

14 - Rowen to Penmaenmawr (Stone Circles) 4.4 miles/7.0 kms

From the pub walk past the Chapel, which is usually open to visitors, to take the footpath on the right between the cottages. Go past the farm and through the gate into the field. Continue along the left hand side of the field to go through a gate or over a stile to a track and turn right. When this track bends to the right cross over a stile ahead and walk again along the left hand side of the field. Cross over a stile and walk up the well defined path directly up to a gate on to the lane. Turn right along the lane. At Llwyn On leave the lane and take the farm drive on your left. This leads to a large and steep ladder stile. Go into the field and diagonally across it to a gate. Go through the gate with the wall on your right towards the cottage. Cross over the stone footbridge to the lane.

Enter the wood and walk directly ahead. When you reach the track coming from the road turn left uphill. You are now on an ancient "Coffin Path" which leads eventually to the little church at Llangelynnin.

From this little church continue around the outside wall to take the track going left uphill on to the open countryside. Take the right hand path, aim for the end of the wall in the distance and after crossing the stream at the fords, take the path that keeps close to the wall on your right. At this point you have broad views over the Conwy Valley, Conwy Town and Castle.

When you reach the sheep pens at Tyddyn-grasod turn left along the path to go over the open land (aim slightly to the right of the flat-topped hill in the distance). Continue straight on, ignoring paths on left and right, and when you come to the brow walk ahead towards a clump of trees within a wall and pass these to the right. The path now joins the North Wales Path at a waymarker post.

Go straight ahead and down to the stream. Cross over the footbridge and follow the path up to a waymarker post and then go left. (For Penmaenmawr go to the wall, climb the ladder stile and follow the tracks and waymarked route down to the town).

Follow the path to a gate in a wall and turn left to join the Wales Coast Path. The North Wales Path and Wales Coast Path now follow the same route. Continue to follow the waymarked path for $\frac{3}{4}$ mile past Bryn Derwedd on your right to the complex of stone circles on your left high above the town of Penmaenmawr.