

THE ST WINEFRIDE PILGRIMAGE 2017

ROUTE CARDS

*Apart from their interest and information for each day's walk, these route cards are your life-line in an emergency. **Carry them with you at all times.** (You may want to remove the staple and only carry the sheet you need each day). If you get separated from the main party, the route cards will tell you where we are going and indicate an outline of our route, and may help you locate any public transport, used in conjunction with the alternative transport list. It is a good idea to take a map case with you to keep your route cards in, together with leaflets and postcards etc that you may pick up at churches en route - even if you do not carry a map.*

Timings are correct at time of publication but subject to change

Abbreviations Used on the Route Cards

E - Explorer Map

L - Landranger Map

Summary of Route

			Length, miles	Ascent, ft
Day 1	Sat Aug 12	Travel to Bangor and Induction		
Day 2	Sun Aug 13	Bangor to Malltraeth	15.7	1100
Day 3	Mon Aug 14	Malltraeth to Rhosneigr	12.5	800
Day 4	Tue Aug 15	Rhosneigr to Holyhead	15.8	1000
Day 5	Wed Aug 16	Rest Day in Holyhead	-	-
Day 6	Thu Aug 17	Holyhead to Bodedern	11.2	500
Day 7	Fri Aug 18	Bodedern to Amlwch	14.4	900
Day 8	Sat Aug 19	Amlwch to Benllech	15.6	2200
Day 9	Sun Aug 20	Benllech to Bangor	13.0	1600
Day 10	Mon Aug 21	Bangor to Conwy	18.0	2600
Day 11	Tue Aug 22	Rest Day in Conwy	-	-
Day 12	Wed Aug 23	Conwy to Llangernyw	14.3	2800
Day 13	Thu Aug 24	Llangernyw to St Asaph	17.2	2500
Day 14	Fri Aug 25	St Asaph to Pantasaph	11.5	1500
Day 15	Sat Aug 26	Pantasaph to Holywell	4.8	600
Day 16	Sun Aug 27	Journey Home	-	-
		Totals	164.0	18100

Contacting the pilgrims: An address is given for each hall that we stay in, to help pilgrims joining on that day find the hall. These are not intended to be used as postal addresses for contacting the pilgrims, as we do not know whether anybody will be collecting the mail. So the best way to contact the pilgrims is to use the emergency phone numbers given at the top of each page (but the coverage may be poor in some areas) or the email address at the foot of each page, or via the web site:

www.thepilgrims.org.uk

In emergency contact: Francis 07414-680058 or Ceri 07843-055308 or John C 07866-971623

DAY 1 **Saturday August 12** **Travel to Bangor and Induction** **0.6 miles**

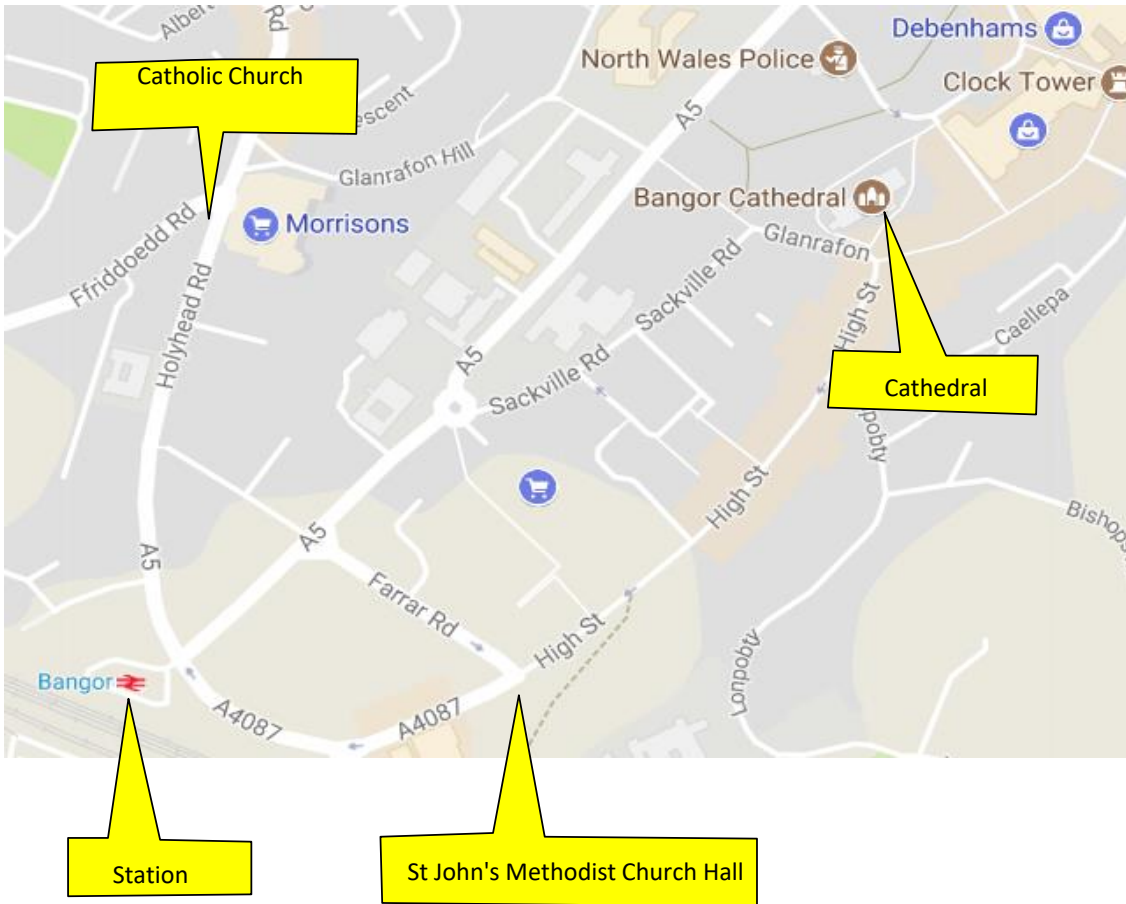
Saints of the Day
St Deiniol, St John

LEADER: **Maps: L114 or E263 or OL17**

Pilgrims old and new gather for registration for this year's pilgrimage at St John's Methodist Church Hall in Bangor. Bangor Cathedral is usually closed on Saturday afternoons but is opening especially for us as we kick off the pilgrimage with the induction service at which the crosses that we wear round our necks are blessed and handed out. Then we return to the Methodist Church Hall which is our home for the night.

