

This Gravity experience is a focus more on "Adventure Sightseeing" with less physical input.

This is done by delivering the scooters to you, at the top of Parc Uchaf Gwydyr mountain, near the "Nant Bwlch yr Haearn" outdoor centre.

The FREE Car parking area gets you at a starting height is 237.4 metres providing over 5 miles route to discover.

There are a choice of two routes - we called Left or Right (I know awesome names - better than Devils Gully or Hells Pathway!) This information is for taking a **Right Turn** at the car park.

Allowing for standard stops, like viewing points, these routes will take you 1hr 30min +/- 15 minues.

Your session allows for 1hr 50mins.

Google Maps: Lake Sarnau Car Park Name: Llyn Sarnau, ConwyX/Y co-ords: 277873, 359107

Place type: Inland WaterLat/Long: 53.11510086,-3.82615344 Location Grid Ref: SH 7787 5910OS

Explorer Map: OL17: Snowdon

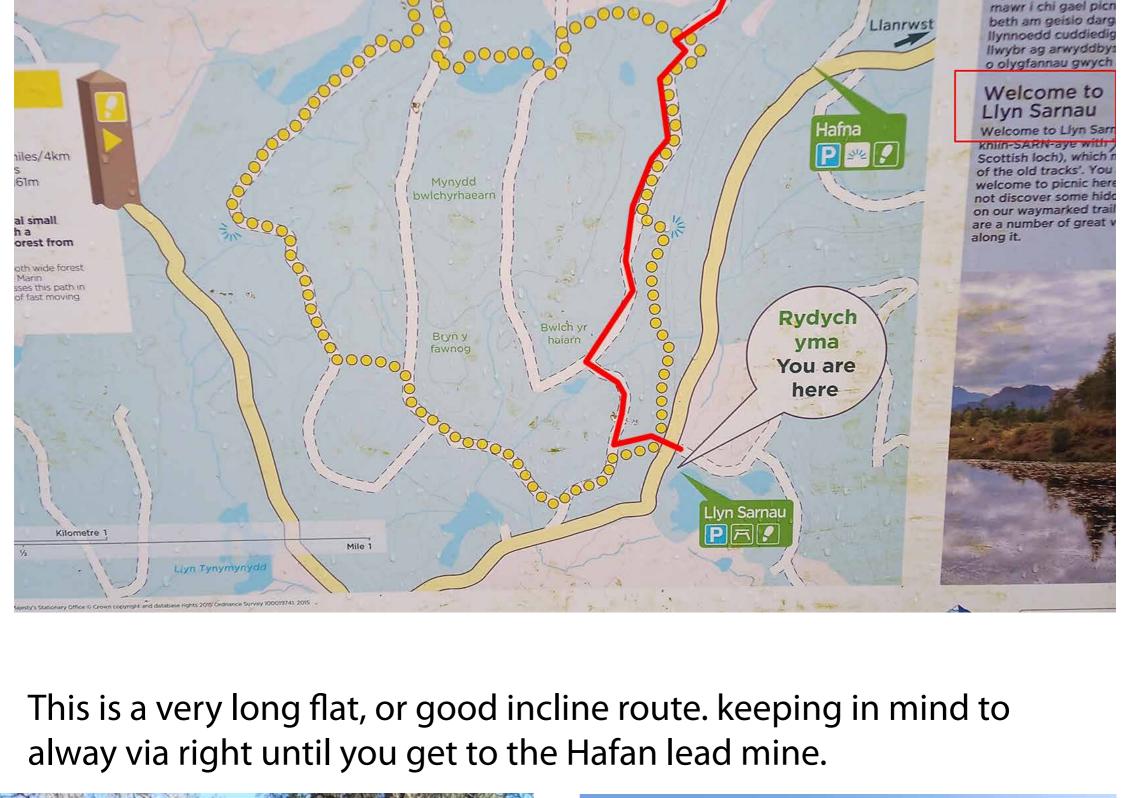


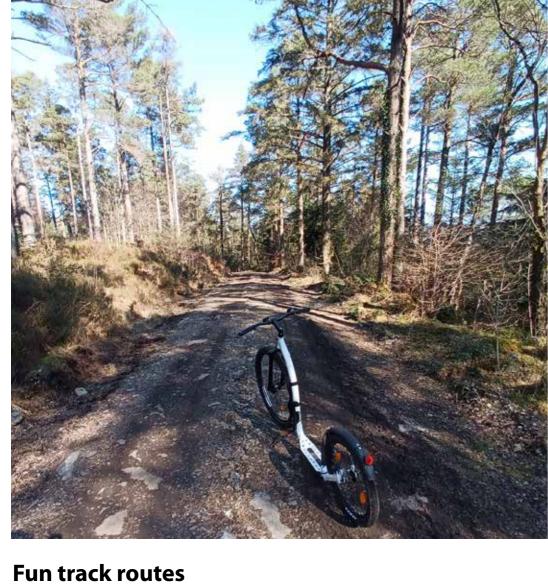
From the car park cross the road and head up the small track. You will



