

145. Llanlleiana Head

Distance **6 miles/9.5km**

Ascent **444 metres**

Start/Finish **Traeth Mawr beach, LL67 0ND**

Looking out to sea, turn R and follow the Wales Coast Path to Trwyn y Parc. Continue north-east, detouring to Llanbadrig Point and the tower on Llanlleiana Head (2.4 miles/3.9km). Stay on the coast path past Hell's Mouth at 2.8 miles/4.5km and the masts on Torllwyn to a path junction at SH 403942 inland of Porth Wen (3.7 miles/6km). Turn R, leaving the coast path on a footpath ascending to the road near Ty-du. Turn R onto the road and follow it west to a footpath on the L at SH 384944 (5 miles/8.1km), then cross fields to the road near Llanbadrig. Turn R onto the road and turn L at the junction, following the road back to the start.

| Miles | Km | Directions |
|--------------|-----------|--|
| 0.0 | 0.0 | Follow the Wales Coast Path right or east to Trwyn y Parc. Continue north-east, detouring to Llanbadrig Point and the tower on Llanlleiana Head. |
| 2.4 | 3.9 | Stay on the coast path past Hell's Mouth and the masts on Torllwyn to a path junction at SH 403942 inland of Porth Wen. |
| 3.7 | 6 | Turn right, leaving the coast path on a footpath ascending to the road near Ty-du. |
| 4.1 | 6.6 | Turn right following the road west to a footpath on the left at SH 384944. |
| 5 | 8.1 | Follow the path across fields to the road near Llanbadrig. |
| 5.5 | 8.8 | Turn right onto the road then left at the junction, following the road back to the start. |