Time	Miles	Location	Grid Ref
14:00 - 15:30	0	REGISTRATION: St John's Methodist Church Hall, Bangor	SH578717
16:00 - 16:45	0.3	PILGRIM INDUCTION SERVICE: Cathedral Church of Saint Deiniol, Bar	SH581720
17:00	0.6	RETURN: St John's Methodist Church Hall, Bangor	SH578717

Addresses
Hall: St John's Methodist Church Hall, High Street, Bangor, Gynwedd, LL57
Cathedral: The Cathedral Church of St Deiniol, Cathedral Close, Bangor LL57 1LH



Directions from Station to Hall: Leave from the front of the station and turn right down the main road, passing the Garden Hotel. Follow the road as it bends to the left and just after Lidl you will find St Johns Methodist Church Hall on the right. Total distance: 500 yards.

A&B Pilgrimage History: Traditionally the route cards for each day have a section describing which places we have visited on our previous pilgrimages from 1975 onwards but not this year since this is our first pilgrimage in north Wales, so all there is to say is "It's All New!"

email the pilgrims at live@thepilgrims.org.uk

DAY 2 Sunday August 13 Bangor to Malltraeth 15.7 miles

Saints of the Day

St Mary, St Tysilio, St Edwen, St Nidan, St Caffo, St Beuno

LEADER: Steven Knowles

Maps: L114 or E263

You thought you had booked onto a walking pilgrimage, didn't you? Then the first thing we do is catch a train! It's to avoid having too long a walk on the first day, and also to avoid duplication as when we leave Anglesey on Day 9 we will be walking back over the Menai Bridge into Bangor. We must make sure we leave the 10am parish mass promptly so that we catch that train. It's a quarter of a mile walk and we have to be there by 11.06. Our actual unbroken walk to Holywell commences when we get off the train at one of the most famous railways stations in Britain, Llanfairpwllgwyngyllgogerychwyrndrobwilllantysiliogogoch. It's an intriguing walk today, taking in the Anglesey coast path before heading inland and passing a 2000 to 4000 year old burial chamber. There are lovely views of Anglesey and, when ever you care to look backwards, of Snowdonia. The pub we hoped to visit has closed, so will be lunching at a farm shop with cafe. Our final prayer stop puts us in touch with Holywell as St Beuno was the uncle of St Winefride.

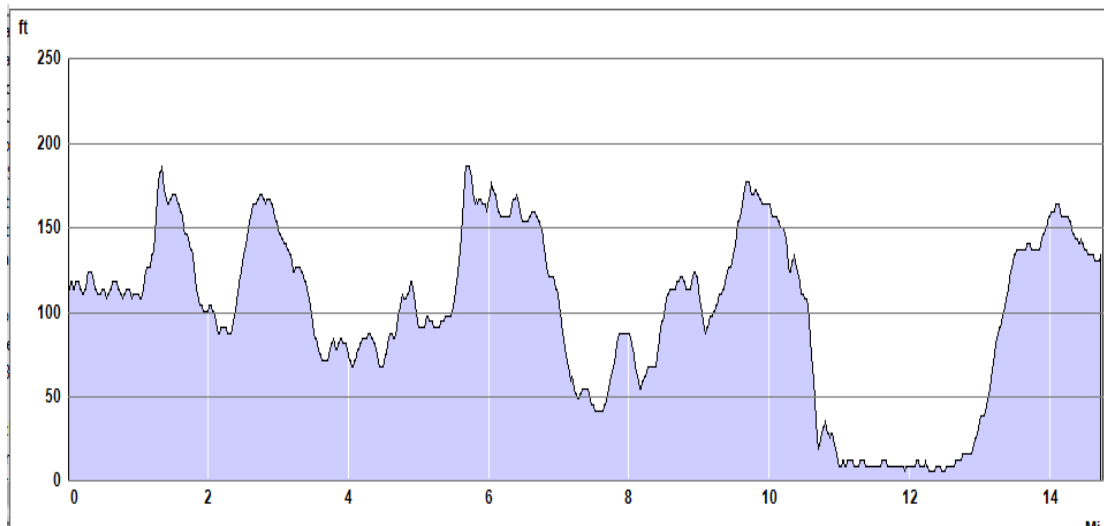
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:15	0	DEPART: St John's Methodist Church Hall, Bangor	SH578717
08:30 - 09:00	0.3	COMMUNION: Cathedral Church of Saint Deiniol, Bangor	SH581720
10:00 - 10:45	0.7	PARISH MASS: Our Lady & St James Bangor	SH576720
11:06	0.9	BOARD TRAIN: Bangor Station	SH575716
11:12	0.9	ALIGHT FROM TRAIN: "LlanfairPG" Station	SH526716
12:40 - 13:00	4.6	PRAYERS: St Edwen, Llanedwen	SH518683
14:00 - 15:00	6.9	LUNCH: Hooton's Homegrown Farmshop & Cafe, Brynsiencyn	SH491677
15:10 - 15:15	7.2	DIY PRAYERS: St Nidan, Brynsiencyn	SH489674
16:40 - 16:45	10.7	DIY PRAYERS: St Caffo, Llangaffo	SH446685
18:15 - 18:35	14.6	PRAYERS: St Beuno, Trefdraeth	SH409704
19:00	15.7	ARRIVE: Bodorgan Community School Hall, nr Malltraeth	SH396695

About the lunch venue: It's not a pub, it's a farmshop & café! (The pub in the village is closed). They have given us permission to eat our own food on a stretch of grass but we should all buy something to drink from the café or shop. Thecafé will be busy as Sunday Lunch is a speciality.

