Approximate distance: 5.7 miles
For this walk we’ve included GPS marker points as an option, should you wish to follow them.

The Weatherman Walking maps are intended as a guide to the TV programme only. Routes and conditions may have changed since the programme was made. The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.
Approximate distance: 5.7 miles
Steam trains, a magnificent hill top castle surrounded by mountains and converging rivers make this a walk to remember.

1. Nant Gwernol Station
52.64185° N, -3.95062° W
Steam trains used this line to transport slate from the nearby Bryn Eglyws quarry to places as far afield as London and Birmingham.

2. Quarrymen’s houses
52.644° N, -3.95545° W
These picturesque, old stone terraces show real craftsmanship and once housed workers from the nearby quarry.

3. Capel y Cwrt
52.64586° N, -3.95856° W
At the end of the road before the stone bridge is an area known as Y Cwrt.
Turn left at the chapel and walk down behind the cottages, turning right onto a footbridge.

4. Cow rings and trough
52.64588° N, -3.96543° W
A rocky outcrop marks the spot where small iron rings have been embedded into the rock.
These were used by local farm women to tether cows.

5. Valley views
52.64898° N, -3.97893 ° W
Follow the track down along the valley and through a wooden gate.
The steep hillsides were covered in rusty bracken when we walked here in October.

6. Stone wall
From here you will have see some spectacular views down towards Foel Cae’rberllan and Castell Y Bere.
Turn right onto the bridge and head up the road.
7. Caerberllan farmhouse
52.65122° N, -3.97786° W
This amazing building was built in 1590 and has an infamous history of murder and family feuds.
Walk through the farmyard and onto the castle.

8. Castell Y Bere
52.65887° N, -3.97578° W
Started by Llewelyn the Great in 1221, it was captured by the English in 1283.
This mountain fortress perched high on a rocky spur has commanding views over the valley.

9. Mary Jones' chapel
(St Michael's Church)
52.66110° N, -3.96586° W
Walking down from the castle we veered left towards Ty'n y Ddol.
Mary Jones was a local girl who walked 25 miles from here to Bala in bare feet, just to get her copy of a Welsh bible.

10. Oak forests
52.66129° N, -3.96341° W
An overgrown track opens up where oak trees hug the river bends.
Follow a winding path up to a lovely waterfall. Head up the hill and over the style.

11. Split rock
52.66021° N, -3.95607° W
Take a look and see if you can spot the local farmers' graffiti on it where they've carved their names.
Ahead lies a spectacular route through the valley.

12. Old stone boundary walls
52.65968° N, -3.94567° W
Along this route you'll spot old stone field boundary walls - some of which go right up and over the mountain tops.
13. Views over the Bala fault line
52.65576° N, -3.94098° W
Pass the sheep pens and head down the track and take in views across the valley, to an old geological fault line which is actually a rupture in the land.

14. Mountain oak woodlands
52.65610° N, -3.93905° W
Follow a steep, winding track down through a wonderful forest of mountain oak known as Coed Cedris, until you reach the field below and turn right.

15. The river path
52.647794, -3.956737
After approximately half a mile turn left at a signpost near a house and make your way down various steps and styles to the river.

16. Pont y Cwrt
52.646053, -3.95901
After a short stroll along the banks of the river you’ll arrive at a stone bridge. Make your way up onto the road, turn left and head back towards the train station.