

Teithiau Penllyn

Taith i Bob Gallu - Taith Tegid

Cymdeithas Twristiaeth y Bala a Phenllyn

Go Bala

All Ability Trail – Tegid Trail

Bala & Penllyn Tourism Association

Taith i Bob Gallu | All Ability Trail



Summary

A linear, mainly level trail on tarmac. Suitable for wheelchairs, mobility scooters, pushchairs etc. Excellent views of the lake and hills around Bala Lake (Llyn Tegid). Access to the lake shore at several places (via steps). Along a busy road (A494) and the trail is shared with bikes.

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	4½ km (2.8 miles) (one-way)
Ascent	80 m (one-way)
Time	1½-2 hour (one-way)
Map	OS OL23 or OL18
Route	Tarmac pavement along a busy road
Start	Leisure Centre, Pensarn Rd., Bala, LL23 7SR; SH922355
Finish	Glanllyn Caravan & Camping Park, LL23 7SS; SH892324 Planned to extend to Llanuwchllyn
Parking	At start (Pay & Display)
Toilets	Bala, Leisure Centre, Glanllyn Camping Park (donation)
Refreshments	Bala, Leisure Centre Café, Glanllyn Camping Park (shop)
Public Transport	www.GoBala.org (Information/Public Transport)
Important	Along a busy road (A494) the trail is shared with bikes

www.GoBala.org



The Trail

- 1** **START** Leave Leisure Centre and turn left onto the pavement of the A494 towards Dolgellau.
- 2** Follow the pavement for 4½ km to Glanllyn Caravan & Camping Park. **FINISH**

It is planned to extend to the tarmac path to Llanuwchllyn

Within the Glanllyn Caravan & Camping Park there are toilets upon request (charity donation requested) and a shop (that sells cold drinks, ice cream, crisps).

You may return using the same route. Cyclists can continue around the lake (A494, B4403) or return on quiet roads & A494 via Parc and Llanycil, although there are some steep hills. Walkers can return using footpaths (part of the SNPA Leisure Network) but the first part is on roads: continue for 400m on the A494 then turn right (to Parc) on to a minor road, after 700m there is a footpath on right (Leisure Network – Llyn Tegid North)



Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardalwedd Gwledig
The European Agricultural Fund for Rural Development: Europe Investing in Rural Areas





Route planned to be extended to Llanuwchllyn

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A Llyn Tegid (Bala Lake), the largest natural lake in Wales, approx. 3½ miles long and 150ft deep, lies on the Bala – Talyllyn geological fault-line. The basin was probably created by glacial erosion during the Ice Age. The Gwyniad, a survivor of the Ice-Age, is a species of fish, similar in features to a herring, is unique to the lake.

Local legend relates that the lake was formed as punishment for the misdemeanours of Tegid Foel (Tegid the Bald) - a local prince. His mansion, with all its occupants, were reputedly drowned one night during a drunken orgy, after guards neglected replacing the cover on a magic well which would otherwise overflow at night. Only one survived – an itinerant harpist who was led out of danger by a small bird calling repeatedly, “Vengeance has come...”. When he awoke on the hillside in the morning he saw a huge lake filling the valley with his harp floating on its surface! More recent tales exist about a monster lurking in the dark depths of the lake. In 1995 a Japanese mini submarine conducted a survey beneath the waters but did not find a monster!

B Loch Café. The small wooden cafe was erected by William Meredith one of the first and best known local photographers.

C Llanycil Church (St. Beuno) dates back to the 8th C. but was extensively rebuilt in 1881. The Church was closed in 2003. In 2007 it was purchased by the Bible Society who intends to turn it into the Llanycil Faith Heritage Centre. Many renowned men are buried in the church cemetery – the most notable being the Rev. Thomas Charles, a prominent leader in the Methodist revival. Here also lies Dafydd Cadwaladr, father of Betsi Cadwaladr a well-known nurse

who worked in a hospital in Balaclava during the Crimean war (see Betsi Cadwaladr Trail), and not forgetting Bob Tai'r Felin – who was well-known for his ballads and folk singing.

Mary Jones walked bare-foot from Llanfihangel-y-Pennant to Bala, in 1800, to buy a bible – a return journey of over 52 miles (see Mary Jones Trail). Thomas Charles had none left but gave her his own bible. This led to the formation of the Bible Society.

Previously there was a tavern the “Cross-Keys” on the side of the road now part of the churchyard. Opposite the church is the former rectory “Abercelyn” built in 1729. It is now a B&B and the outbuildings, the former Tithe Barn and Poor House, are used as self-catering cottages.

D Immediately after Llanycil church is the mountain stream, Nant Gwenwyn-feirch, which is known locally as the “**Poisoned Stream**”. Apparently after the battle of Naseby (1645), Oliver Cromwell instigated a hunt for Royalists - Rowland Vaughan, an ardent royalist, lived at Caer Gai, (see below). Cromwell's men came camped by the stream near Llanycil Church on their way to Caer Gai. Local women threw Yew Tree leaves into the water upstream and the soldiers' horses were poisoned the delay giving Rowland Vaughan time to escape.

E A large country house **Bryn Tegid** is now a B&B. Bryn Tegid was built in 1849 for Major General Robert Owen Jones. Amongst other things, he organised the Ordnance Survey of Wales and was managing director of the “Army & Navy Stores” in London. The

Bryn Tegid estate extended to some 200 acres including 2 farms. It included the lake foreshore where he built a stone landing stage and was the first person to own a yacht on the lake.

F If you continue on the A494 for 1 km from the finish, you would come to the **Glanllyn Outdoor Activity Centre**. The centre organises educational courses for schools and colleges as well as summer camps for children and young people and specialises in the medium of Welsh. The centre is also the home of Urdd Gobaith Cymru (the Welsh Youth Organisation). The centre offers Ten Pin Bowling and High Ropes to the public, but you must book in advance (Tel: 01678 541000). Previously Glanllyn was a 19th-century mansion at the heart of the 30,000 acres estate, it was largely used by Sir Watkin W Wynn during the shooting season.

G Continue for another kilometre and you will come to the **Roman Fort of Caergai** (The Fort of Cai). The A494 is along the route of a Roman road. The south-eastern wall of the old fort is still visible and the existing farmhouse was built in the north corner. Caergai has been a mansion for local gentry for centuries including Rowland Vaughan, an ardent Royalist during the Civil War. His house was burnt to the ground by Cromwell's Army and his lands temporarily confiscated (see D above). To the east of Caergai is the hamlet known as Y Lôn (The Street). It lies on the path of the old Roman Road from Chester. When the row of houses was built as part of a 1951 Festival of Britain Project, Roman graves were discovered.