

Accessible Attractions and Information for the Local Area

- General information about accessibility within Snowdonia National Park can be found at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all>
- General information about local accessible trails and outdoor activities can be found at: <http://www.mawddachestuary.co.uk/adaptive/wheelchair-routes.html>

Getting here by public transport:

- Arriva trains run the scenic coastal main line train service
- All Arriva trains carry portable ramps. Morfa Mawddach, Fairbourne, Barmouth and Harlech all have wheelchair accessible platforms. No need to book assistance in advance.
- <http://www.arrivatrainswales.co.uk/home.aspx>

We hope you find this information helpful during your stay at The Slate Shed. Please ask if you require any additional local information.

Local Towns

Dolgellau

- Pay and display parking with accessible spaces close to town centre.
- Radar accessible toilet in car park.
- Tourist Information accessed via drop kerb, slope and power assisted door into building.

Barmouth

- Pay and display parking with accessible spaces.
- Radar accessible toilet by seafront.
- Mainline station in the town.
- Promenade along beach and across dunes – through the dunes can be uneven and covered in sand dependent on the weather! Seafront pavement the length of the beach.

Fairbourne

- Pay and display car park with accessible spaces. Approx 100m via drop kerbs to road and graded slope to sea front promenade. Plenty of benches along promenade.
- Childrens' play area next to pay and display car park.
- Free parking at Fairbourne station, no accessible spaces.
- Public toilets at Fairbourne mainline station, but not full accessible access (ramp only; tight turns for standard size wheelchair into toilet block and narrow cubicles).
- Radar toilet southern end of Fairbourne beach road with full ramp access and parking outside.
- Fairbourne general stores and mini mart have portable ramp access.

Harlech

- 1:5 road gradient uphill from mainline station! Pay and display car park in town with Radar fully accessible toilet (toilet not always locked). Drop kerbs in the town but narrow pavements and most shops have step access.
- Castle not yet wheelchair accessible; lots of steps to access.

Aberdovey

- Pay and display car park with accessible spaces; accessible toilet. Seafront pavement. Many shops have multiple step access.
- Mainline station down the hill from the town.

Places to Eat

- **Yr Hen Efail tea rooms, Dolgellau** – next to accessible car parking at car park. Wheelchair accessible.
- **Ty Bwyta Da tea rooms, Dolgellau** – narrow pavement and high kerb, awaiting ramp access; spacious seating area; accessible toilet.
- **Y Sospan tea rooms and bistro, Dolgellau 01341 423174** – Car parking outside on road; slope access; narrow between tables but accessible for standard wheelchairs. Ground floor toilet not wheelchair accessible.
- **T H Roberts coffee shop, Dolgellau 01341 423 552** – narrow pavement, 2 high steps & single door at front access, no rails; rear fire exit has slope access, 2" threshold and wide door, staff advise this is accessible for wheelchairs but need to ask at front for fire exit to be opened. Ground floor toilet not wheelchair accessible. Internet area not wheelchair accessible due to table layout.
- **Gatehouse Bistro, Dolgellau 01341 422008** – next to accessible car parking at car park. Slope access; wheelchair accessible layout; fully accessible toilet with alarm system.
- **George III pub, Penmaenpool 01341422525** – accessible car parking spaces in adjacent car park; 2 road ramps to pub. Paved slope to pub entrance, wheelchair access limited by layout of tables, access may vary. Accessible toilet via this outside paved area, 2 heavy doors and limited turning space. Inside pub flagstone floors and narrow access between tables.
- **Y Meirionnydd Hotel, Dolgellau 01341 422554** – external flight of curved stone stairs down to basement restaurant, rail on right descending. Friday / Saturday evenings restaurant room also on ground floor, x1 step (approx 4") to access. Telephone in advance to book this room. No accessible toilet (toilet accessed by two steps up and 2 steps down).
- **Bwyty Mawddach Restaurant, Llanelltyd 01341 424020** – level large car parking area adjacent to restaurant; level to outside eating area, sloped threshold into restaurant. Accessible toilet on ground floor. Lift

access to first floor. Variety of table height, some tables low and narrow width.