Addresses

Mass: Our Lady & St James RC Church, Holyhead Road, LL57 2EE
 Lunch: Hootons, Gwydryn Hîr, Brynsiencyn, LL61 6HQ
 Hall: Bodorgan Community Hall, Bodorgan, LL62 5AB

Profile (Scale 0 to 250 ft): each day we include the height profile of the route to give a guide of where in the day the hills come. But the vertical scale is not the same each day. This day is not very hilly in fact as our height above sea level varies between 0 ft and only 200 ft. Today's profile starts from where we get off the train.



DAY 3 Monday August 14 Malltraeth to Rhosneigr 12.5 miles

Saints of the Day

St Cadwaladr, St Beuno, St Cwfan

LEADER: Maurice Hickman

Maps: L114 or E262

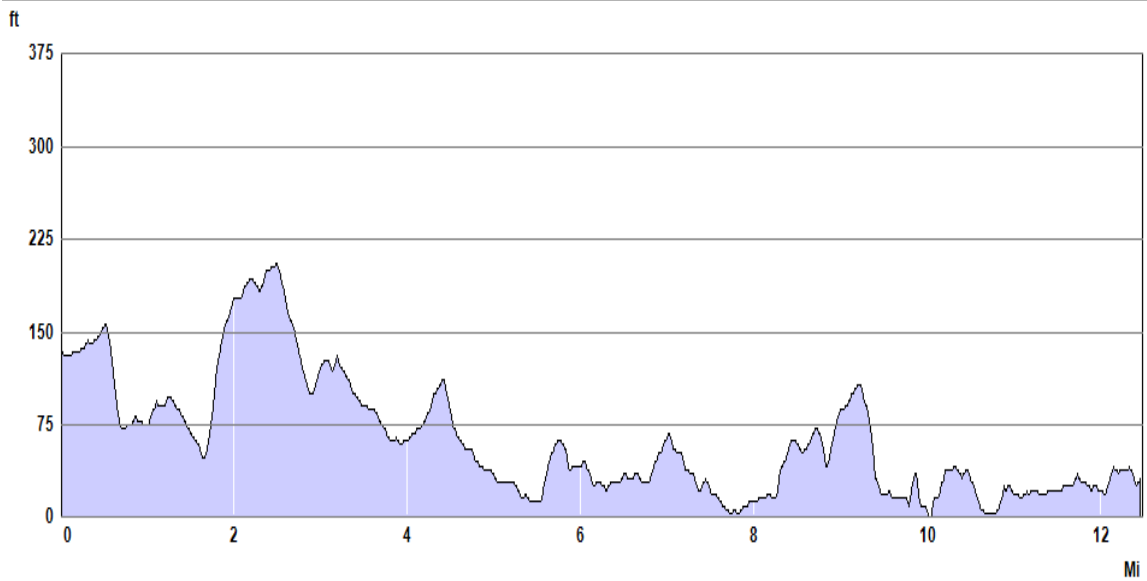
This is a pleasant and short day's walk, along the Anglesey Coast Path for much of the day. We pass through the well-kept and extensive grounds of the Bodorgan Estate. It was in one of the lodge houses here that the Duke and Duchess of Cambridge stayed when resident on Anglesey. We pass the "church in the sea" but are unable to visit it because it will be high tide at that point and the church is ... in the sea!

Time	Miles	Location	Grid Ref
<i>Rise time and breakfast time will be announced the night before.</i>			
09:00	0	DEPART: Bodorgan Community School Hall, nr Malltraeth	SH396695
10:20 - 11:20	3.1	PILGRIM EUCHARIST: St Cadwaladr, Llangadwaladr	SH384693
12:20 - 13:20	5.6	LUNCH: The Crown Inn, Aberffraw	SH355689
13:25 - 13:45	5.7	PRAYERS: St Bueno, Aberffraw	SH353688
14:45 - 14:50	8.2	OUTDOOR DIY PRAYERS: overlooking St Cwfan, Llangwyfan (the church in the sea)	SH336683
16:35	12.5	ARRIVE: Rhosneigr Village Hall	SH318730

About the lunch pub: The pub is situated in the village square and prides itself on its real ale. The landlady has kindly allowed pilgrims to eat their own food in the garden. For pub food, as we are a group, she requested that we order food and pay a £5 deposit per person one week in advance which is clearly not practical in our case. Perhaps some of us will be able to food anyway. Alternatively, there are tea rooms that sell a variety of food. To get to the tea rooms follow the road down opposite the pub. The tea rooms are situated where this road meets the main road (SH355691)

Addresses Lunch: The Crown, Bodorgan Square, Aberffraw, LL63 5BX
 Hall: Rhosneigr Village Hall, High Street, Rhosneigr, LL64 5UX

Profile (Scale 0 to 375 ft): Another fairly flat day. In the past when our pilgrimage has tackled coast paths, they have generally been very hilly e.g. the South West Coast Path, the Pembrokeshire Coast Path, the Ceredigion Coast Path. This part of the Anglesey Coast Path is not like that at all!



DAY 4 Tuesday August 15 Rhosneigr to Holyhead 15.8 miles

Saints of the Day

St Mary (Feast of the Assumption), St Therese, St Gwenfaen, St Ffraid

LEADERS: Geoff Murray, Stuart Pomfret and Jack O'Boyle

Maps: L114 or E262

Anglesey is not one island, but two. You have been walking on the main one for the first two days. The second, a much smaller island, you reach and walk on today. Five and a half miles after starting you reach the B4545 and about 200 yards from that point you cross a bridge over water. The water is the sea, not a river or tidal inlet. Look across both sides of the bridge and you will see you are crossing onto an island; Holy Island. The first 8 miles of this walk are flat. The last 7 miles are undulating but without any big hills. You should find this an easy walk before your rest day tomorrow. Soon after leaving Rhosneigr we follow the perimeter of RAF Valley where Prince William trained as a helicopter pilot. Almost certainly you will see helicopters and fighter jets on training flights. After lunch we walk the cliff tops of the Rhoscolyn peninsula. At the ancient well of St Gwenfaen's we stop for prayers. Was this a place to collect holy water or was it a baptismal site? Look back and if the weather is kind you will see the whole length of Snowdonia and the Lleyn Peninsular. Next is the "retirement" village of Treaddur Bay, then we follow the coast before turning inland to the town of Holyhead. (Words written by Geoff who planned the day but is unable to be with us due to injury.)

