

Key Information

The beautiful Llynau Mymbyr are set amongst Snowdonia's highest mountains, with magnificent views of Snowdon (Yr Wyddfa), the Glyders and Moel Siabod. What they lack in size they make up for in scenery and can be combined with trips on other lakes in the area.

Start and finish:

Plas y Brenin,
Capel Curig
LL24 0ET

Portages: 0

Time: 1–1.5 hours

Distance: 2.25 miles (circular)

OS Map: Explorer OL17

Snowdon/Yr Wyddfa



For more
information

scan the QR code
or visit:

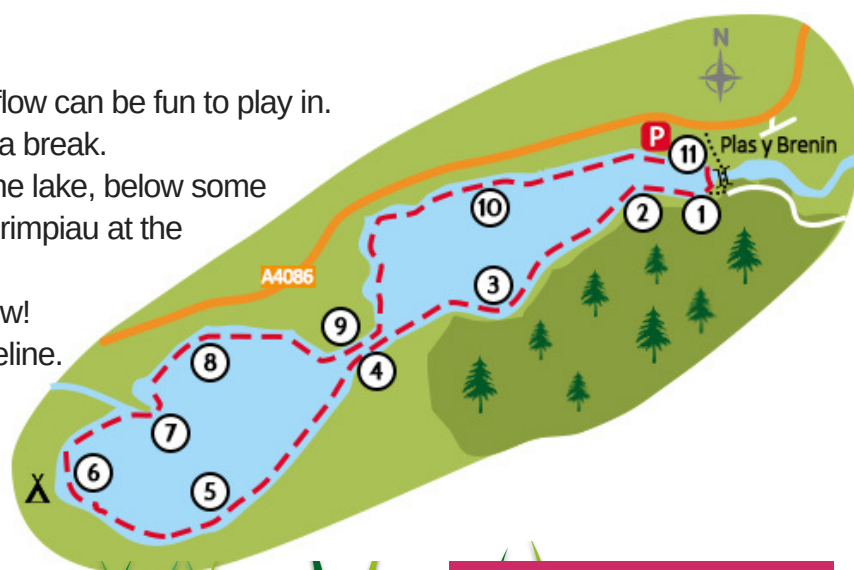
bit.ly/3rCWRZx



The route can be paddled in either direction. The clockwise option is described here. The lakes sit at 200m in an exposed location, so they can be windy and cold. The prevailing conditions can have a real bearing on time and ability to paddle. The route can be adapted or shortened.

Parking is in the large layby on the A4086 next to Plas y Brenin. Access to the lake is via a gated path at the east end of the layby. Walk down this path, cross the footbridge and then follow the track to the right, which leads to the water's edge. It is around 250m from the layby to the lake, down a sloping path with a large number of steps. Accessible parking and launching can be arranged through Plas y Brenin.

1. Start at the gravel slipway at the corner of the lake. Launch here and paddle along the southeast side of the lake, keeping the wooded shore on your left.
2. Paddle past the boathouse and jetty, and enjoy the stunning view of the Snowdon Horseshoe at the end of the lake.
3. Head into the sheltered bay to take in the views of the Glyders across the lake. There is a small beach here with space for a few boats/boards.
4. Continue through the narrowing. If there has been a lot of rain you might have to paddle against a small amount of flow. At this point the lake shallows into an area of reedbeds which can be busy with wildlife.
5. The landscape to the left opens up and is prime hunting ground for birds of prey. If you're really lucky you might see a Glaslyn osprey.
6. Paddle past Garth Farm Campsite.
7. The Nantygwryd enters the lake here and the flow can be fun to play in. There's a gravel island which is a great place for a break.
8. Head back along the rocky northwest side of the lake, below some small crags. Enjoy the views of Craig Wen and Crimpiau at the far end of the lake.
9. Return through the narrows and go with the flow!
10. Continue along the final stretch of rocky shoreline.
11. Paddle in front of the footbridge and back to the starting point. There can be significant flow under the bridge so keep an eye out and stay well upstream of the bridge.



From the lakes you can see the Snowdon Horseshoe, which includes some of Wales' highest peaks: Snowdon (1085m), Grib Goch (921m), Crib y Ddysgl (1065m) and Y Lliwedd (898m).

This was once one lake (Llyn Mymbyr), but a delta has built up midway along the lake, almost cutting it in two, hence the plural name. The lakes are around $\frac{3}{4}$ mile long with a maximum depth of just 10m, which means they warm up fairly quickly!

The river feeding the lakes is the Nantygwryd. Once it leaves the lakes it joins the Afon Llugwy in Capel Curig.

If you want to make a day of it, there are two other lakes within a 20-minute drive: Llyn Geirionydd (near Betws y Coed) and Llyn Gwynant (near Beddgelert).

Capel Curig is the nearest village (1 mile), and has accommodation and a cafe. Betws y Coed is a little further (6 miles), and is a popular tourist destination, with shops, cafés and pubs.

Plas y Brenin offers a wide range of adventure sport courses, including paddlesport courses and taster sessions on the lake.

Further information can be found at the following websites:

www.canoewales.com

www.britishcanoeing.org.uk

www.gopaddling.info

www.pyb.co.uk



Safety and Licences

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

Paddle Safe. Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and/or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

Paddle Responsibly. Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

Licences: The waterway on this trail doesn't require you to have a licence to paddle on it. However if you paddle regularly you should consider becoming a member of Canoe Wales (or British Canoeing if you live in England). Membership gives you a whole range of benefits including a licence to paddle on 4500km of Britain's waterways and Civil Liability Insurance, worth up to £10 million. Not only will membership help save you money, it will give you peace of mind when out on the waterways. For more information on Canoe Wales membership please click [here](#).