

Cerdded | Scenic Walk



Summary

A delightful river walk along the bank of the river Tryweryn through woodland with information boards

Other Trails are available which explore the history of Bala in more detail Bala & Penllyn Tourism Association have checked the information given in this leaflet but changes may occur. You must be responsible for your own safety, please heed warnings, follow the Country Code & see Safety and Conduct information at www.GoBala.org (Information/Safety)

Tourist Information:	www.VisitBala.org or www.visitsnowdonia.info
Trails Information:	www.GoBala.org

Plan your Trip

Distance	2.5 km (1½ miles)
Time	1 - 1½ hr
Terrain	Path along river bank, rough tracks, former railway line
Start / finish	Canolfan Tryweryn (SH891401) the National Whitewater Centre, Frongoch, LL23 7NU (4 miles north of Bala on A4212)
Parking	At the start (pay & display)
Toilets	At the start
Refreshments	Café at the start
Public Transport	Only to Bala
Important	Near fast flowing water, river levels can change rapidly, children must be supervised, lifejackets for children available from the Centre (returnable deposit)

Directions from Bala

Take the A4212 (Trawsfynydd) shortly after Frongoch you will find Canolfan Tryweryn on the left (approx. 4 miles)

Note that the Centre only opens when there is a release of water. It is closed for a month in October/November.

The walk follows the river bank through woodland to the fish trap at the foot of the Llyn Celyn dam, it returns using a slightly different route in places, including a section of the former Bala to Ffestiniog railway line which was closed in 1961, although the remains of bridges and the track-bed can be seen.

You will be able to watch whitewater rafting and canoeing on the river with rapids known as “the graveyard” and “the ski jump” There are information boards and picnic places on the walk.

Pick up the free guide “Trywydd Tryweryn/The Tryweryn Trail” in the Centre, which provides information on the flora and fauna. Follow the route description/map given in the Guide (centre) and signs. If you cannot get a guide some brief directions are given below (see map on information boards on the route).

The Trail

START

Leave the Centre and turn right (information board with map), follow the river downstream to NRA bridge, cross bridge, turn right and follow river bank upstream to the next bridge (Fedw'r Gog). Cross the bridge, turn left and continue upstream into a car park then left through tunnel (under former railway line) onto the island. Leave the island going upstream and continue on the river bank upstream to the “Chipper” and fish trap (Llyn Celyn dam to the right). Bear right onto road with car park and right onto access road (back to Centre) after a short distance turn right onto former railway line and eventually back to the Centre.