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:55	0	DEPART: Rhosneigr Village Hall	SH318730
09:00 - 10:00	0.1	MASS: St Therese's RC Church, Rhosneigr	SH319731
12:15	5.9	B4545	SH282786
12:30 - 13:30	6.4	LUNCH: The Anchorage Hotel, Four Mile Bridge	SH275781
14:15 - 14:35	8.3	PRAYERS: St Gwenfaen, Rhoscolyn	SH268757
15:00 - 15:10	9.1	PRAYERS: St Gwenfaen's Well	SH259754
16:20 - 16:40	11.9	PRAYERS: St Ffraid, Treaddur	SH259788
18:10	15.8	ARRIVE: Gwelfor Community Centre, Holyhead	SH253824

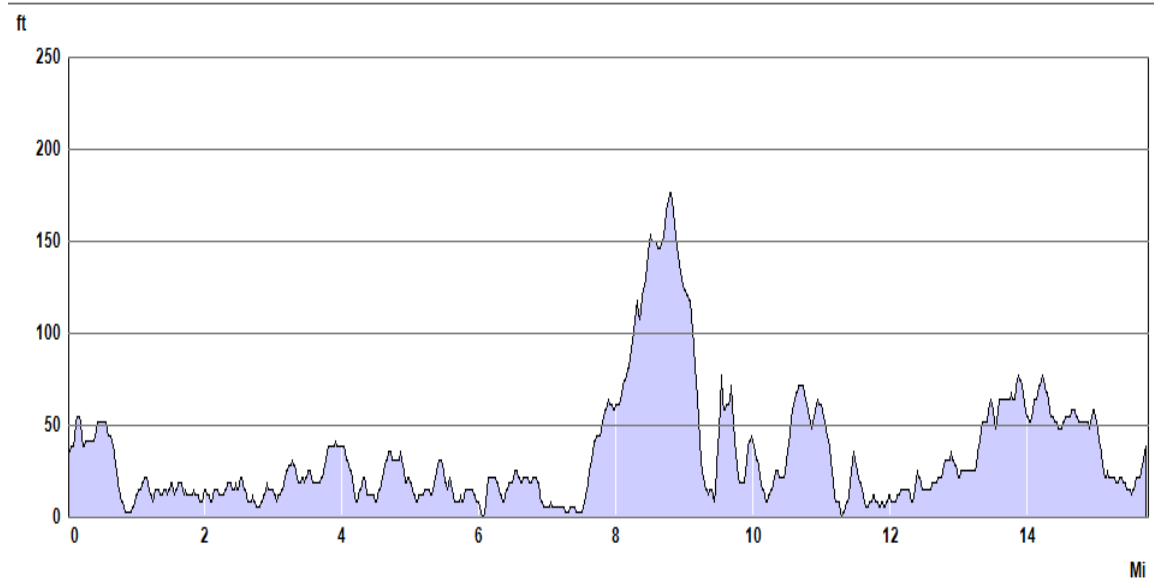
About the lunch pub: The hotel is a free house with a wide choice of bar meals. We do have permission to discretely eat our own pilgrim rolls on the premises, preferably outside, as long as we each buy a drink.

Addresses

Lunch: The Anchorage Hotel, Four Mile Bridge, Holyhead, LL65 2EZ

Hall: Gwelfor Community Centre, Ffordd Tudur Morawelon, Holyhead, LL65 2DH

Profile (Scale 0 to 250 ft): Another not very hilly day, similar to the first 2. When we reach St Gwenfaen's Church, we are almost at the highest point of the day. We reach it when we rejoin the coast path before reaching the well.



