

Garn Bentyrch

Start & Finish: Car Park opposite Madryn Arms, Chwilog
Parking: opposite Madryn Arms, Chwilog
Approximate distance: **14 miles**
Time allowance: **2 - 2½ hours**
Nearest public transport: *Railway:* Pwllheli Station.

Nearest Services for Cyclists:

Cycle hire - Caenewydd, Bryncroes. Tel: 01758 730324.
 Offaxis, Abersoch. Tel: 01758 713407.
 Cycle Parts & repairing - Llŷn Cycle Centre, Yr Ala, Pwllheli. Tel: 01758 612414.
 Kandy Kitchen, Porthmadog. Tel: 01766 512310.

A remarkable feature of this region, known as Eifionydd, is Y Lôn Goed (lôn = lane, coed = trees). This stretches north from Afonwen near Chwilog to Brynengan on the slopes of Mynydd Cennin. Planted in the early C19th to serve the Talhenbont Estate, this avenue of beech and oak provides a fascinating seven mile walk. Your route crosses Y Lôn Goed near the farm of Betws Fawr and joins Lôn Las Cymru (National Cycle Network Route 8) for a short section until this divides and eventually joins Lôn Eifion, part of Gwynedd Council's countryside access network, known as Lonydd Glas.



The Eifionydd area has a rich literary tradition. Betws Fawr was the C18th home of poet, Robert ap Gwilym Ddu. Nearby in Capel y Beirdd (capel = chapel, beirdd = bards) there are memorials to him and to Dewi Wyn o Eifion, another celebrated bard.



Ffynnon Cybi (St Cybi's Well)

Travelling north the route ascends steadily as the landscape becomes more open. To the left, you will see Yr Eifl, Gyrn Ddu and Gyrn Goch while Cardigan Bay and the mountains of Meirionnydd are behind and to the right. The land now becomes marshy in character where cotton grass sways in the breeze and rowan berries are welcome additions to the view in late summer.

Leaving Llanarmon, we soon reach the main road from where the route back to Chwilog follows the old Porthdinllaen turnpike road.

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