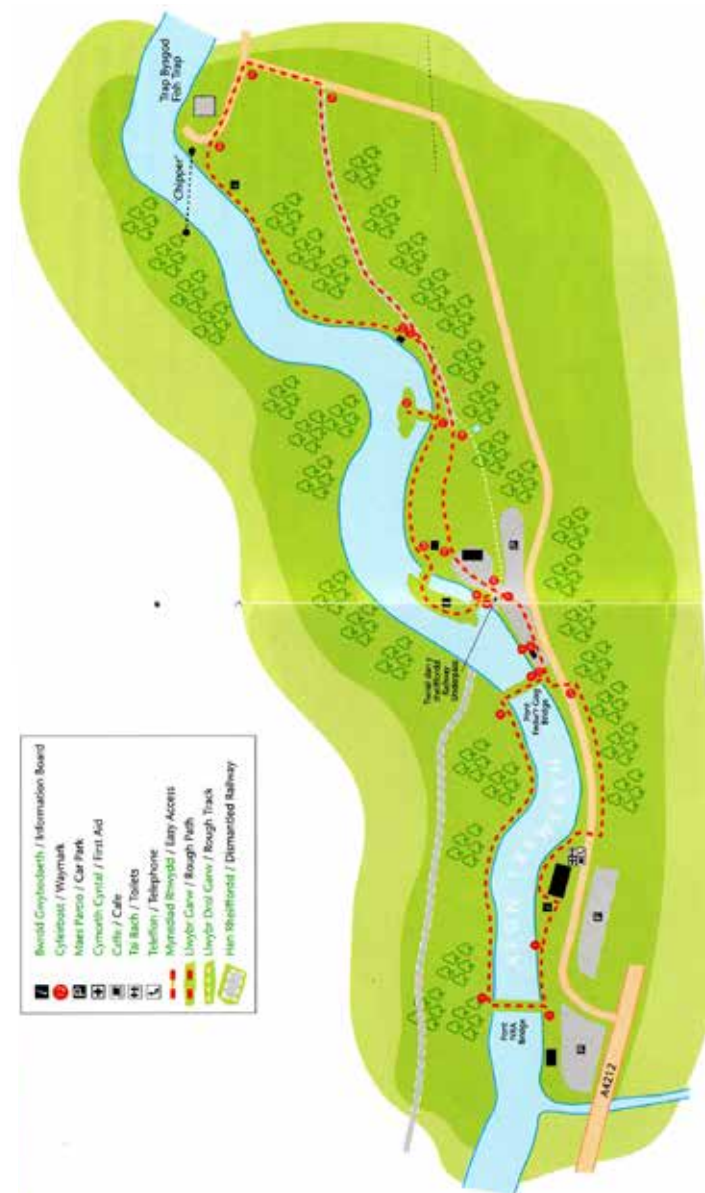
FINISH

Contacts



Canolfan Tryweryn - the National Whitewater Centre for Wales:

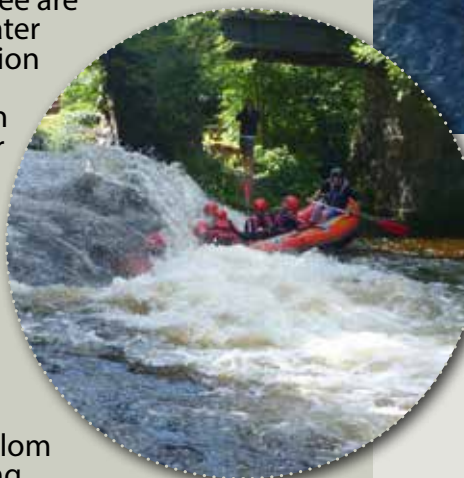
- Tel: 01678 521083
- Web: www.ukrafting.co.uk
- Web (Trail): www.ukrafting.co.uk/tryweryn-trail



The reservoir “**Llyn Celyn**” was created in 1965 by Liverpool Corporation to provide water for the city. This involved the drowning of the village Capel Celyn which may be partly seen at low water levels. There was much local and national opposition to creating this reservoir. Liverpool City Council issued an apology 40 years after the construction. Today Llyn Celyn is part of the “**The Dee Regulation Scheme**”. In addition to Llyn Celyn, water is supplied by Bala Lake and the Alwen and Brenig reservoirs. The rivers Tryweryn, Alwen, Brenig and Dee are used to transport water for public consumption which is extracted from the River Dee in Wales and at Chester for Liverpool.

After “Llyn Celyn” came into operation the River Tryweryn was used for **whitewater canoeing** and in particular national and international slalom and down-river racing competitions – as the flow of water is controlled it results in reliable water conditions, even when rivers are dry in the summer. The site hosted the first British **White Water Canoe World Championships** in 1981. In 1985 the UK's first commercial rafting operation was set up on the Tryweryn. The National White Water Centre building, on the banks of the River Tryweryn, was officially opened in 1995 and The World Championship for down river racing was also held in 1995.

The **Bala to Ffestiniog** railway line was opened in 1882 to Llan Ffestiniog, in



1883 the line was extended to Blaenau Ffestiniog. The line served the Ffestiniog slate quarries and the Arenig granite quarry. The building of the Llyn Celyn reservoir necessitated the flooding of the line which was closed in 1961.

Fron-Goch - A village rich with history

A Whisky distillery was established here by R.J. Lloyd Price in 1887. It was not a commercial success and closed in 1910.

During the First World War the disused building became a German prison of war camp. Following the Easter Rising in Dublin, (1916) it then became an internment camp for 1800 Irish prisoners of war, the most notable being Michael Collins. The Irish volunteers and the Irish Citizen Army united as one in Fron Goch. They became known as ‘The Irish Republican Army’ (IRA). A commemorative stone denoting this significant event can be found in the lay-by, on leaving the village.

Fron Goch Farm was home to Sara Evans, the great-grandmother of Abraham Lincoln.

Wildlife

There are otters, Atlantic salmon, brown trout and grayling in the River Tryweryn. The river is one of the few places that freshwater pearl mussels are found which is an indication of how clean the water is. The lamprey, a rare eel-like fish, is also found in the River Tryweryn.

Birds which live along the rivers Dee & Tryweryn include: kingfisher, heron, dipper, pied-wagtail, grey-wagtail, yellow-wagtail, goosander, merganser, nuthatch, tree-creeper, great spotted woodpecker and wren. In addition, there are various dragonflies, damselflies and butterflies along the banks.

For more information see: Wildlife Guide on GoBala