is turning left. On eith router when you reach the main foresty track turn right. Forest Lakes Walking Trail Croeso i Lyn Sarnau

have two option to either turn left or right. The easy and quick route





Some great views After looking down the Hafan Mine you have to travel on the main road, and down a steep hill. Please dismount and walk this section After 500 yards you will see a foresty track on your left that will cut out a VERY DANGEROUS bend in the road - DO NOT stay on he road. Take the track and watch your speed down here. We often miss the right turn required at the bottom of this hill, and use our momentum to carry on up the hill. Obviously when we stop we trun round and head down the hill veering left, taking the turning we

passed earlier to head back towards the road.

Another session is then required to walk on the road until you get to junction. A right turn to Sawbench or Gwydir Mawr Car Park. If you have done very well on time, take the left turn, on the road signed posted Llanrhychwyn.

Go up the hill for 50 yards and on the right will be a small layby. Lock your scooters here and cross over the road to a wooden gate. *Please* enter the gate carefully as the ascent is steep! This route takes you to view the spectacular "Grey Mare's Tail Waterfall"







Gwydir Mawr & Bach Car Park

Return to your scooter and head back towards the junction, cross over and scooter through the Gwydir Car Park and head down to the Nant Valley "View Bench".

Continue along this path where you will come across a path just after a type of around about. This path is a steep decent and goes onto a tarmac road. Uchaf Church Entrance road so be careful with your spead. The bottom of this road joins a main road. You MUST STOP. You

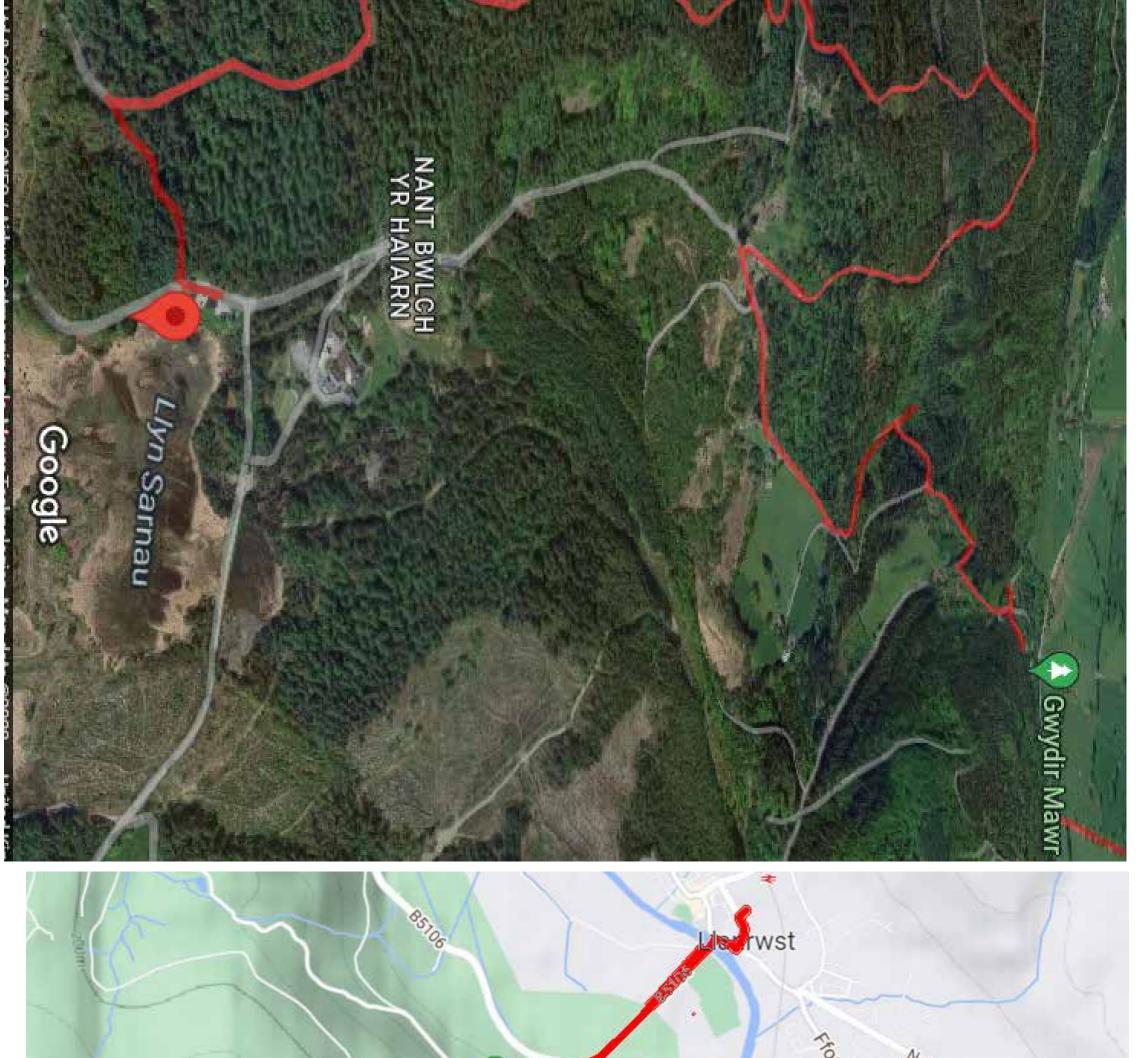
need to WALK over the road, and walk on the road facing the traffic until you get to the entrance of Gwydir Castle!

