwaysaimhighgevents.com/events/harlech-triathlon-2024)
- **Pier to Pier Half Marathon**  
Colwyn Bay to Llandudno and back again. [runwales.com/e/pier2pier-half-marathon-9601](http://runwales.com/e/pier2pier-half-marathon-9601)

- **Easter Trail**  
A fun hunt for painted Easter themed plaques throughout Betws-y-Coed.  
[visitbetwsycoed.co.uk](http://visitbetwsycoed.co.uk)

## May

- **Trefriw Walking Festival**  
walking festival organised by the community of Trefriw taking in many of the best landscapes Eryri / Snowdonia has to offer.  
[trefriwwalkingfestival.co.uk](http://trefriwwalkingfestival.co.uk)
- **Snowdonia Half Marathon**  
Brutal yet beautiful half marathon showing off Llyn Crafnant and Gerionydd. Starting in Llanrwst it is not for the faint hearted but if you are up for a challenge. [runwales.com/e/snowdonia-half-marathon-8642](http://runwales.com/e/snowdonia-half-marathon-8642)
- **Ultra Trail Snowdonia. UTS**  
A feast of technical trails through mythical landscapes, UTS is the UK's only UTMB® World Series event — 'Beautiful beyond belief. Savage beyond reason'  
[snowdonia.utmb.world](http://snowdonia.utmb.world)

## June

- **Slate Man Triathlon**  
The first part of the Adventure Championships, the Slateman Triathlon is the most iconic Adventure Triathlon in Wales. Starting in Llanberis; the heart of Eryri's industrial heritage this is an unparalleled race which combines stunning scenery with epic challenges.  
[alwaysaimhighgevents.com/events/slateman-triathlon-2024](http://alwaysaimhighgevents.com/events/slateman-triathlon-2024)
- **Ultra Wales**  
5th Edition 2024! Take on this beautiful mountain and trail race with 2898m of ascent and featuring the magnificent Cadair Idris Penygader (893m), the 'Queen of the Rhinogs' Rhinog Fach (712m), Dolgellau, the world renowned Barmouth estuary and the majesty of Wales' greatest forest, Coed-y-Brenin.  
[gbultras.com/ultra-wales](http://gbultras.com/ultra-wales)

- **Trail Marathon Wales**  
With a half and full marathon distance this takes on the trails of the beautiful but challenging Coed Y Brenin centre.  
[runcyb.com/trail-marathon-wales](http://runcyb.com/trail-marathon-wales)

## July

- **Snowdonia Trail Marathon: Llanberis**  
Trail marathon taking in the heights of Yr Wyddfa itself.  
[alwaysaimhighgevents.com/events/snowdonia-trail-marathon-2024/snowdonia-trail-ultra-marathon-2024](http://alwaysaimhighgevents.com/events/snowdonia-trail-marathon-2024/snowdonia-trail-ultra-marathon-2024)
- **International Snowdon Race: Ras Yr Wyddfa**  
Iconic race from the shores of Padarn lake to the summit and back again. Not for the faint hearted.  
[snowdonrace.co.uk](http://snowdonrace.co.uk)

## August

- **Tour de Môn: Anglesey**  
Cycle race around the beautiful island of Anglesey.  
[alwaysaimhighgevents.com/events/tour-de-mon-2024](http://alwaysaimhighgevents.com/events/tour-de-mon-2024)
- **Snowman Triathlon: Capel Curig**  
Taking in Moel Siabod and some of the best views of Yr Wyddfa the area has to offer.  
[alwaysaimhighgevents.com/events/snowman-triathlon-2024](http://alwaysaimhighgevents.com/events/snowman-triathlon-2024)

