



PENMAENUCHAF

DOLGELLAU

Heritage Itineraries



Discover the history and landscapes of Eryri, with Penmaenuchaf as your base

Eryri (Snowdonia) is a landscape shaped by myth, memory and the people who have lived among these mountains for generations.

Ancient paths cross the hillsides, castles rise from estuary towns and lakes sit quietly beneath towering peaks. It's a place where history feels woven into the landscape itself, from the stories of the Mabinogion to the slate communities that shaped North Wales.

From Penmaenuchaf, these experiences are within easy reach. Days spent exploring the mountains, estuaries and historic places of Eryri are balanced by returning to somewhere warm, peaceful and deeply connected to its surroundings.



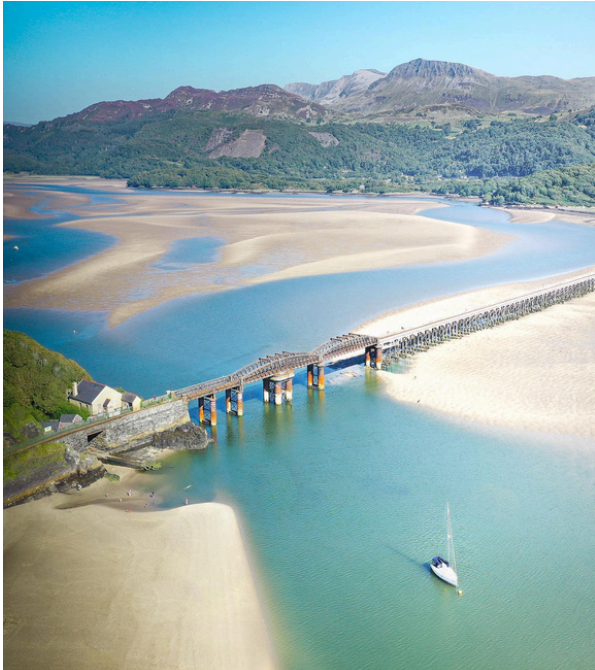
These itineraries are designed for guests who want to experience the quieter, more atmospheric side of Eryri. From gentle estuary walks and mountain viewpoints to castles, market towns and places shaped by Welsh myth and legend, each route offers a different perspective on North Wales, always with Penmaenuchaf as the perfect place to return to at the end of the day.



2-Day Heritage & Landscape Itinerary

Day 1 – The Mawddach Estuary: landscape and legend

Begin your stay with a gentler introduction to the landscapes surrounding Penmaenuchaf.



10:00am | The Mawddach Trail

Following the old railway line between Dolgellau and Barmouth, the Mawddach Trail is one of the most beautiful walking and cycling routes in Wales. The path winds alongside the estuary, with wide mountain views, changing light across the water and a sense of calm that defines this part of Eryri. Whether explored on foot or by bicycle, it's a peaceful way to experience the landscape at your own pace.



1:00pm | Barmouth

At the edge of the estuary, Barmouth brings together mountain and coast in a way unique to this part of Wales. Wander the harbour, stroll along the expansive beach or explore the town's historic streets before stopping for lunch overlooking the sea.



3:30pm | Cymer Abbey

Tucked quietly into the landscape near Dolgellau, the ruins of Cymer Abbey offer a more contemplative moment to end the day. Founded in the twelfth century, the remains of the Cistercian abbey sit surrounded by woodland and hills, with the sound of the nearby river adding to the atmosphere.

Return to Penmaenuchaf for an evening overlooking the gardens and mountains beyond, with dinner in Afon Restaurant bringing the day to a close.

Day 2 – Castles, mountains and stories

Today explores the history and folklore woven through the mountains of southern Eryri.



9:00am | Guided walk through Eryri

Head into the mountains for a half-day guided walk with one of our local storytelling guides whose knowledge of Welsh history, myth and legend brings the landscape vividly to life. Walk ancient routes beneath Cadair Idris, hear stories drawn from the Mabinogion and discover hidden viewpoints, lakes and valleys shaped by centuries of history and folklore. Depending on the route, there's also the opportunity to stop for a picnic surrounded by the mountains.



2:00pm | Harlech Castle

Rising dramatically above the coast, Harlech Castle remains one of the most impressive medieval fortresses in Wales. Built by Edward I and recognised as a UNESCO World Heritage Site, its position high above the dunes and sea makes it feel both powerful and deeply connected to the surrounding landscape. Spend time exploring the walls, towers and far-reaching views before returning through the mountains to Penmaenuchaf.

Return to the house for a final evening to relax and enjoy the atmosphere of the hotel.



3-Day Heritage & Landscape Itinerary

Day 1 – Estuary landscapes and quiet paths



10:00am | The Mawddach Trail

Spend your first morning exploring the Mawddach Estuary, following one of Wales' most scenic walking and cycling routes between Dolgellau and Barmouth. The combination of mountains, tidal water and woodland creates a landscape that constantly shifts with the light and weather, making even a gentle walk feel memorable.



2:00pm | Dolgellau

Return to Dolgellau to explore the town's historic streets, independent shops and stone buildings beneath the slopes of Cadair Idris. Once an important centre of the woollen industry, the town still carries a strong sense of Welsh identity and character. Return to Penmaenuchaf for dinner in Afon Restaurant and an evening at the hotel.

Day 2 – Myth, mountains and hidden lakes



10:00am | Guided mountain walk

Spend the day exploring deeper into Eryri with one of our local guides. Routes can be tailored to suit different abilities, from gentler valley and lakeside walks to more dramatic mountain viewpoints beneath Cadair Idris. Along the way, stories of Welsh princes, folklore and local history help bring the landscape vividly to life.



2:00pm | Tal-y-llyn Lake

Nestled beneath the southern slopes of Cadair Idris, Tal-y-llyn Lake feels wonderfully peaceful and timeless. Surrounded by steep mountains and quiet countryside, it's one of the most atmospheric places in southern Eryri. Return to Penmaenuchaf for another evening in the mountains.

Day 3 – Castles and the North Wales coast



10:00am | Harlech Castle

Standing high above the coast, Harlech Castle offers one of the most dramatic settings of any castle in Britain. Explore its medieval walls and towers while taking in sweeping views across Cardigan Bay and the mountains of Eryri.



1:30pm | Portmeirion

A softer and more colourful final stop, Portmeirion's Italianate architecture and subtropical gardens create a fascinating contrast to the rugged landscapes surrounding it. Spend the afternoon wandering the village and coastline before returning to Penmaenuchaf for your final evening.

Enquiries

reservations@penmaenuchaf.co.uk
www.penmaenuchaf.co.uk

Penmaenuchaf Hotel
Penmaenpool, Dolgellau, Gwynedd, North Wales, LL40 1YB