

# Barmouth walking festival

GŴYL GERDDED ABERMAW

Medi 15th - 24th September 2018



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Set in the dramatic beauty of coastal Snowdonia, Barmouth sits on the Northern side of the stunning Mawddach Estuary, sheltered by the Cader Idris Range to the south and the Rhinog Mountains to the north.

The Walking Festival has been developed with the aim of encouraging visitors to explore these magnificent surroundings on foot – in the company of keen, experienced and knowledgeable local guides. Historians and naturalists lead some walks and expert advice has been taken to ensure a safe, interesting and varied programme.



## Which Walk?

GRADE A++: Extremely Hard & Strenuous  
– For Experienced Walkers Only

GRADE A: Hard

GRADE B: Moderate

GRADE C: Easier

Grades, distances, times and heights are provided for guidance only and to help you select walks suited to your abilities. If in any doubt seek advice before booking. More detailed descriptions of each of the walks are available on our website or Facebook page.

NOTE: As a minimum – Stout walking footwear (made for mountains), waterproof jacket & trousers, warm clothing, gloves and warm headwear are required for all walks, regardless of their grade, all of which should be suitable for changes in the weather. Food and drink (at least 1 litre of water) should be carried with you.



## What's the Cost?

Pre-booking on a per person, per walk basis

1-3 Walks	£8.50 per walk
4-6 Walks	£7.50 per walk
7+ Walks	£6.50 per walk

Pre-booking helps us plan as numbers are limited on each walk. Transport costs, when the walk does not start on foot from Barmouth, are not included. If you turn up on the day and spaces are available on a walk then the cost is £10.00. Accompanied children under 16 are free of charge. (If the leader deems the walk to be suitable for them)

## How to Book Your Walks?

An online booking facility is available - visit our web site: - [www.barmouthwalkingfestival.co.uk](http://www.barmouthwalkingfestival.co.uk) and follow the simple instructions or fill in and send the booking form included in this brochure together with your payment

Our website will also give you walk photographs, detailed descriptions and a Festival Pack full of useful advice.

## Where Can I Stay?

Barmouth offers a full range of accommodation to suit all needs and budgets, from Hotels, Guest Houses, Bed & Breakfast, Self-Catering to Bunk Houses, Caravans & Camping. Look for the Walkers Welcome symbol and ask about breakfast times if your walks start early.

For more detailed descriptions, photographs and travel arrangements visit our website or check out 'Places to Stay' on [www.barmouth-wales.co.uk](http://www.barmouth-wales.co.uk)

Some accommodation providers in the Barmouth area are offering special deals - see opposite the booking form at the back of the brochure and on our web site for more details.

## Special offer on Maps

10% off your Ordnance Survey maps at Walter Lloyd Jones Salesroom during the Walking Festival. See Vicki with your brochure.



## Registration:

Walk registration takes place each day at the Dragon Theatre, Jubilee Road, BARMOUTH, LL42 1EF. For information on nearby parking visit [www.dragontheatre.co.uk](http://www.dragontheatre.co.uk) but please check first to make sure you won't need your car to reach the start point of the walk before paying for parking.

There will be Coffee and Biscuits available for a donation and a Breakfast Snack (at a reasonable price). For anyone who has forgotten water, bottles will be available for purchase.

There are also toilet facilities available.

## Two Super Walks are on the programme

Both Saturdays again see the Super Walks and they are for those requiring a challenge of physical and mental fitness and stamina rather than a sightseeing expedition.

Due to their nature, these walks will only take place if conditions are favourable and should only be undertaken by walkers experienced over long distances with an extremely good level of fitness.

The first Saturday sees the return of the Taith Ardudwy Super Walk, covering all three sections of this beautiful 24 mile walk. The second Saturday sees us reversing last year's strenuous walk taking in the two local peaks of Cader Idris and Diffwys

To ensure being off the mountains at the expected time the walks will leave at 7am prompt and there will be limited stops on route.

There will be dropping out points (not necessarily guided) and it is possible that the leader could ask you to leave the walks at one of these points if it is felt that safety or completion within the required time is being compromised.



# Other Festival Events

## Curry Evening

Tuesday 18th September

Min Y Mor Hotel, Barmouth

A chance to get together with other walkers and leaders and enjoy good food and company. Choice of main course and rice with accompaniments (onion bhaji, samosa, poppadum, dips, chutney).