DAY 5 Wednesday August 16 Rest Day in Holyhead 0 miles

Saints of the Day

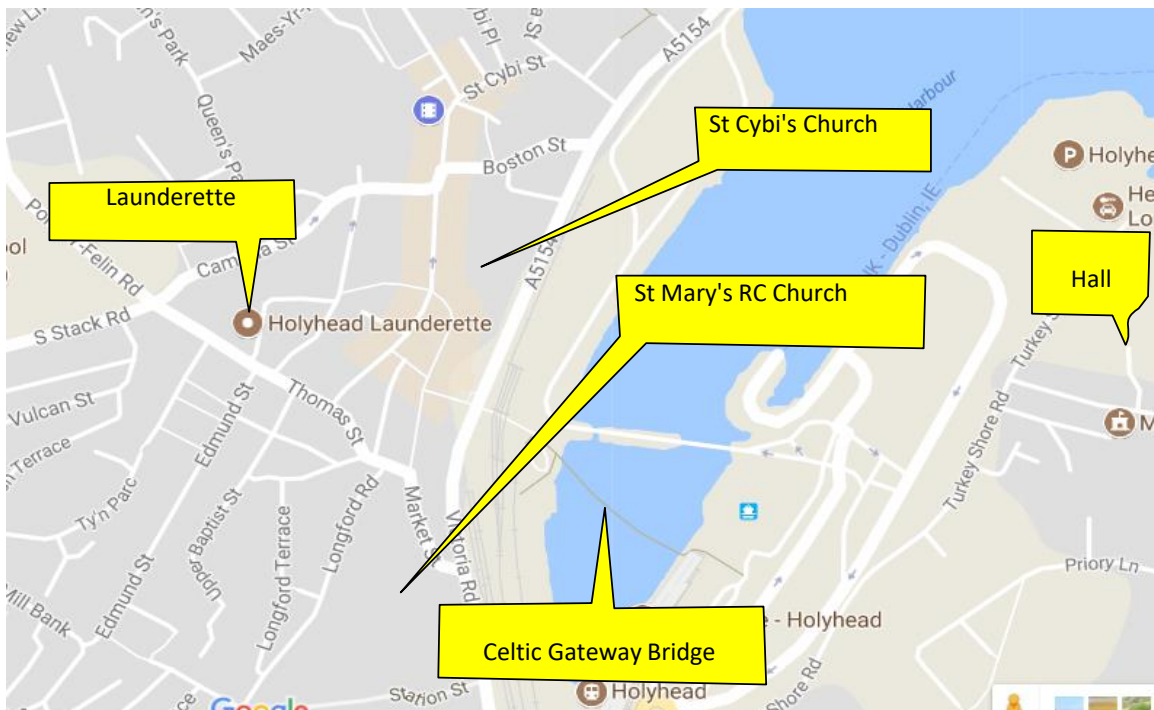
St Cybi, St Mary

*Pilgrims are free to spend the day as they choose, but listen out for any announcements. Our hall is on the other side of the harbour to the town centre, but the Celtic Gateway Bridge provides a pedestrian link. A visit to Grade I listed St Cybi's Church is strongly recommended. This town is called **Holy** head on **Holy** Island for a reason, and it will be found in the history of this church. St Cybi was given the old Roman Fort at Holyhead by the local king, and founded a monastery there. The present church is built on the site of that monastery. What else to do? Well, you could take the opportunity to catch a ferry to Dublin. Both Stena Line and Irish Ferries run ferries. But the crossing usually takes over 3 hours so you won't have much time on the Emerald Isle. Alternatively, 2 miles to the west of Holyhead is the "Holyhead Mountain" (only 722 ft above sea level), the highest point in the county of Anglesey; on a clear day, you can see Ireland from the top. An additional half mile away are the cliffs of South Stack, a famous point for viewing sea birds. There is also a maritime museum to the north of the town looking out to the breakwater. For more practical needs, the laundrette is in the town centre close to both St Cybi's and St Mary's RC churches (service times below), whilst the leisure centre is about a mile to the south down the Kingsland Road.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
10:00	0	(PARISH MASS): St Mary's RC Church, Holyhead	SH246823
10:30	0	(PARISH COMMUNION): St Cybi's Church, Holyhead	SH247826

Addresses

Hall: Gwelfor Community Centre, Ffordd Tudur Morawelon, Holyhead, LL65 2DH
 Holyhead Laundrette: Garreg Domas off Thomas street (Behind The Britania Inn), LL65 1RT, Phone: 01407 765391
 Leisure Centre: Kingsland Road, Holyhead, LL65 2YE, Phone: 01407 764111



In emergency contact: Francis 07414-680058 or Ceri 07843-055308 or John C 07866-971623

DAY 6

Thursday August 17

Holyhead to Bodedern

11.2 miles

Saints of the Day

St David, St Machraeth, St Figeal

LEADER: Francis O'Sullivan

Maps: L114 or E262

Today's is the shortest whole-day walk of the pilgrimage. After our pilgrimage eucharist, we pick up the coast path passing through woodland to cross back to the main island on the bridge that carries the A55. We then follow the estuary and banks of the river Alaw before heading inland to the Holland Hotel in Llanfachraeth for lunch. Quiet roads will then lead us to our overnight at Bodedern Memorial Hall.

Time	Miles	Location	Grid Ref
08:50	0	DEPART: Gwelfor Community Centre, Holyhead	SH253824
09:00 - 10:00	0.2	PILGRIM EUCHARIST: St David, Morawelon	SH254822
12:30 - 13:30	6.8	LUNCH: The Holland Inn, Llanfachraeth	SH315824
13:45 - 14:05	7.3	PRAYERS: St Machraeth, Llanfachraeth	SH313831
14:55 - 15:15	9.2	PRAYERS: St Figeal, Llanfigael	SH328828
16:00	11.2	ARRIVE: Bodedern Memorial Hall	SH335804

Rise time and breakfast time will be announced the night before.

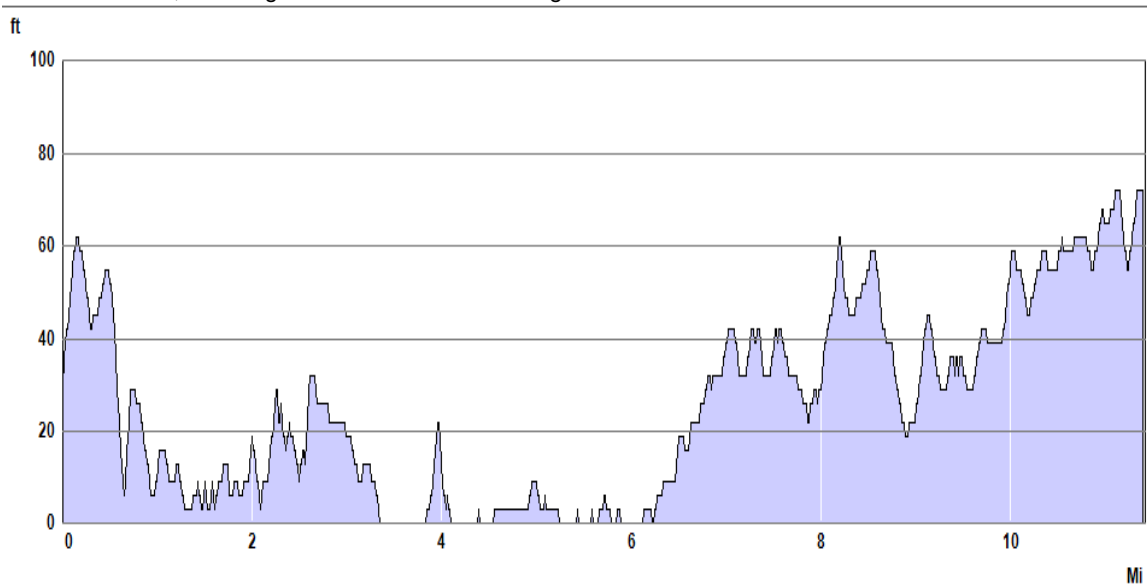
About the lunch pub: The Holland Hotel is a tied house belonging to the JW Lees brewery. On the food side, as well as mains, there are burgers and jacket potatoes at sensible prices. We do not have permission to eat our own food on the premises.

