



Abergwynant Woods, Mawddach Estuary

MODERATE



Route Overview

- Distance: 6km (3.7 miles)
- Duration: Around 2 hours
- Route type: Circular

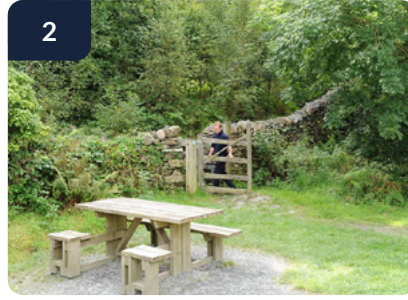
Before you start

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)



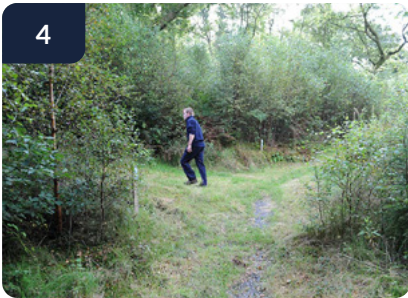
From the car park, follow the Mawddach Trail toward Barmouth and pass the toilets. Cross the road leading to the Llynpenmaen Bridge and walk past the George III Hotel along the tarmac road. Soon, the road becomes a track. Follow this track and go through the gate.



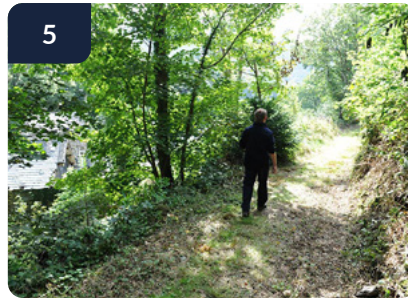
Once you have walked about a mile from the car park, you will come to a picnic table and a gate on the left-hand side of the Mawddach Trail. Go through the gate following the zigzag path up through Coed Abergwynnant Wood.



The path gradually leads you to the top of the hill. When the trail forks, turn right to go to a picnic table where there is a magnificent view of the Mawddach estuary.



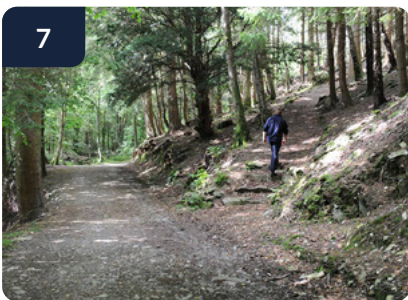
Follow the path back from the picnic table and go straight ahead at the fork. The path will fork again, keep left this time and climb up the path.



Keep left when joining another path. Take care when you follow the path down through the trees, especially in places where it is wet underfoot. You will pass Abergwynnant Hall on the left.



The path will even out as it progresses, and you will be walking alongside the Gwynant river. Keep an eye out for the old lime kiln close to the river on the lefthand side.



After passing the lime kiln, keep right at the fork following the narrow path up the hill.



As the path rejoins the track, turn right and follow the track passing the old sawmill.



Once you pass the shed, follow the path to the left before reaching the gate in front of you.



When the path forks, follow the path to the left and then turn right at the next fork. Follow the path back down to the Mawddach Trail.



When you reach the Mawddach Trail, turn right and walk back towards the car park.