

16 - Abergwyngregin to Bangor:- 12.33m (19.84km)

If you do not visit the village turn left before the bridge to follow the North Wales Path (NWP) and walk up the road to the car park. Just before the car park take the path on the right signed Waterfalls and go over the bridge. Follow this path for 1.25 miles (2.1km) to the waterfalls. The NWP goes past another waterfall and then climbs slowly around the side of the hill. After passing under the powerlines you will shortly arrive at a seat with wide views over Ynys Mon, the Great Orme and beyond to North West England.

Continue to follow the NWP to go under the powerlines for the second time – about 2 kms. After passing under the third of the powerlines the path now crosses several streams and you eventually reach a gate at a fence and wall. Continue along the main path which winds along until you pass a wooded area on your right (Nant Heilyn). After another 300 m, the track will lead you out onto a lane.

Turn left and walk along the lane. Ignore the road going downhill right. When you arrive at the powerline take the footpath right towards Plas Uchaf. Go through the kissing gate and past the farm. Cross the next field along a green track towards the woods.

At the pylon and gorses turn left along a footpath, with the wall on your right, heading towards another pylon. Cross the stream to go around the bank to the track. Turn right and walk to the next gate at a track. Cross over to the remains of a stone stile and walk with the wall on your right. Just before the next house go left over a stile. Take the next stile on your right on to the access road, Turn right along it to the lane. Go left up the lane until you reach a stile in the wall on your right. You are still following the North Wales Path and you should still be looking for their markers as well as any Pilgrims Way markers.

Continue across the field with the wall on your right. When you reach a gate in the wall beside some old buildings, bear left following the track up into a field surrounded by gorse. Turn right and keeping the gorse on your right, find a path through the gorse which will lead to a stile by a small stream. Cross this to another field and eventually to reach a lane.

Here turn right along it for about 0.6 mile/1km. until you see a left turn to Plas Cochwillan. Tracking right around this wonderful old residence go along the track towards the woods. Turn right through the kissing gate and walk along the edge of the woods. Follow the path down until eventually you will see the river on your left, before arriving at the watermill. Turn left at the mill and follow the path across the river coming out onto a track/lane.

Go right here to go under the A55. The access road bends left then right to become metalled. Follow this passing the rugby club ground on your left and continue straight down the lane. Turn left at the first turning. Here you join the Wales Coast Path. Go to the right through the bushes to follow the path to a bus-stop on a major road. Cross the road to a footpath which runs by the railway air shaft that looks like a small castle turret. This path goes to another lane which you cross to another path which takes you down by the side of an industrial park. When you get to a roadway, turn left and go down to the end of the road and then through some barriers. Turn right to join the old railway track into Port Penrhyn.

Turn left and follow the Wales Coast Path over the bridge and up the hill to the A5 road. Cross this with care and go through the bollards into Penybryn Road. Follow

the road underneath a stone bridge and at the end turn left in to the High Street.
Walk down the street all the way to Bangor City Centre and the cathedral.