Addresses

Lunch: The Holland Hotel, Llanfachraeth, Holyhead, LL65 4UH

Hall: Bodedern Memorial Hall, Bodedern, LL65 3PE

Profile (Scale 0 to 100 ft): This is an exceptionally unhilly day as we spend the whole day at less than 80ft above sea-level, reaching our maximum elevation right at the end.



DAY 7 **Friday August 18** **Bodedern to Amlwch** **14.4 miles**

Saints of the Day

St Edern, St Afran, St Leuan, St Sannan, St Pabo.

LEADER: Simon Dommett

Maps: L114 or E262,E263

Today is a fairly level walk with just a few long inclines - sadly the upkeep of footpaths is like that of chapels not very good - so there is a middle section mainly on a country lane - probably an old drover route - however it offers views of the Lyn Alaw reservoir and wind farms. A longish morning of about 9 miles takes us to the only pub anywhere near our route, but leaves a short stroll in the afternoon. St Pabo's church is one of the holiest places on Anglesey according to the book "Britain's Holiest Places".

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:50	0	DEPART: Bodedern Memorial Hall	SH335804
09:00 - 10:00	0.1	PILGRIMAGE EUCHARIST: St Edern, Bodedern	SH333804
11:10 - 11:30	3.1	PRAYERS: Old Church of SS Afran, Leuan and Sannan, Llantrisant	SH350841
12:50 - 13:10	6.4	PRAYERS: St Pabo, Llanbabo	SH378868
14:15 - 15:15	9.2	LUNCH: The Ring, Rhosgoch	SH409892
17:15	14.4	ARRIVE: Our Lady Star of the Sea Church Hall, Amlwch	SH438931

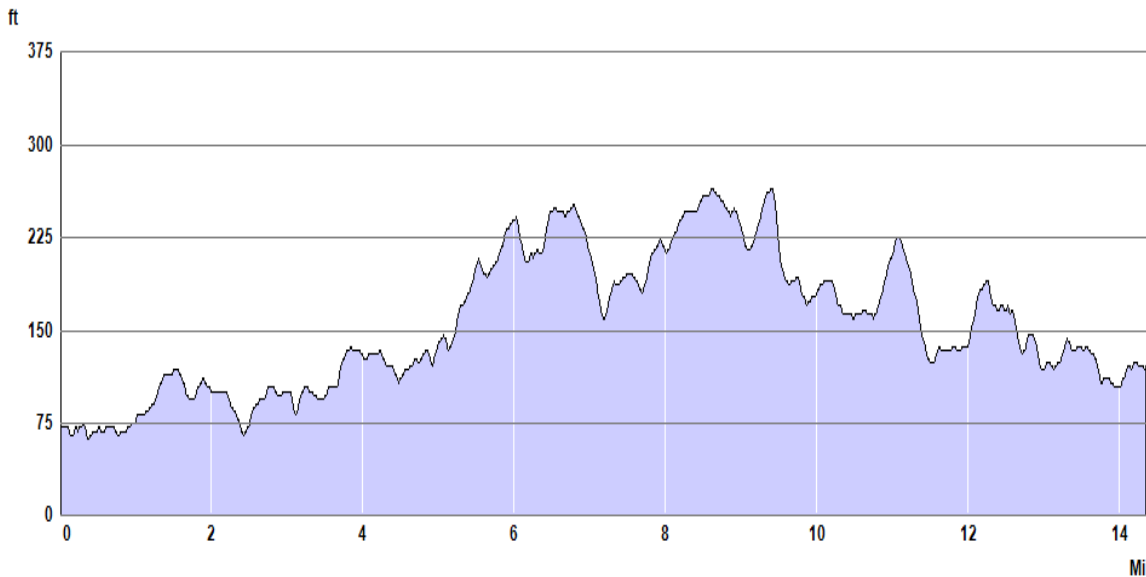
About the lunch pub: It's a free house and it has prepared a menu customised for us, and for the name of our group they have put "Walkers' club - Taking on Anglesey Edition"!

Addresses

Lunch: The Ring, Rhosgoch Village, LL66 0AB

Hall: Our Lady Star of the Sea RC Church Hall, Bull Bay Rd, Amlwch LL68 9ED

Profile (Scale 0 to 375 ft): This day has similar "hilliness" to the first 3 walking days. We head into the interior of Anglesey and reach over 250ft above sea-level at Rhosgoch where we have lunch, before descending again to the north-east coastline of the island.



In emergency contact: Francis 07414-680058 or Ceri 07843-055308 or John C 07866-971623

DAY 8 **Saturday August 19** **Amlwch to Benllech** **15.6 miles**

Saints of the Day

Our Lady Star of the Sea, St Eilian, St Gwenllwyfo, St Gallgo (Moelfre)

LEADERS: The St Ann's Wanderers

Maps: L114 or E263

It's a great day of coastal walking today, on the coast path for almost the entire day, taking in another of the holiest places on Anglesey: St Eilian's well and church. Lunch is later in the day than usual so you might want to eat your pilgrim rolls before you get that far.

Time	Miles	Location	Grid Ref
08:45 - 09:45	0	PILGRIM EUCHARIST: Our Lady Star of the Sea Church, Amlwch	SH438931
09:45	0	DEPART: Our Lady Star of the Sea Church Hall, Amlwch	SH438931
10:35 - 10:45	2	PRAYERS: St Eilian's Well	SH467933
11:00 - 11:20	2.5	PRAYERS: St Eilian, Llanelian	SH470929
13:35 - 13:40	7	DIY PRAYERS: St Gwenllwyfo, Llangwenllwyfo	SH486901
14:25 - 15:25	8.8	LUNCH: The Pilot Boat Inn, Dulas	SH476873
17:00 - 17:20	12.4	PRAYERS: Moelfre Church Hall	SH512861
18:45	15.6	ARRIVE: Benllech Community and Ex-Servicemen's Hall	SH518829

Rise time and breakfast time will be announced the night before.