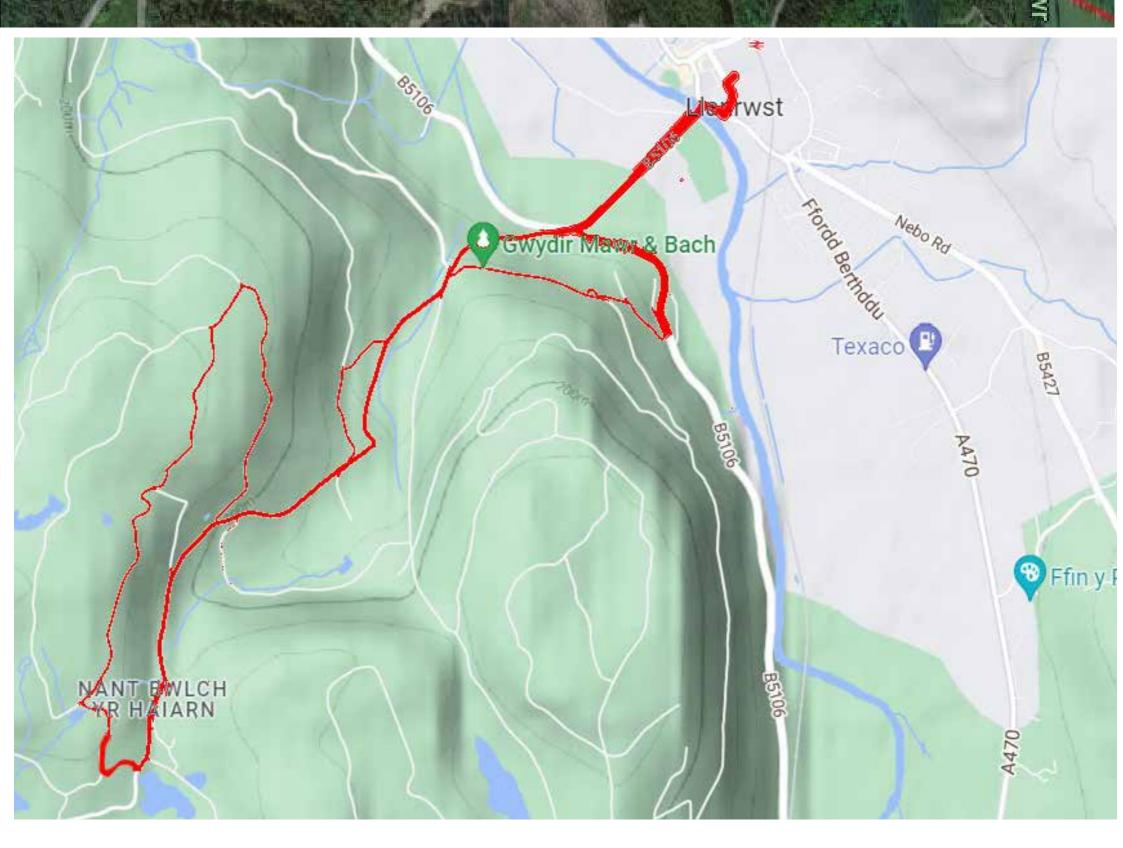




Nant road, and takes you all the way back to the stone bridge.

Dismount and walk aross over the stone bridge and turn right onto the pavement, and wait for a gap in the traffic to cross over the main road. Opposite you will see a junction at the end of Watling street which leads you back to the Bike Hut in the Watling Car Park. Always remember on public footpaths pedestrians have the right of way. Always stop and GIVE-WAY!







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