Please indicate on your booking form if you require tickets and choose your curry.

Time: 19:30hrs Cost: £16:50

## Music Night - Last Inn

Tuesday 18th September

From 21:00 hours until late experience an Open Mic Night with Resident Musicians. Talented local musicians are featured playing a variety of music, come and join in.

## Fish, Chips & Talk

Wednesday 19th September

Bendi-gedig (This year's new venue)

Enjoy a 'Fish and Chip Supper' from the Award Winning Mermaid Fish Bar, and a short talk on the paintings by Victorian Artists of the walks you may have enjoyed this year or past years, before you let of steam at the end of the evening by going down the slides a couple of times!!!! An evening not to be missed. Bar available for purchase of drinks. Please indicate on your booking form if you require tickets

Time: 19:30hrs Cost: £10:00

## Music Night - Bae Abermaw Hotel

Wednesday 19th September

Jazz evening, Food served to non-residents.

## Walking Festival Social Evening

Thursday 20th September

Arts Room, Dragon Theatre

The Social Evening has become a firm favourite on the Walking Festival Agenda and is always a 'Sell Out' event so ensure you book your place early. Don't miss this chance to get together with other walkers and leaders, to discuss the week's events. While you eat, drink and chat you will be able to view the enormous selection of walking photographs collected over the sixteen years of the festival and shown on a continuous slide show

This is a buffet style three course hot meal. A bar is available for the purchase of drinks. Please indicate on your booking form if you require tickets as places are limited.

Time: 19:30hrs Cost: £18:50

## Music Night - Last Inn

Friday 21st September

If you missed it on Tuesday you have another chance tonight from 21:00 hours until late to experience an evening of excellent music featuring the talented Liam Dixon and occasional guests.

## Llanbedr Beer Festival

21st & 22nd September




[www.llanbedrbeerfestival.co.uk](http://www.llanbedrbeerfestival.co.uk)

Real Ale, Live Music and Welsh Hospitality. This is the 12th Beer Festival - still growing and improving! Held in the garden at Ty Mawr Hotel and offering beers and ciders from North and Mid Wales.

# 2018 Festival Programme

Hours Exclude Travel  
 Public Transport Necessary



## Saturday 15th September

	Grade	Miles	Height	Ascent	Meet
<b>1 Taith Arduwly Super Walk (10hrs+)</b> 	A++	24	1,573'	5,285'	06:45
Demanding walk covering all three sections from Barmouth to Llandecwyn					
<b>2 Aran Fawddwy (6.5hrs)</b> 	A	9.5	2,949'	2,949'	07:45
A steady climb to the summit of Wales 2nd highest mountain gives spectacular views of Craiglyn Dyfi					
<b>3 Barmouth to the George and on to Dolgellau (7.5hrs)</b> 	B+	12.5	1257'	2,300'	08:30
Waterfalls, Lakes and views of the Mawddach Estuary, an old favourite this year finishing in Dolgellau					
<b>4 Trawsfynydd to Maentwrog (5hrs)</b>	C	6	702'	1,506'	09:00
A varied moderate walk of river gorge, woodland and open moorland					

## Sunday 16th September

	Grade	Miles	Height	Ascent	Meet
<b>5 Rhinog Fach, Y Llethr, Diffwys to Barmouth (8hrs)</b> 	A+	12	2,470'	3,645'	08:00
A good level of fitness is required for this strenuous walk covering three major peaks on your return to Barmouth					
<i>New</i> <b>6 Moel Offwm and Llanfachreth (6hrs)</b>	B+	9.5	1,298'	2,191'	09:00
An ancient hilltop fort and green footpaths meandering around the wild & unspoilt area of Llanfachreth					
<b>7 Barmouth Historical Trail (5hrs)</b>	C+	6	976'	1,552'	10:00
Walking through the old town of Barmouth and on to Llanaber					
<i>New</i> <b>8 Photographic Walk &amp; Workshop - Nature Photography (6-7hrs)</b>	C	6.5	1,251'	672'	10:30
Further study on light and composition this year concentrating on Flora and Lichen					

