

PEN Y CEFN

These routes and guidance are provided for general information only. Conditions such as weather, terrain and access may change. Walkers are responsible for their own safety and judgement when using these routes. Arloesi Dolgellau accepts no liability for any loss, injury or damage arising from their use.

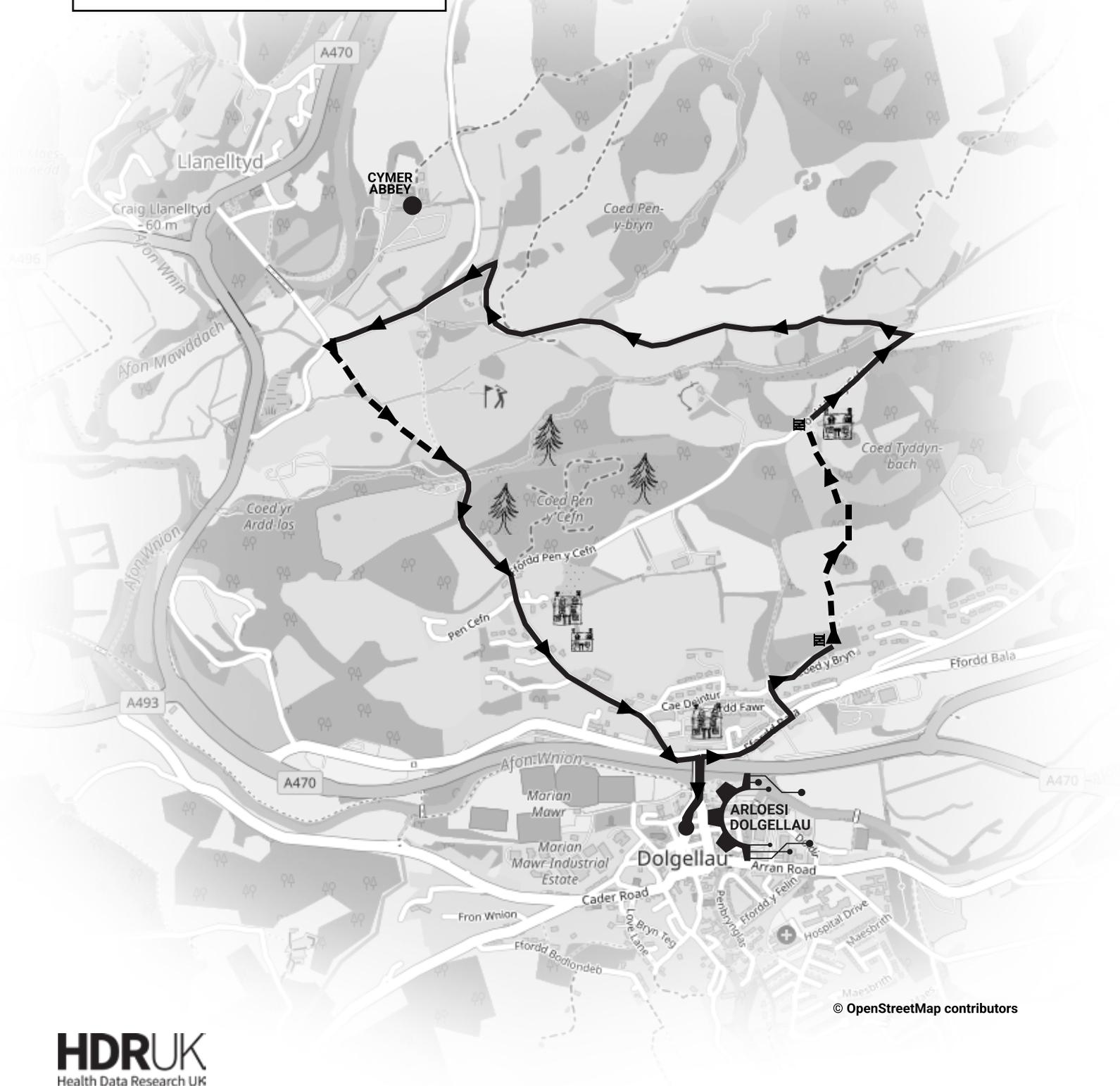
ROUTE LENGTH: 3.2 MILES

ASCENT: 528 FEET

APPROX TIME: 1.5 - 2HR

———— ROAD

----- UNPAVED TRACK



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HDRUK
Health Data Research UK

These walking routes have been created by Arloesi Dolgellau as part of a project supported by HDR UK. The aim is to encourage people to stay active, connected, and well, particularly during the winter months. The routes are designed to be easy to follow, close to town and suitable for a range of abilities. Spending time outdoors, even in colder months, can improve physical health, boost mood, and help you reconnect with your local area.

PICK UP AFTER YOUR DOG AND TAKE YOUR LITTER HOME.