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MORFA MAWDDACH TRAIL

The trail guides you from Barmouth to Dolgellau along 9 miles of disused railway track, following the Mawddach Estuary. It can be joined at a number of points along the route taking advantage of the Cambrian Coast Railway. This is the perfect walk for all ages and abilities as it follows a well maintained track. It is also popular with families for cycling.



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WHAT TO SEE ALONG THE TRAIL

1. Barmouth is full of interest. The views across the Mawddach Estuary are ever changing. The town has a proud maritime history which is reflected on the picturesque harbour.
2. Barmouth Railway Bridge which is half a mile long was opened in 1867. There is a pedestrian walk way the length of this part timber bridge. There is a small fare for crossing.
3. Near Arthog you will begin to see the land becoming swampy, this is a Site of Special Scientific Interest, home to many uncommon plants, birds and butterflies. The birds you are most likely to see are reed bunting, mallard and curlew.
4. The estuary is usually a vast sand spit, although high tides can reach up to 35ft in stormy weather. It is an ideal feeding ground for birds, including oystercatchers and herons.
5. Penmaenpool. Here you will find the George III Hotel which was built around 1650. One section of the tavern was used by the estate workers and a ship's chandler. The toll bridge was built in 1879 and could be opened for the passage of sailing vessels. The signal box (now an RSPB observatory) and the former station master's house retain their original features.
6. Penmaenpool RSPB Centre provides telescopes and binoculars with staff on hand to provide information and advice. Wood warblers, pied flycatchers and buzzards are often seen from here.



7. Further along, the track crosses Penmaenpool Reed Bed, one of the largest stands of common reeds in Wales and a Site of Special Scientific Interest, a breeding ground for otters and wetland birds.

8. After crossing the main road you will follow the banks of the Afon Wnion through fields to Dolgellau.

9. Dolgellau is a historic market town developed from a small settlement in the 13th Century. Sitting at the foot of Cader Idris this is a town with remarkable architectural interest.

Remember you do not have to walk this trail in it's entirety, small sections of it can be equally enjoyable, an ideal short walk is from Morfa Mawddach Station (please note this is a request stop) and walk one way to Barmouth or the other to Penmaenpool. There are plenty of picnic benches along the way- **don't forget you can order a picnic lunch at Reception!**

If you would like to cycle along the track, cycle hire is available in Dolgellau.

A TRAIL FOR PEOPLE WITH DISABILITIES

The National Park Authority has provided facilities for people with disabilities along a section of the trail. Part of the trail is laid with shale waste to ease access for wheelchairs. The National Trust recommends you start the route at Pont Y Wernddu and not Dolgellau as parts of the route are steep. There are special toilets at Morfa Mawddach Car Park and the trail has a wide kissing gate entrance.

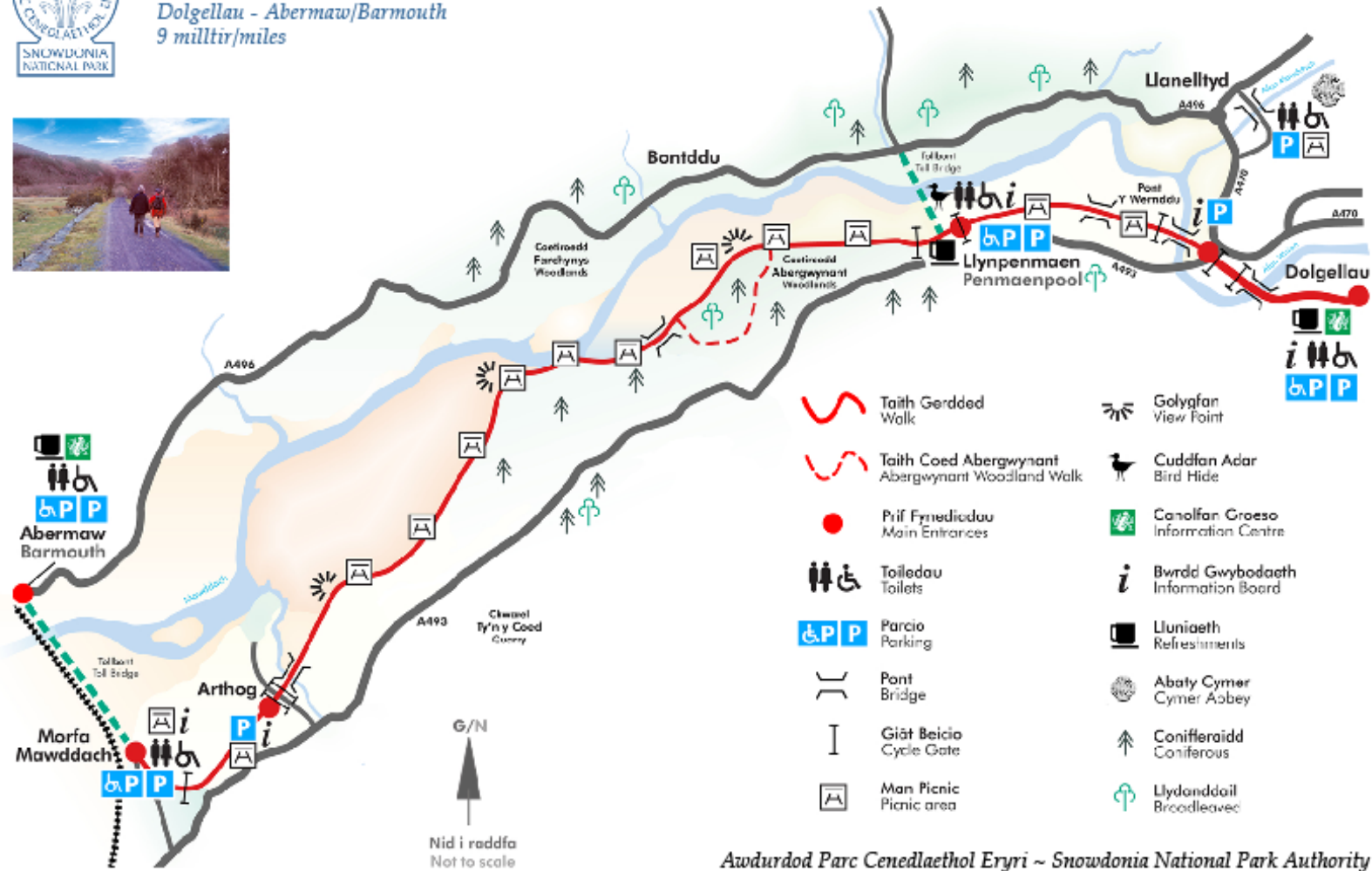




Llwybr Mawddach Trail

Dolgellau - Abermaw/Barmouth
9 milltir/miles

www.eryri-npa.gov.uk



- Taiith Gerdded Walk
- Taiith Coed Abergwynant Abergwynant Woodland Walk
- Prif Ffynediadau Main Entrances
- Toileddau Toilets
- Parcio Parking
- Pont Bridge
- Giât Beicio Cycle Gate
- Man Picnic Picnic area
- Golygfan View Point
- Cuddfan Adar Bird Hide
- Canolfan Groeso Information Centre
- Bwrdd Gwybodaeth Information Board
- Llyniaeth Refreshments
- Abaty Cymer Cymer Abbey
- Coniferaidd Coniferous
- Llydanddail Brocleeaved

G/N
Nid i raddfa
Not to scale