## Monday 17th September

	Grade	Miles	Height	Ascent	Meet
<i>New</i> <b>9 Above the Dyfi Estuary (8hrs)</b> 	A	12	1,020'	1,647'	08:15
A spectacular linear walk along one of the highest sections of the Coastal Path from Machynlleth to Aberdyfi					
<b>10 The Falls of Ffestiniog - Ceunant, Cynfal &amp; Afon Teigl (5hrs)</b>	B+	5.5	695'	1,278'	09:00
A beautiful walk including the spectacular waterfalls of Ceunant, Cynfal & Afon Teigl					
<i>New</i> <b>11 Tyrrau Mawr and Blue Lake (6hrs)</b> 	B	9	1,139'	1,814'	10:00
Taking in the more well known 'Cregennen Lakes' and one of our local hidden gems the 'Blue Lake'					
<b>12 Penmaenpool and the Giant's Head (6hrs)</b>	C	7	950'	1,560'	09:30
A circular walk to one of our famous landmarks and return on the Mawddach Trail					

## Tuesday 18th September

	Grade	Miles	Height	Ascent	Meet
<i>New</i> <b>13 Croesor, Cnicht and the Moelwyns (6hrs)</b>	A+	9.5	2,509'	3,915'	08:00
A classic strenuous walk starting from Croesor and taking in Cnicht 'The Welsh Matterhorn' and the Moelwyns					
<b>14 Clip and the Roman Steps (6hrs)</b>	A	9	1,911'	2,293'	08:30
Ascend the summit of Clip and traverse Craig Wion					
<b>15 Cymer Abbey to Foel Ispri (6hrs)</b>	B	6.5	1,048'	1,781'	09:00
From the ruined Cistercian Abbey to the hilltop home of a Giant and enjoy breath-taking views of the Mawddach Estuary					
<b>16 Woodland Restoration of Cwm Mynach (5hrs)</b>	C	5	700'	1,056'	10:00
A pleasant walk in a hidden valley of ancient woodland, breath-taking views in the tranquillity of Snowdonia's best kept secret					

## Wednesday 19th September

	Grade	Miles	Height	Ascent	Meet
<i>New</i> <b>17 Tarren, Pant Perthog Forestry to Rhyd Yr Onnen (7hrs)</b>	A	9.5	2,069'	2,815'	09:00
A strenuous walk with spectacular views with Peter Rutherford - Access Officer for Snowdonia National Park					
<b>18 Kiwi Memorial Walk - Llanelltyd to Barmouth (7hrs)</b> 	B+	11	924'	2,950'	08:00
Fairly demanding, undulating walk with views from the north side of the Mawddach Estuary					

For more details and photos of the walks, see our website: [www.barmouthwalkingfestival.co.uk](http://www.barmouthwalkingfestival.co.uk)

**New 19 Bryn Cader Faner (6hrs)** B 8 1,280' 951' 09:30  
This is a new route to perhaps the most beautiful Bronze Age site in Britain, a Stone Circle and Burial Site

**20 Morfa Harlech & Ynys (4hrs)** C 7 131' 100' 10:00  
Visiting the church at Llanfihangel-y-Traethau & following the shore line with views of Portmeirion

## Thursday 20th September

**New 21 A circular walk round Rhinog Fawr from Cwm Nantcol (6hrs)** A 7.5 1,687' 2,266' 08:00  
Circle Rhinog Fawr on a rugged walk through Cwm Bychan, Cwm Nantcol and over the Roman Steps

**22 Dolgellau to Barmouth (7hrs)** A 9.5 808' 1,806' 09:15  
Ruskin described this walk as "One of the finest walks in Britain"

**23 Circular Bwlch y Llan and Bwlch y Rhiwgyr (6hrs)** B+ 8 1,678' 2,600' 08:30  
A fairly demanding circular walk from Barmouth with spectacular views from the ridge

**24 From the coast to above the village of Llanfair (5hrs)** C 6 500' 679' 09:45  
A gentle walk starting at sea level and climbing up above the village of Llanfair with spectacular views across Harlech beach

## Friday 21st September

**New 25 Tarrenhendre, Tarren-y-Gesail and the Pilgrims' Way (7hrs)** A 9 2,188' 3,565' 08:00  
The summits of two gems of the Tarrens linked by the ancient Pilgrims' Way

**26 The Summit of Diffwys from Bontddu (7hrs)** A 13 2,460' 3,102' 08:30  
A steep ascent to the summit of Diffwys then the old Drovers tracks back to Bontddu

**New 27 The Clogau Gold Path (5.5hrs)** B 6 981' 1,783' 09:00  
Visit Wales Industrial Heritage and the old Clogau Gold Mines, with stunning views of the Mawddach Estuary

**New 28 Coed Felynrhyd / Cuenant Llannyrch then into Coed Y Brenin (5hrs)** C 5 680' 1000' 09:30  
A walk in the Ancient woodlands, rivers & waterfalls, from the 'Tales of the Mabinogion' from 900 years ago

## Saturday 22nd September

**29 Super Walk - Cader Idris & Diffwys (12hrs+)** A+++ 27 2,859' 7,812' 06:45  
Very demanding both mentally & physically, definitely not for the faint hearted!

