

146. Newborough Forest & Llanddwyn Island

Distance **9.5 miles/15km**

Ascent **116 metres**

Start/Finish **Llyn Rhos Ddu car park, LL61 6RS**

From the start follow the Wales Coast Path south-west to the beach at Llanddwyn Bay. Turn R and follow the beach around the lighthouse at the end of Llanddwyn Island (3.6 miles/5.8km). At very high tide this becomes an actual island so take care and check tide times before running out to the lighthouse. Continue on the coast path back along the island and then L across the sand to the edge of Newborough Forest. Follow the path around the forest to the R and up the Afon Cefni estuary to a track junction at SH 408660 (7.3 miles/11.7km). Turn R off the coast path heading south-east through the forest to the coast path on the far side. Turn L onto this and follow the outbound path north-east back to the start.

Miles	Km	Directions
0.0	0.0	Follow the Wales Coast Path south-west to the beach at Llanddwyn Bay.
1.6	2.5	Turn right and follow the beach around the lighthouse at the end of Llanddwyn Island.
3.6	5.8	Continue on the coast path back along the island and then left across the sand to the edge of Newborough Forest.
4.4	7.1	Turn left following the path along the edge of the woodland and through its eastern edge up the Afon Cefni estuary to a track junction at SH 408660.
7.3	11.7	Turn right off the coast path heading south-east through the forest to the coast path on the far side.
8.8	14.1	Turn left and follow the outbound path back to the start.