

VAN MILES

7 Days in North Wales Near Dolgellau

A relaxed week of waterfall walks, mountain lakes, forest trails, the Mawddach Trail and some of our favourite coastal stops.

Perfect for:

walking • cycling • dogs • beaches • scenic drives

YOUR WEEK AT A GLANCE

DAY 1	Torrent Walk + Dolgellau
DAY 2	Mawddach Trail to Barmouth
DAY 3	Cregennan Lakes + Fairbourne
DAY 4	Coed y Brenin Forest Park
DAY 5	Precipice Walk + Mawddach evening
DAY 6	Tal-y-llyn Lake + Aberdyfi
DAY 7	Mawddach Trail to Dolgellau

Save this guide to your phone, print it before you go, and use the full Van Miles blog guides for parking details, route information and our experience of each place.

DAY 1**Torrent Walk + Dolgellau**

Start the week with the 2.6-mile Torrent Walk near Dolgellau. Allow around 2 hours if you like stopping for photographs and the waterfalls. After rain, parts can be muddy and uneven. Finish the day with time in Dolgellau.

DAY 2**Mawddach Trail to Barmouth**

Cycle the Mawddach Trail towards Barmouth, following the estuary before crossing Barmouth Bridge. The route is mostly flat and largely traffic-free, with picnic benches and plenty of places to stop for the views. Lock the bikes in Barmouth and explore on foot before cycling back.

DAY 3**Cregennan Lakes + Fairbourne**

Drive up to Cregennan Lakes for a relaxed lakeside walk. Our easier route was around 1.5 miles, with options to extend or climb higher. The access road is narrow and steep in places. Afterwards, head down to Fairbourne for a quieter beach afternoon.

DAY 4**Coed y Brenin Forest Park**

A great forest day with walking, running and mountain-bike trails. Choose an easier forest route such as Bloomers Walk, or make the day more active if you want. There is a large parking area and toilets, and the forest works well when the weather is less settled.

DAY 5**Precipice Walk + evening by the Mawddach**

Complete the 3.6-mile circular Precipice Walk. Allow around 2 hours with stops. There are narrow and uneven sections and a steady climb, but the Mawddach Estuary and mountain views make it worth it. Keep the evening slower and enjoy the estuary area.

DAY 6**Tal-y-llyn Lake + Aberdyfi**

Start with a peaceful walk beside Tal-y-llyn Lake. We chose an easier linear route of around 3.25 miles rather than the full circular walk. Then drive on to Aberdyfi for the promenade, harbour, independent shops and beach.

DAY 7**Mawddach Trail to Dolgellau**

Finish the week by cycling the Mawddach Trail in the Dolgellau direction. This part of the trail becomes more wooded and gives you a different feel from the Barmouth side. Spend some time in Dolgellau before heading back, and stop for food along the route if you fancy it.

BEFORE YOU GO



Check the weather and swap days around if needed.



Take waterproofs and good footwear - several routes can be muddy after rain.



Keep dogs under control around livestock.



Save parking and route details before setting off, as signal can vary.



Take water and snacks for the longer walking and cycling days.

Full guides: Visit van-miles.co.uk for the individual Dolgellau and North Wales posts, including parking, walking distances and more detail from our trip.

VAN MILES • UK travel, walks, campervan trips & dog-friendly adventures