

Best of the Meirionnydd Coast Path

Trip style: Guided trails

Destination:  Snowdonia

Trip code: DOL07-LMC01

Grades: 1, 3

Carbon Footprint:  142kg CO2



HOLIDAY OVERVIEW

Steeped in Welsh history and folklore, the Meirionnydd Coast Path makes for some fascinating walking. With Snowdonia's rugged mountains as the backdrop, not only is the scenery something to behold but there's also an abundance of historical sites to marvel at and wildlife to spot. You'll complete some of the most wow-worthy sections of the Wales Coast Path, walking from Penrhyndeudraeth to Aberdyfi and into the rolling countryside around Machynlleth.

WHAT YOU'LL LOVE

- Soaking up miles of sweeping beaches
- Discovering standing stones, Iron Age hill forts, and Harlech Castle
- Exploring Shell Island, home to over 200 varieties of shells
- Spotting a wealth of wildlife in SSSI areas
- Completing part of the Wales Coast Path
- A more personalised experience thanks to small group sizes (maximum 15 people)

WHAT'S INCLUDED

- En-suite accommodation in our 4-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leader
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

TRIP SUITABILITY

Your fitness

Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking - whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance
- Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 1: Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00 in 2026. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2: Penrhyndeudraeth to Harlech

Distance: 8.5 miles (13km) Ascent: 590ft (180m) From Penrhyndeudraeth (meaning 'the cape between two beaches'), we'll cross the Dwyryd Estuary before following an embankment beside salt marshes. Enjoy views towards Ynys Gifftan island and Portmeirion village before crossing another smaller estuary. On our way to Harlech we'll head along field tracks, then there's a steep walk up to the castle. You've the option of visiting this must-see UNESCO World Heritage Site or spending time exploring.

Day 3: Harlech to Talybont

Distance: 11.5 miles (18km) Ascent: 540ft (160m) From Harlech, we'll weave our way through sand dunes as we head towards one of the most jaw-dropping sandy beaches in Wales. We then ascend steeply and continue down a minor road to Llandanwg, with its quaint medieval church and pebbly beach to explore. Following the Artro estuary, we'll walk on a causeway to Shell Island (so-called for its eye-popping variety of shells) and yet more miles of unspoilt sandy beaches. Be sure to keep a lookout for the wild orchids known to flourish in the area. Our day ends in the village of Talybont.

Day 4: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the house, walk independently, or visit local places of interest. Suggested options include: Ffestiniog & Welsh Highland Railway Established in 1832, this heritage line offers nearly 40 miles of Snowdonia (Eryri) scenery. The Ffestiniog Railway runs from Porthmadog to Tan y Bwlch while the Welsh Highland Railway travels from Caernarvon to Beddgelert. Porthmadog station is a 40-minute drive away. Portmeirion Designed by celebrated Welsh architect Sir Clough Williams-Ellis in the mid-1920s, this Italianate-style coastal village is an hour's drive away. For walkers, not-to-be missed sights include the Dwyryd Estuary and the subtropical forest known as The Gwyllt. Llechwedd Slate Caverns A 40-minute drive away, this visitor attraction is best known for its deep mine tour that descends 500 feet underground. Highlights include learning about the subterranean chambers and enjoying a fabulous light and sound display at the underground lake. Discover more about Dolserau Hall and the local area for ideas on how to fill your free day.

Day 5: Tai Croesion to Rhoslefain

Distance: 13 miles (21km) Ascent: 2,040ft (630m) We'll start in Tai Croesion, near Talybont, where we'll use the seafront road to take us to Barmouth. We cross the bridge enjoying views over the Mawddach Estuary on our way to Fairbourne, and from here, we'll have a steep climb to an abandoned slate quarry through forest and open farmland on our way to Llwyngwriil village. We'll wind up at Rhoslefain after admiring the views of Cardigan Bay and Llyn Peninsula.

Day 6: Rhoslefain to Aberdyfi

Distance: 9 miles (15km) Ascent: 410ft (125m) From Rhoslefain, we'll descend through an abandoned quarry to the Dysynni valley and the outskirts of Tywyn. There'll be plenty of opportunity to soak up the fresh sea air as we stride out along the seafront promenade. We'll continue over dunes and sandy beach for the remaining miles, until we reach the seaside village of Aberdyfi.

Day 7: Aberdyfi to Dyfi Bridge

Distance: 11 miles (18km) Ascent: 2,260ft (660m) We'll set off from Aberdyfi and turn inland where we head into wilder, rolling countryside on our way towards Machynlleth. The path rises steeply through fields and farm tracks to crest a ridge for superb 360-degree views over the estuary. We descend to the Dyfi Valley and continue to the village of Pennal where the path climbs back uphill. After a stretch of path through the forest we begin our final descent to Dyfi Bridge.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

Dolserau Hall

We're delighted to share that Dolserau Hall has now reopened following a significant investment in this much-loved Welsh HF Country House. With beautifully updated social spaces, refreshed bedrooms, and thoughtful enhancements throughout, it's the perfect moment to rediscover this special spot in southern Eryri (Snowdonia). Read more. Dolserau Hall enjoys arresting countryside views at this Victorian manor house at the southern end of Snowdonia (Eryri) National Park. The location is idyllic; think ancient woods and craggy uplands in all directions (parts of the park served as the inspiration for Middle Earth in JRR Tolkien's *The Lord of the Rings*). There's no shortage of things to do, either, including following the Mawddach Trail along the edge of the Mawddach Estuary, discovering the compact range of hills known as the Rhinogs, and climbing the rugged foothills of Cader Idris – the highest mountain in southern Snowdonia (Eryri) at 893 metres. You'll also be close to Dolgellau, the small market town best known for its once flourishing woollen industry (ruins of the Pandy fulling mills used to remove fats and grease from the wool cloth can still be seen along the Afon Aran River). With only 21 rooms, it's one of HF Holidays' smaller country houses and 40% of its rooms are reserved for singles, making it easier than ever to have your own space.

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Walking safety - SHARED WITH ALL

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass. Please note: If

you choose to leave the group your leader is no longer responsible for you. If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

Packing list - UK Guided Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing. Essentials Suitable footwear such as waterproof walking boots that provide ankle support and good grip Waterproof and windproof jacket Comfortable clothing (jeans & waterproof capes are not suitable) Mid-layer(s) to keep you warm. Fleeeces make a good choice Waterproof overtrousers Gloves and a warm hat Rucksack with waterproof liner Flask for hot drinks Water bottle (at least 1 litre capacity) Sunscreen UV sunglasses For holidays operating October through to the end of March, please also bring the following on your walks: spare warm clothing spare high energy food head torch and spare batteries please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head - this is the rating given on waterproof jackets) of 10,000mm+ Recommended Several base layers (long-sleeve or short-sleeve) Cushioned walking socks to avoid blisters First aid kit, including plasters and insect repellent Sit mat Waterproof pouch for valuables Rubbish bag (remember to always leave no trace) Wallet/purse Camera Walking poles
