

TRIP 1

Low Active - Beaumaris

Start: Bangor Bus Station

To start this trip hop on bus 62 and get off at the Menai Bridge Library. From the library walk to the High Street where you will find, coffee, pubs, a bookstore, and other shops.

Enjoy your time here before returning to the Menai Bridge Library where you will get on bus 58 to Beaumaris.

Exit the bus at Maes Hyfryd and walk to the pier for a puffin cruise (book ahead). After the boat tour head to Beaumaris Castle, Beaumaris Gaol and have a meal. When you are done with your day get back on bus 58 and ride it back to Bangor.



TRIP 2

Mild Active - Bangor

Start: Bangor Pier (Garth Pier) 1GBP to enter
On this journey we start at Garth Pier, grab a coffee or tea from the cafe and make your way up towards the Roman camps. Explore the park and then journey to main arts. Descend the hill and cross the street where you will find Bangor Cathedral, go inside and have a peak before following the high street and the Roman walk to the bus station. Hop on bus 5 or 5D and get off at the Penrhyn Castle stop. Walk the mile through the garden and enjoy the cafe, bookstore, and castle. Return to the Main Street and take the 5 or 5D back to Bangor and exit the bus at Hirael Leisure Centre and follow the road down to the Boatyard Inn for a drink.



TRIP 3

Active - Llanberis

Start: Bangor Bus Station

This trip starts at Bangor Bus Station where you will ride bus S2 to Llanberis Interchange.

Follow the trail signs to the start of the path.

Llanberis path is the longest path up Yr Wyddfa (Snowdon) at 14.5 KM or 9 Miles round trip with a 975 meter incline. This hike takes 5.5-7 hours to complete.

After your hike enjoy the town of Llanberis and catch the S2 at the Interchange to get back to Bangor.

*Please note that this bus services is Sherpa not Arriva



BEAUMARIS HISTORY

Sitting on the eastern shore of Anglesey and looking out across the Menai Strait towards the mountains of Eryri, Beaumaris has played an important role in the history of North Wales for more than seven hundred years. The name Beaumaris comes from the Norman French words beau marais, meaning "beautiful marsh". Before the town existed this area was indeed marshland where the land met the sea. The story of modern Beaumaris begins in 1295 during the reign of King Edward I of England. Edward had conquered much of Wales and began building a series of powerful castles to secure his control. These castles formed what is now known as the Iron Ring of Castles. Beaumaris Castle was the last and most ambitious of them all. Beaumaris became a busy port where goods were shipped across the Irish Sea and along the North Wales coast. Ships carried timber, grain and other goods, while fishing was an important part of local life. The sheltered waters of the Menai Strait provided a safe anchorage for vessels travelling between Liverpool, Dublin and other ports.



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BANGOR HISTORY

Bangor, known as the oldest city in Wales, traces its origins to around 525 AD when St. Deiniol founded a Celtic monastery. For centuries, it remained a small religious settlement centered around Bangor Cathedral before transforming into a bustling Victorian economic and educational hub. The name "Bangor" comes from the old Welsh word for an enclosure. The construction of Thomas Telford's Menai Suspension Bridge in 1826 and the arrival of the railway in 1848 transformed Bangor into a crucial coaching stop on the London-to-Dublin route. Nearby Port Penrhyn became a massive distribution center for slate from Bethesda's Penrhyn Quarry, driving major economic and urban expansion in the city. In 1884 the University College of North Wales was established. Today, Bangor University remains a defining landmark, often referred to as "the college on the hill". Despite its centuries-old cathedral roots, Bangor was officially granted modern city status in 1974 by Queen Elizabeth II.



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LLANBERIS PATH

Llanberis lies in a long, narrow valley with two large lakes just north-west of Snowdon. The earliest evidence of settlement is Dinas Ty Du hillfort dating from the Iron Age. Some Roman remains have been found and are most likely associated with Segontium, the large fort on the outskirts of modern day Caernarfon. In the sixth century, Saint Peris built a religious retreat at the southern end of Llyn Peris and Saint Padarn established his church on the banks of Llyn Padarn.

Until the early nineteenth century, the area remained sparsely settled and agriculture provided the main income. Small-scale open cast mining of slate along the north-eastern slopes of the valley, which had started in the late eighteenth century, developed dramatically with the opening of the Vivian Quarry in the 1870's where the production was streamlined by employing blackpowder and further tramways were installed for improved transportation of the slates from the quarries. The largescale industrial mining greatly contributed to the growth of the population from around 700 in the first half of the nineteenth century to over 3000 by the end of it.



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