## September

- **GB ultra: Yr Wyddfa Ultra 50 and 100 mile events**  
With between 3251m and 5729m of ascent, mountain trails lead to Heather Terrace on Tryfan, Yr Wyddfa summit, Glyder Fach and Glyder Fawr, Devil's Kitchen and Llyn Idwal before taking in the fantastic trails beside Llyn Crafnant and Llyn Geirionydd!  
[gbultras.com/snowdon-ultra-50/](http://gbultras.com/snowdon-ultra-50/)  
[gbultras.com/snowdon-ultra-100/](http://gbultras.com/snowdon-ultra-100/)

- **Caernarfon Half Marathon**  
New for 2020, fast and flat with great PB potential and some stunning views.  
[runwales.com/e/caernarfon-half-marathon-8668](http://runwales.com/e/caernarfon-half-marathon-8668)

- **Conwy Honey Fair**  
An ancient fair where local honey producers sell their honey in the streets of Conwy  
[conwybeekeepers.org.uk](http://conwybeekeepers.org.uk)

## October

- **Marathon Eryri**  
Iconic race circumnavigating Yr Wyddfa itself. Truly one of the toughest but most beautiful marathons in the UK and maybe the World.  
[marathoneryri.com](http://marathoneryri.com)
- **Cambrian Rally**  
Part of the British Rally championships series set in the Welsh forests including Gwydir.  
[cambrianrally.co.uk](http://cambrianrally.co.uk)

## November

- **Betws-y-Coed Trail Race**  
5k/10k and half marathon and canicross racing running from Betws-y-Coed up to the beautiful Llyn Elsi.  
[muckybootsevents.com/trail-betws](http://muckybootsevents.com/trail-betws)
- **Conwy Half Marathon**  
Half marathon starting at the famous Conwy Castle and marina and taking in the Great Orme.  
[runwales.com/e/conwy-half-marathon-8639](http://runwales.com/e/conwy-half-marathon-8639)

## December

- **Betws-y-Coed**  
Throughout December Betws-y-Coed will host a number of Festive events and celebrations including Christmas Fairs, Illuminated displays, Advent hunt, Lantern Parade, wreath making and late night shopping.

Also the Betws y Coed Pantomime, a fun show for all the family.

# Plastic Free Community (PFC)

Betws-y-Coed, Trefriw, Capel Curig, Dolwyddelan, Capel Garmon, Llanrwst, Penmachno and Pentrefoelas make up the Betws-Y-Coed and district plastic free community.

A plastic-free community is a group of people who come together to tackle avoidable, single-use plastic (SUPs) like disposable bottles, cups and lids, cutlery, avoidable food packaging, plastic takeaway packaging, stirrers, balloons, sauce sachets,

bathroom plastics or plastic carrier bags. The aim is not to remove all plastic from our lives, but to reduce our reliance on throwaway plastic and change the system that produces it.

Follow:

@plasticfreebetwsanddistrict

## Pacio ar gyfer eich Antur Ddi-Blastig Packing for your Plastic-Free Adventure



Potel a all ei aildefnyddio  
Ail lenwa cyn mynyddda  
Reusable water bottle  
Refill before the hill



Pecyn bwyd ar gyfer  
lluniaeth a gwastraff  
(gan gynnwys organig)  
Peidiwch â gadael ôl  
Lunch box for provisions  
and all waste (organic too)  
Leave no trace



Cynnyrch lleol  
a thymhorol  
Local and  
seasonal produce



Prynwch ddillad ail law neu  
haenau o ddefnydd naturiol  
Aildefnyddio  
Buy second hand or  
natural fibre layers  
Reuse



Bwyd wedi ei lapio mewn  
papur neu amlap cwyr  
Ailgylchu ac aildefnyddio  
Foods wrapped in paper  
or beeswax wraps  
Recycle and reuse

Nid dyma'r unig eitemau y dylech eu pacio ar eich antur (gweler Cyngor ar Ddiogelwch APCE), ond y rhai rydyn ni'n meddwl y gallai leihau ein defnydd o blastig!

These are not the only items you should pack on your adventure (see Safety Advice SNPA), but the ones we think can reduce our use of plastics!