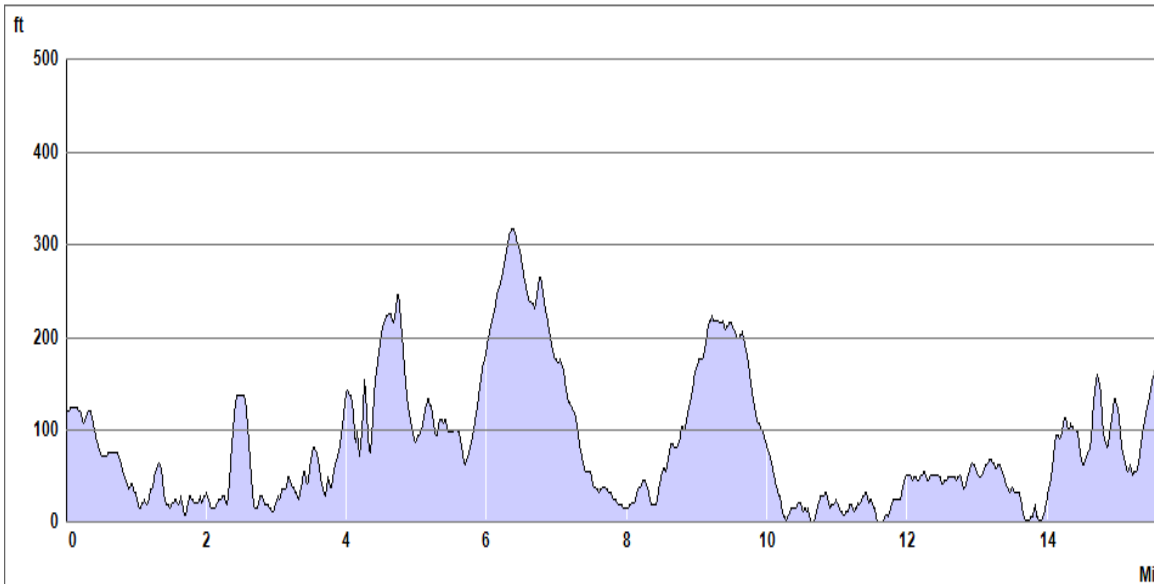
About the lunch pub: It's a Robinson's Brewery tied house, serving British home-cooked food. It is likely to be very busy. Assume we do not have permission to eat our own food on the premises unless you hear an announcement to the contrary. There is an adjacent field where we could eat our own food if we haven't eaten it earlier in the day.

Addresses

Lunch: The Pilot Boat Inn. Efail Bach, Dulas LL70 9EX

Hall: Benllech Community and Ex-Servicemen's Hall, Benllech, LL74 8SN

Profile (0 to 500 ft): The vertical scale of the graph is increasing now and we break 300ft for the first time. On this side of Anglesey, the ups and downs of the coast path are greater so this is our hilliest day so far.



DAY 9 **Sunday August 20** **Benllech to Bangor** **13 miles**

Saints of the Day

St Mary, St Sadwrn, St Tegan, St Tysilop

LEADER: The St Ann's Wanderers

Maps: L114 or E263

There is plenty of variety in today's walk. We start by continuing where we left off yesterday along the coast path, but the Anglesey Coast Path is too long to cover it all in 7 days of walking and again we have to break away from it, cutting through a hilly forest on our way back to the Menai Strait which separates Anglesey from the mainland of Wales. We visit St Tysilio's church, which is on an island in the strait, before crossing the Menai Bridge and heading into Bangor where we stay in the same hall as 8 nights previously.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:50	0	DEPART: Benllech Community and Ex-Servicemen's Hall	SH518829
09:00 - 10:00	0.2	PARISH MASS: Our Lady of Lourdes RC, Benllech	SH520827
12:45 - 13:05	6.4	PRAYERS: St Sadwrn, Llansadwrn	SH554759
13:45 - 14:05	8.1	PRAYERS: St Tegfan, Llandegfan	SH564744
14:15 - 15:15	8.4	LUNCH: Penycefn Inn, Llandegfan	SH566740
16:00 - 16:20	10.4	PRAYERS: St Tysilio, Menai Bridge	SH551717
17:35	13	ARRIVE: St John's Methodist Church Hall, Bangor	SH578717
TBA		--- Probable Evening Anglican Communion in Hall ---	SH578717

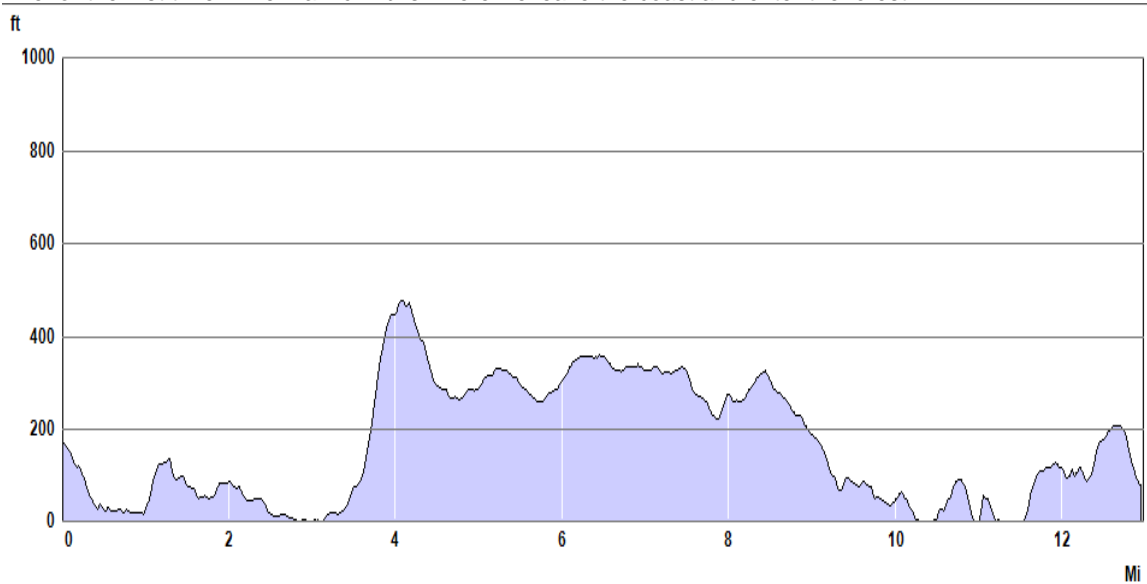
About the lunch pub: The pub is being renovated but is still open and is delighted to welcome us, and even offered to make us free sandwiches - but we told them we preferred to stick to our normal arrangements of making our own. Please reward their generosity by all buying a drink.