- **Indiana Cuisine, Fairbourne 01341 250891** – phone in advance to request portable ramp access; parking area next to restaurant. Toilets outside restaurant, level access and accessible for standard wheelchairs.
- **Cross Foxes bar and restaurant, Cross Foxes 01341 421 001** – accessible car parking, ramp from car park onto decking area around side of building; 100mm threshold into restaurant. Wheelchair access throughout outside and inside eating areas; accessible toilet.
- **Bistro Bermo, Barmouth 01341 281284** – 2 high steps from pavement (approx 6" each), no rail; no ramp; single door. No alternative access. Narrow inside between tables. No accessible toilet.
- **Penmaenuchaf Hall Hotel, Penmaenpool 01341 422129** – ramp access from car parking area into hotel; 1 step into restaurant; staff advise alternative fully level access is via kitchen area. Accessible toilet.

The Great Outdoors – paths, trails, biking, riding

Paths and trails are listed in order of accessibility, with off-road trails at the end of this section.

The Mawddach Trail

- Stunning estuary and mountain scenery along a level disused railway track, close to Graig Wen. Great for birdwatching.
- Whole trail is 9.5 miles, with free parking and accessible toilet facilities along the way (at Dolgellau, Penmaenpool and Morfa Mawddach).
- Picnic benches along length of trail with space for wheelchair access.
- Level surface to trail but some metal kissing gates to negotiate (dimensions are on trail website).
- Between Penmaenpool and Dolgellau there are road ramps and the trail crosses the A493.
- Further accessibility information at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/Mawddach-Trail> and <http://www.mawddachtrail.co.uk/mawddach-trail.html>
- The two RSPB reserves along the estuary are not wheelchair accessible.

Coed y Brenin Forest Park

- Four accessible all-ability trails through impressive forest landscapes.
- Pay and display parking, accessible toilets, fully accessible visitor centre, café, shop, play area.
- http://www.mbwales.com/en/content/cms/Centres/Coed_y_Brenin/Coed_y_Brenin.aspx

Dol Idris

- $\frac{3}{4}$ mile / 1.2km accessible circular route through parkland in the foothills of Cadair Idris.
- Pay & display parking, accessible toilets and accessible picnic benches.
- Start at Dol Idris car park, Talyllyn on B4405.
Grid reference SH 732 115.
- Full details at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/dl-idris>

Foel Ispri

- 300m accessible trail to a breathtaking viewpoint over the Mawddach estuary. Part of the New Precipice Walk. Road currently closed (August 2012) for works.
- Limited parking; accessible picnic bench.
- Full details at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/Foel-Ispri-Path>

Dol-goch Falls

- 400m accessible trail to one of the most beautiful waterfalls in Wales. Near Tywyn.
- Pay & display car park with blue badge spaces.
- Full details at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/dl-goch>

Traeth Benar boardwalk

- 300m accessible wooden boardwalk through sand dunes from the car park to a beautiful beach. Sand can accumulate at the beach end of the boardwalk. Near Harlech.
- Pay & display parking, accessible toilets and accessible picnic bench.
- Start at Dyffryn Ardudwy, off A496. Grid reference SH 572 226.
- Full details at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/Benar-Boardwalk>

Llyn Cwellyn boardwalk & Janus Path

- 400m accessible wooden boardwalk through woodland, with lakeside views of Snowdon.
- Start at Llyn Cwellyn car park, off A4085 between Beddgelert and Betws Garmon. Grid reference SH 564 551.
- Pay & display parking, accessible toilet and accessible picnic benches.
- Full details at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/llyn-cwellyn-board-walk>

