

153. Around Lake Bala

Distance **16 miles/25.5km**

Ascent **1025 metres**

Start/Finish **Pensarn Road, Bala, LL23 7YE**

To run the loops clockwise follow the path along the northern end of the lake, joining the B4391 and passing the train station. Turn R onto a footpath up to Cefn-ddwygraig. Then turn R onto a path parallel to the lake heading through woodland and out onto moorland where you trend L uphill to more trees. Take the path through these to a forest road. Turn R here and follow it down to a larger road in Glyn Gower. Cross and follow a path below Cefn Gwyn to the B4403. Turn L onto the road and then R on a path into the back of Llanuwchllyn. Cross the Afon Twrch and head north, crossing the A494 and continuing up the western side of the lake. Cross a minor road at Pentre-felin and take the next path to the road. Turn L then R onto a path up to Moel y Garnedd. From here turn R and then R again following paths down to the A494 at Llanycil. Turn L and follow the road back to the start.

Miles	Km	Directions
0.0	0.0	Follow the path along the northern end of the lake, joining the B4391 and passing the train station to a right turn onto a bridleway heading south-west.
0.9	1.4	Follow the bridleway then bear left up to Cefn-ddwygraig.
1.7	2.7	Turn right onto a path parallel to the lake heading through woodland and out onto moorland where you trend left uphill to the edge of a larger forest.
3.2	5.2	Take the path through these to a forest road. Turn right here and follow it down to a larger road in Glyn Gower.
5.5	8.8	Cross and trending left follow a path below Cefn Gwyn then bear right down to the B4403.
8.1	13	Turn left onto the road and then right on a path into the back of Llanuwchllyn.
8.6	13.9	Trend right through the village and cross the Afon Twrch then head north to the A494.
9.6	15.5	Cross and continue on a path up the western side of the lake to a minor road at Pentre-felin.
10.9	17.6	Turn left onto the road then right onto a track heading north. Follow this trending right past Llwyn-mawr-uchaf to a road.
12.5	20.1	Turn left following the road to a footpath on the right. Follow this north-east uphill to Moel y Garnedd.
13.5	21.8	Turn right following the path east to a junction with a bridleway, turn right down this past Penlan to the A494 on the lakeside.
15.2	24.5	Turn left and follow the road back to the start.