



Llandudno West Shore

The curved bay of Llandudno is sheltered from big waves and not very deep. Facing SW, the sandy beach receives consistent cross or onshore winds. It is an ideal beach for windsurfing and is especially suitable for beginners. Parking is available nearby and all the usual seaside facilities can be found in Llandudno itself.

Suitability/levels	Beginners to Advanced
Best wind direction	S SW W NW
Not good	E
Tide	You can launch 3 hours either side of high tide
Any hazards?:	<i>*All persons taking part in windsurfing activities at the site are required to hold an activity permit issued by the Council. Permits are available on site from the Beach Inspector (please see charges information attached).</i> <i>Activity permits of all types will not be issued without proof of valid insurance at a minimum level of £1 million covering third party risks for the specific activity.</i>
Amenities	All the amenities you'd expect from a busy seaside town

Llanfairfechan

The wind here can be a couple of knots higher than elsewhere because of the funneling effect of the Menai Straits in a south westerly. Northerly winds are cross-onshore from the right and can produce some good wave-sailing conditions.



Suitability/levels	Advanced?. Not recommended for beginners due to the strong currents in the Menai Straits
Best wind direction	SW / W/ NW /N
Not good	S /E
Tide	Avoid high tide because of the groynes
Amenities	Free parking, grassy rigging area and café open throughout the year

Lligwy

Excellent venue in easterly winds! This large sandy beach offers limited sailing time, as the tide goes out quite a long way making it impossible to sail at low tide. The best conditions are N and NE, which create excellent bump and jump sailing in fairly strong winds. It is also possible to sail in E winds but they can be a bit gusty.

Suitability/levels	Intermediate to Advanced
Best wind direction	N / NE / E / SE
Not good	S / SW / W / NW
Tide	Avoid low tide as goes out a long, long way
Amenities	Free parking during winter, small charge during summer payable at kiosk. Grassy rigging area. Café/kiosk open during summer months
Any hazards?	Popular with kilters

Rhosneigr

Probably one of the best windsurfing locations in the UK. This large horseshoe bay has something to offer everyone depending on conditions. In fairly strong SW winds this is the main wave beach in the area and popular with more advanced wave sailors. In lighter winds with fewer waves, the conditions are excellent for beginners

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who want an easy introduction to wave sailing. As for complete beginners you can launch on the sheltered Maelog lake

Suitability/levels Beginners to Advanced. Beginners can launch on the left hand of the bay which is sheltered from any significant swell. While intermediate to advanced wave sailors tend to use the right hand of the bay which gets the best swell; this is where you will find the local hotshots

Best wind direction: S / SW / NW

Best direction for wave S/SW gives port tack riding, but N/NW with big swell gives good starboard riding

Not good: East wind.

Tide: low to mid is best for all levels. At high tide the rocks are submerged (see hazards).

Any hazards?: Rocks submerged at high tide in the middle of the bay. Rocks on far side of bay are visible except at high tide. Can get very busy at weekends when there's a good SW blowing up the Irish Sea.

Amenities **Funsports:** Excellent windsurfing shop for all your needs. Parking restricted to roads leading to beach. Be careful of traffic wardens

Llanddwyn/Newborough

Probably the best view as a backdrop to sailing in the UK, with the panoramic view of Snowdonia all the way to the Llyn Peninsula. There is a £3 charge to pay for the huge parking, picnic and toilets area in the trees behind the beach. Llanddwyn Bay can get some surf and offers good windsurfing conditions. The beach is generally safe but the currents can be strong near Abermenai Point, so keep away from this area??

Suitability/levels Beginners to Advanced

Best wind direction SE / S / SW / NE

Not good E

Tide Tide goes a long way out

Amenities Plenty of parking, toilets

Hazards Be careful of the mussel bed straight in front of you when you enter the beach from the car park. Advisable to launch 50m to the left as you enter the beach. Beach can get busy with kites but there is plenty of room for everyone

Foryd

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When every where else is blown out the Foryd offers an excellent alternative.

In lighter winds it is the ideal spot for beginners with shallow flat water, excellent venue to practice your freestyle.

Be aware of strong rip tides at the mouth of the bay. It is only possible to sail two hours either side of high tide because the water in the bay disappears and sailing while the tide is going out isn't really suitable, unless you are an experienced sailor.

Suitability/levels	Beginners to Advanced
Best wind direction	S / SW / W / NW / N
Not good	
Tide	Strong rip tides, only sailable 2 hours either side of high tide. The bay dries out at low tide
Amenities	Small car park with picnic benches and grassy rigging area.

Dinas Dinlle

When Rhoseigr gets crowded this is an excellent venue. With 2 miles of coastline there is very little chance of overcrowding. Offering good wave sailing or bump and jump conditions in southerly through westerly to northerly wind directions. The breakwaters can provide some protection from rough waters in strong SW winds and can make getting out through the whitewater on big days a little easier. Easterly winds are offshore and can provide good flat water speed sailing conditions. On large high tides, the waves break onto the pebble bank which can make launching difficult or near impossible when rough.

Suitability/levels	Beginners to Advanced depending on conditions
Best wind direction	S / SW
Not good	Anything with easterly in it

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Tide	Avoid high tide due to shore dump on steep shingle and groynes. Also strong rip tide
Amenities	Plenty of free parking, toilets and cafes during summer months

Mountain Biking facilities

As well as the well publicised purpose built mountain biking facilities close by in Betws y Coed and Penmachno mountain bikes are also permitted to explore mountain areas on bridle ways and Forestry Commission land on their forest road network.

From Bethesda it is possible to access bridle ways in the Ogwen valley and also the North facing slopes of the Carneddau as far as 800m above sea level. The two Forestry Commission properties at Braichmelyn and in Mynydd Llandegai have no real forest road network although there are unofficial mountain bike tracks in both these areas, these tracks would definitely be graded as difficult, and of a downhill nature and its worth having an explore to see if you can find them.

From Bethesda a route worth considering is the route to the top of Drum that includes technical climbing and descending as well as steep road sections. This route takes you up into the high mountains, and it is important to prepare for the unexpected.

From Bethesda ride to Rachub and continue through Llanllechid

Turn right 50yds after Bryn Eithin 1/4 mile out of Llanllechid

Follow this road with its fast descents and switch backs into Crymlyn

At Crymlyn turn right and continue to Abergwyngregyn

At Aber follow the signs for the waterfall

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Ignore the car parks for the waterfall and continue over the small bridge on tarmac and start to climb

After the climbing on tarmac continue through the gate at GR SH677 716

Follow the main path with its steep technical climbing to SH693 722 and turn right at the cross road

Climbing is now even steeper

Continue to SH708 696 where the bridle way ends at the large stone circle.

Now turn around and enjoy the descent

The return journey is the reverse of the outbound journey

A more leisurely ride out of Bethesda can be had along the Lon Las Ogwen which is best accessed at SH 615 665 at the Felin Fawr workshops, from here it is well sign posted all the way to Ogwen Cottage. From here there are spectacular views down Nant Ffrancon and up the Owen valley, and it is possible to continue on a newly resurfaced cycle track to Capel Curig.

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