**New 30 Dyffryn, Y Lethr and Diffwys Circular (8hrs)** A 12 2,462' 2,567' 08:30  
A strenuous walk from Ffordd Gors to the summit of Diffwys

**New 31 Standing Stones of Llanfair & Harlech (5hrs)** B 5 983' 885' 09:30  
A moderate walk with stunning views of both Northern Snowdonia & the Rhinogs

**32 Moel Gerddi & Llanbedr (6hrs)** C+ 7 1,238' 1,479' 10:00  
Walk to twin lakes via the ancient Hill fort and return via the Taith Ardudwy with magnificent views

## Sunday 23rd September

**33 Cader Idris Walk - Minffordd to Barmouth (8hrs)** A+ 10.5 2,894' 3,815' 08:00  
Demanding walk from the Tal y Llyn side over the Cader and down the Pony Path & over the bridge to Barmouth

**34 A Picturesque Round of Dyffryn & Talybont (5hrs)** B 6.5 595' 836' 08:30  
A delightful walk crossing twisting and turning over the Ysgethin river and finishing in Talybont at the Ysgethin Inn for a welcome cup of tea or pint!

**New 35 Wheelchair Access Visit to the Forest of Coed Y Brenin (4hrs)** C 3 Level 09:00  
Leisurely routes, wheelchair and pushchair accessible walks in the beautiful Woodland.

**36 Bird Bingo on the Mawddach Estuary and above (4hrs)** C 5 1,110' 1,973' 13:00  
A walk covering estuary, woods and farmland to find different birds in our area, and their different habitats. Everyone will get a 'Bird Bingo Sheet' - there is a magic prize for the winner

## Monday 24th September

**37 Croesor Bwlch Stwlan (5hrs)** B 7 1,957' 2,591' 09:30  
Past an old slate village and round Moelwyn Mawr, not suitable for vertigo sufferers!

**New 38 A Tree Safari / Pine Marten themed walk (5hrs)** C 4 741' 873' 10:00  
A delightfully interesting forest walk and a lunch time talk on the re-introduction of the Pine Marten

We are pleased to work with local accommodation providers who support Barmouth Walking Festival. Please book accommodation directly.

To book a Walking Festival Package, contact the accommodation provider. On your booking form, please identify the walks you want and, if walks are included in your deal, mark them as £0 on the form, and we'll sort out the money! This will save you paying twice!!

## Llwyndu Farmhouse

Guest Accommodation \*\*\*\*

Near to the Wales Coastal Path and close to Barmouth. Very fine food and wine.

01341280144

[www.llwyndu-farmhouse.co.uk](http://www.llwyndu-farmhouse.co.uk)  
[intouch@llwyndu-farmhouse.co.uk](mailto:intouch@llwyndu-farmhouse.co.uk)



### Min y Mor Hotel

Walkers & pets welcome to our seafront location

Marine Promenade, Barmouth, LL42 1HW  
Tel 01341 280555  
[info@minymor.com](mailto:info@minymor.com) [www.minymor.com](http://www.minymor.com)

## welsh coast holidays

Quality, town centre, self catering, accommodation for up to 6 adults

2 complimentary walks per booking  
Additional walks available at a discount

Call Kirstie! 07887 906955. Email: [nello@welshcoastholidays.co.uk](mailto:nello@welshcoastholidays.co.uk)  
Visit: [www.welshcoastholidays.co.uk](http://www.welshcoastholidays.co.uk)

Weekends, Mid-Week and Week Long Breaks Available

## Bryn Melyn Apartments

Comfortable well appointed apartments  
Dogs welcome  
1 and 2 bed, all en-suite  
Communal hot tub and deck  
Stunning views  
Parking & bike storage

Two free walks with each booking during the Festival  
[www.brynmelyn.co.uk](http://www.brynmelyn.co.uk)

