

Coastal walk – Porthor to Mynydd Anelog, Llŷn Peninsula, N Wales coast

Short description: Porthor and the two hills of Mynydd Carreg and Mynydd Anelog are the main focal points of National Trust land in this area consisting of over 170ha of shoreline, headland and farmland. This beautiful walk gives an insight into Llŷn's traditional farming, wildlife, diverse habitats and fascinating geology. Porthor is also known as the 'Whistling Sands' as the rounded grains of sand 'squeak' or whistle underfoot. Not all sections are on National Trust land.

Getting there:

Road: Caernarfon to Nefyn, take B4417/B4413. National Trust car park at gr SH 166 296

Foot: Coastal paths from the west and east

Bus: (B=bus stop) Nefyn Coaches, tel 01758 720904

For public transport information visit www.traveline.org.uk

Maps and start grid ref: OS Landranger 123 gr SH 166 296, Explorer 253
Detailed walk leaflets priced £2 are available in local shops, National Trust car parks and the National Trust Property Office, Craflwyn, Beddgelert, Gwynedd LL55 4NG

Facilities available: Car park, toilets, pubs, cafés and shops are available in Aberdaron

Terrain: Steep in places, cliff paths can be very narrow. Walking boots advised

Distance: 5.75 miles

Accessibility: Height gain of 150m over the walk. If on the beach beware of strong currents, do not swim at low tides and do not use inflatables. Cliffs are dangerous (children should be supervised)

Points of interest: Follow the path from car park to the beach and turn left along the cliffs. Continue on this path looking out for the following features:

1. Dinas Bach and Dinas Fawr (meaning 'small' and 'large stronghold'). These two peninsulas may have been fortified sites from the Iron Age
2. Dinas Bach and Dinas Fawr are formed from weathered pillow lavas, Precambrian volcanic rocks more than 600 million years old
3. Many seabirds such as guillemots, razorbills, kittiwakes, shags and cormorants, and farm birds like yellowhammers on the gorse
4. Experimental plots on Mynydd Anelog are marked to monitor different management on heather to see what is best practice to conserve this habitat for the future

5. At the chapel follow the signpost and way-markers back to Anelog and then over wooden stiles that cross many small fields to a T-junction at Capel Carmel where the road leads back to Porthor

Property contact details: Tel 01766 510129

National Trust properties nearby: Coast on the Llŷn; the house Plas yn Rhiw

