

PRESS RELEASE

For Immediate Release

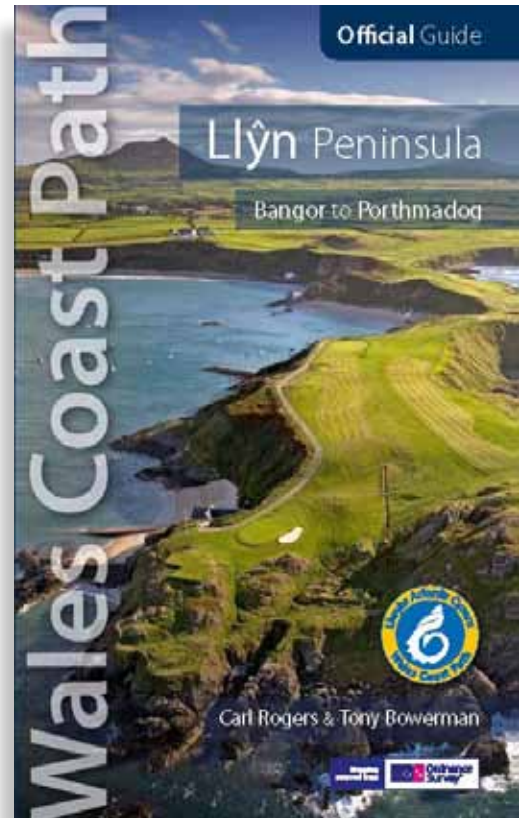
Official Guide: Wales Coast Path Path: *Llyn Peninsula*

Bangor to Porthmadog

The first of a series of seven **Official Guides to the Wales Coast Path** is published this April. These authoritative and attractive guides are the *only ones* endorsed and checked by Natural Resources Wales — the creators and managers of this iconic path.

The *Official Guide to the Llyn Peninsula* covers the 110 mile/180 kilometre stretch between Bangor and Porthmadog. The handy, OS-map sized book has a UK RRP of **£12.99** and features:

- Clear, easy-to-follow route descriptions
- Enhanced Ordnance Survey mapping
- Detailed 'Day Sections' and distance charts
- Fascinating wildlife, history and geology notes
- Stunning professional colour photography
- Useful information for walkers and visitors



Wales Coast Path: Official Guide: Llyn Peninsula
ISBN 978-1-908632-24-1 | £12.99



The route: Hell's Mouth to Llanbedog

1 From the car park at **Pentwyn**, take the Path down to the beach. Turn left along the top of the dunes, above the beach, on the sandy Path and continue to the far eastern end of the beach. Where the dunes are at their lowest, just beyond a small stream, a large weathered post leads up to a grassy path along the seaward edge of the fields. Cross the stile above the end of the beach and take the bridle, left-hand path that heads up the grassy slope. (The following section of the Wales Coast Path may be redisplayed as the path develops.) The Path soon broadens into a track that turns diagonally left up through the bracken. When the track becomes happy to the right above a fence



at the top of the rise, go straight ahead on the narrow waymarked Path and over a stile into a sloping field. Walk ahead, keeping to the right-hand edge of the field. Within 100 metres, swing right, and climb up the steep grassy bank to the upper right-hand corner of the field above — where there are two field gates, with a fence beyond. Go through the waymarked right-hand gate and climb a steep bank. Turn right and follow the track along the edge of two fields.

At the top of the slope, go through a weathered, leaning gate beside a field gate and stile and turn right onto the open common land of **Mynydd Cilan**. Continue past water and trees on the right. At the corner of the fence on the right, turn right past a small, rusty post. Then bear left left at a fork in the Path to follow a grassy path between the heather, which leads off across the common.

Soon the Path passes beside small fields on the left to reach an **Ordnance Survey triangulation pillar** with a covered sensor on the left.

2 Continue on the Path beyond the triangulation pillar as it curves left around the headland. Stay on the open grass footpath following the Wales Coast Path: wear markers until directed to the left, almost at the southern tip of **Trwyn Cilan** headland.

"These excellent guides lay the whole Wales Coast Path at your feet — mixing practical information with the fascinating history, heritage and wildlife you will meet as you walk."

Country Walking magazine

Order from: Cordee, Bertrams, Gardeners, Welsh Books Council, Gwynedd Maps, Dorrigio, Bookspeed, A-Z, etc.

www.northerneyebooks.co.uk

Media enquiries and requests for review copies:

Contact: Tony Bowerman | 01829 770309 | 07730 874521
tony@northerneyebooks.com | @northerneyeboo

 Northern Eye