## Aber House

Family B & B  
Prices from £45/night & fab breakfast + packed lunch

[www.aber-house.com](http://www.aber-house.com)  
Tel 01341 281074, or 07491656506  
[info@aberhouse@btinternet.com](mailto:info@aberhouse@btinternet.com)  
High Street, Barmouth



### BUNKORAMA

We offer bunkhouse 3 night packages for two or more walkers, including walks, breakfast and packed lunch from £170. email [thebunkorama@gmail.com](mailto:thebunkorama@gmail.com) or phone 01341 281134



# BARMOUTH WALKING FESTIVAL - 15<sup>th</sup> – 24<sup>th</sup> September 2018

## BOOKING FORM

Please select your walks from the list overleaf and fill in the details below

**CONTACT NAME:**

**NAMES OF OTHER WALKERS IN GROUP:**


**CONTACT ADDRESS:**


POST CODE:

Tel:	Mobile:
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Booking Confirmations are sent by Email whenever possible. Could you please provide your Email Address: - **Clearly below:** (Your details are used & kept for Festival purposes only)

Email:

Will you be booking Accommodation in Barmouth and if so which type of accommodation?

Self Cat.	B&B	Hotel	Camping	Caravan	Holiday Home	Local	Friends	Other
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How did you hear about us?

Choice for Curry Evening:	Chicken Korma	Veg Korma	Chicken Tikka	Veg Tikka	Chicken Madras	Veg Madras	Chicken Samba with Lentils	Veg Samba with Lentils
Number:								

**NOTE: All participants take part at their own risk.**

Walk grading, times and distances have been given for guidance only. Ensure that you are suitably equipped for all walks. If you are in any doubt regarding your abilities, take medical advice before booking.

Barmouth Walking Festival c/o Capel Dyffryn, DYFFRYN ARDUDWY, Gwynedd, LL44 2EH

Festival Enquiries: 01341 242 646 and talk to Lesley or Kirstie

Email: [hello@barmouthwalkingfestival.co.uk](mailto:hello@barmouthwalkingfestival.co.uk) Web [www.barmouthwalkingfestival.co.uk](http://www.barmouthwalkingfestival.co.uk)

Any special requirements:

If you booked an accommodation deal, please state provider:
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Signed:

Dated:

Amount enclosed:

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Day	Walk	Grade	Walk Name	No
Sat 15	1	A++	Super Walk – Taith Arduwy	
Sat 15	2	A	Aran Fawddwy Linear	
Sat 15	3	B	Barmouth to the George and on to Dolgellau	
Sat 15	4	C	Trawsfynydd to Maentwrog	
Sun 16	5	A+	Rhinog Fach, Y Llethr, Diffwys to Barmouth	
Sun 16	6 New	B+	Llanfachreth and Moel Offrwm	
Sun 16	7	C+	Barmouth Historical Trail	
Sun 16	8 New	C	Photographic Walk & Workshop	
Mon 17	9 New	A	Above the Dyfi Estuary on the Coastal Path	
Mon 17	10	B+	Falls of Ffestiniog - Ceunant Cynfal & Afon Geudol	
Mon 17	11 New	B	Tyrrau Mawr & Blue Lake	
Mon 17	12	C	Penmaenpool and the Giant's Head	
Tue 18	13 New	A+	Croesor, Cnicht and the Moelwyns	
Tue 18	14	A	Clip and the Roman Steps	
Tue 18	15	B	Cymer Abbey to Foel Ispri	
Tue 18	16	C	Woodlands Restoration of Cwm Mynach	
Tue 18			<b>Curry Evening, Min Y Mor (£16.50)</b>	
Wed 19	17 New	A	Tarren, Pant Perthog Forestry to Rhyd Yr Onnen	
Wed 19	18	B+	Kiwi Memorial Walk – Llanelltyd to Barmouth	
Wed 19	19 New	B	New walk to Bryn Cader Faner	
Wed 19	20	C	Morfa Harlech & Ynys	
Wed 19			<b>Fish, Chips &amp; Talk, Bendi-gedig (£10.00)</b>	
Thu 20	21 New	A	A walk around Rhinog Fawr from Nantcol	
Thu 20	22	A	Dolgellau to Barmouth	
Thu 20	23	B+	Circular Bwlch Y Llan and Bwlch Y Rhiwgyr	
Thu 20	24	C	From the Coast to above Llanfair	
Thu 20			<b>Social Evening, Dragon Theatre (£18.50)</b>	
Fri 21	25 New	A	Tarrenhendre, Tarren-y-Gesail and the Pilgrims' Way	
Fri 21	26	A	The Summit of Diffwys from Bontddu	
Fri 21	27 New	B+	Clogau Path in Bontddu SNP	
Fri 21	28	C	Coed Felynrhyd / Cuenant Llannyrch / Coed Y Brenin	
Sat 22	29	A+++	Super Walk – Cader Idris and Diffwys	
Sat 22	30 New	B+	Dyffryn Y Llethr and Diffwys	
Sat 22	31 New	B	Circular visit to Standing Stones above Llanfair	
Sat 22	32	C	Moel Gerddi & Llanbedr	
Sun 23	33	A+	Cader Walk - Minffordd to Barmouth	
Sun 23	34	B	A Picturesque Round of Dyffryn and Talybont	
Sun 23	35 New	C	Wheelchair & Pushchair Accessible Walk Coed y Brenin	
Sun 23	36	C	Bird Bingo on the Mawddach Estuary and above	
Mon 24	37	B	Croesor & Bwlch Stwlan	
Mon 24	38 New	C	A Tree Safari and Pine Marten themed walk	