Aber Falls

- 2 miles / 3.2 km accessible trail through Welsh native woodland past waterfalls. Some steep uneven sections and kissing gates (wide gates can be unlocked with Radar key).
- Start at Bontnewydd car park, Abergwyngregyn, off A55. Grid reference SH 663 720.
- Pay & display parking, accessible toilets and accessible picnic benches; interpretation centre.
- Full details at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/leisure-walks/Aber-Falls-Path>

Cregennen Lakes and The Ffordd Ddu – accessible and off-road trails

- Stunning lake and mountain scenery from the car park, with fantastic views back to the sea from the single track road up.
- Car park with public toilets; no accessible toilets. (NB Toilets have been locked summer 2012).
- Lakeside / roadside grass areas to enjoy the views.
- Single track tarmac road by the first lake is also a Sustrans cycle route and fairly quiet although sharp bends and steep sections.
- Off-road exposed 8.4km trail through the mountain scenery, using a mixture of B-roads and tracks; some parts are steep and rocky. Routecard and full details at: <http://www.mawddachestuary.co.uk/documents/ffordd-ddu.pdf>

Coed y Garth

- Off-road 10km trail looping through woods next to the Mawddach estuary with some rough, steep and overgrown sections.
- Parking at Penmaenpool (accessible spaces, accessible toilets and gate free) or Arthog (2 gates to road).
- Routecard and full details at: <http://www.mawddachestuary.co.uk/documents/coed-y-garth.pdf>

Adaptive mountain biking

- Coed y Brenin hosts the UK's first permanent adaptive mountain biking facility including the MinorTaur Trail, a moderate blue-grade biking trail. (http://mbwales.com/en/content/cms/Centres/Coed_y_Brenin/MinorTaur/MinorTaur.aspx)
- There are two adaptive mountain bike hire companies near Graig Wen – Challenge Your Boundaries, based at Coed y Brenin (<http://www.facebook.com/ChallengeYourBoundaries?sk=wall>) and Snowbikers, based near Dolgellau (<http://www.snowbikers.com/adaptive-mtb.html>)
- General information about adaptive mountain biking can be found at: <http://www.adaptivemtb.co.uk/aboutamtb.html>

Bwlchgwyn Farm Pony Trekking

- Just down the road from Graig Wen. Member of Riding for the Disabled; ramp for getting onto the horses. Do not take credit cards. Tel: 01341 250107 <http://www.bwlchgwynfarm.co.uk/index.cfm>

Visitor Attractions

Full accessibility information for attractions throughout Snowdonia can be found at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/places-to-visit>

Local Steam Railways

Talylllyn railway, near Tywyn

- Steam railway running for over 7 miles through the beautiful Fathew Valley near Tywyn.
- Carriages accessible with ramps (except for Vintage and Victorian trains); phone in advance if assistance required. Accessible toilets. Parking at stations.
- Full access details at: <http://www.talylllyn.co.uk/access>
- Tel: 01654 710 472

Fairbourne narrow gauge steam railway

- Miniature steam railway from Fairbourne along the beach to opposite Barmouth.
- Phone in advance to arrange portable ramps for train carriage access; may be able to park directly next to steam railway station. Variety of small thresholds to access shop, museum and model railway. No toilets at Fairbourne terminus. Accessible toilet at Barmouth ferry station. See full access statement: <http://www.fairbournerrailway.com/access-statement.htm>
- Tel: 01341 250 362

Accessible facilities

- A list of all accessible toilets in Snowdonia can be found at: <http://www.eryri-npa.gov.uk/visiting/snowdonia-for-all/toilets>
- Most of these are public but some require a Radar key.
- NB – Accessible toilet at Llanfihangel y Pennant is accessed via an uneven muddy track from gravel car park leading to narrow single gravel track through grass to toilet.

Equipment

- Local Red Cross Medical Equipment Loans: 01745 828344
- Byw Bywyd Living Life near Caernarfon, equipment hire and delivery:
01286 830101
<http://www.byw-bywyd.co.uk/ekm/hire.html>