(1-3 walks: £8.50 each; 4-6 walks: £7.50 each; 7+ walks: £6.50 each.)

Walkers (Name)	Walks	Total (walks + events)	Cost
<i>Ann Example</i>	11, 18, 27	3 + Social + F&C + Curry Night	£70.50

Make cheques payable to Barmouth Walking Festival

Total:





# Frequently Asked Questions

## Can I:

**Meet at the Start Point?** Yes, but only by prior arrangement, having paid, received, acknowledged and returned the Health & Safety Disclaimer.

**Share a Lift?** Yes, we are sure you will be able to share a lift but ask that you do chip in towards fuel and parking expenses, we are a happy & friendly group.

**Bring the dog?** The countryside is a great place to exercise dogs, but it's every owner's duty to make sure their dog is not a danger or nuisance to farm animals, wildlife or other people. You must control your dog so that it does not disturb or scare farm animals or wildlife. So yes but it should be able to cope with stiles and walks 1, 2, 5, 8, 13, 17, 21, 29, 33 and 36 are not particularly suitable for dogs due to the terrain or number of stiles.

**We do not accept dogs on the Super Walks.**

## How to Reach Us:

Travel through Mid or North Wales by road, for example Birmingham or Manchester are no more than 2.5 hours away or arrive on the wonderful scenic Cambrian Coast Railway, various accommodation is available an easy walk from the station. [www.traveline-cymry.info](http://www.traveline-cymry.info)

The Ticket Office at Barmouth Station is now open for Rail Tickets and Rail Cards, so we will be able to purchase our group tickets there when using the train to arrive at walk starting points.

Alongside the ticketing office is the New Tourist Information Point, providing information and assistance on all local attractions and facilities in Barmouth and surrounding areas. If you have questions about what to do on days when you may not be walking go in and browse the extensive collection of attraction leaflets, call in, there's even a coffee bar with free Wi-Fi while you plan what to do with your day off!



## Contact Details

Contact Barmouth Walking Festival organisers by post, email or telephone: -

- Post:** Barmouth Walking Festival  
c/o Capel Dyffryn, DYFFRYN ARDUDWY,  
Gwynedd, LL44 2EH
- Email:** [hello@barmouthwalkingfestival.co.uk](mailto:hello@barmouthwalkingfestival.co.uk)
- Telephone:** 01341 242 646
- Web Site:** [www.barmouthwalkingfestival.co.uk](http://www.barmouthwalkingfestival.co.uk)
- Facebook:** Barmouth Walking Festival
- Twitter:** @BARMOUTHWALKING

### DISCLAIMER

This programme is produced by Barmouth Walking Festival and every effort has been made to ensure the accuracy of the information included, the publishers cannot accept any responsibility for any errors, inaccuracies or omissions, or for any matter in any way connected with, or arising out of this publication. Walks may have to change due to various circumstances beyond our control, but we will always endeavour to provide suitable alternatives.

### CREDITS

Cover Photograph: Ian Slipper on Kiwi's walk from Llanelltyd to Barmouth.

Additional Photographs: Tony Bungay, Kirstie Lumsdon, Ian & Rhian Slipper, Peter Stiverson, Howard Thomas and Jackie Thomas.

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