Addresses

Lunch: Llandegfan Menai Bridge LL59 5UN

Hall: St John's Methodist Church Hall, High Street, Bangor, Gynwedd, LL57 1NR

Profile (Scale 0 to 1000 ft): Our last walking day on Anglesey is our hilliest, as we cross the 400ft contour line for the first time. The main climb is where we leave the coast and enter the forest.



DAY 10 **Monday August 21** **Bangor to Conwy** **18 miles**

Saints of the Day

St John, The Holy Cross, St Mary

LEADER: Bruce Matheson

Maps: L115 or OL17

Most of this days walk is on one of the Wales Coast path variants so we have the benefit of its waymarks.. We begin the longest walk of the pilgrimage by climbing out of the city over the "Bangor Mountain" which is not really a mountain, don't worry. Soon after our Eucharist at St Cross Church, we pick up the coast path, and the rest of the morning is very flat as we stay close to the shoreline. It is a lovely wide view over the flats for many miles to the cafes beside the sea, and back to Beaumaris Castle on Anglesey. We are free to find our own lunchspot in the small town of Llanfairfechan. After lunch, we head up through the town, with a prayer stop, then steadily climb up on to the mountain side as we approach the part of the Snowdonia National Park which gets closest to the north Wales coast. Whilst we are at a good height it is mostly grassy paths with an enormous view as far as Liverpool on a clear day. If the weather is appalling there are trains and buses from the lunch stop. Our afternoon drinks stop at the Sychnant pass then it's a gentle gradient down into Conwy for our well-earned rest day. We don't climb to the top of any mountains but we do reach the highest point of the pilgrimage.

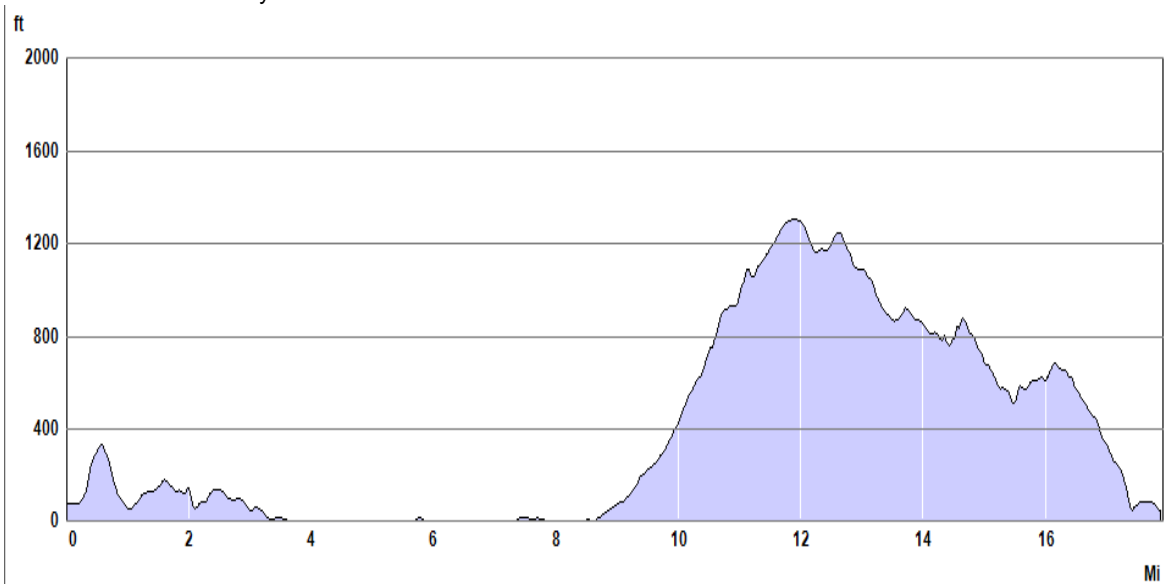
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: St John's Methodist Church Hall, Bangor	SH578717
10:15 - 11:15	2.5	PILGRIMAGE EUCHARIST: Eglwys St Cross, Tal-y-bont	SH609708
13:40 - 14:40	9.1	LUNCH: Llanfairfechan Village	SH681749
14:50 - 15:10	9.2	PRAYERS: St Mary's and Christ Church, Llanfairfechan	SH681747
19:20	18	ARRIVE: St John's Methodist Church Hall, Conwy	SH782775

About the lunch location: We can choose our own lunch-spot today. There are a couple of cafés close to the seafront and we will mark the route to the Village Inn, which does not serve food on Mondays, and accordingly has given us permission to eat our own food on the premises.

Addresses

Lunch: The Village Inn, Penmaenmawr Road, Llanfairfechan LL33 0NU
 Hall: St John's Methodist Church Hall, Rosehill Street, Conwy, LL32 8LD

Profile (Scale 0 to 2000 ft): Compared to most of Wales, Anglesey is actually quite a flat place, and now we are on the mainland, look how the vertical scale of our graph has changed! After a short sharpish climb out of Bangor followed immediately by a similar descent, we have 5 or 6 very flat files leading up to lunch, then over the next 3 miles we climb from just above sea-level to teh maximum altitude of our pilgrimage, over 1200 ft. After that it is mostly downhill to Conwy. Most of today's climbing is done in the one gradual ascent, and this is not in fact our hilliest day.



DAY 11 Tuesday August 22 Rest Day in Conwy 0 miles

Saints of the Day

St Mary, St John, St Tudno (Llandudno)

On this rest day we are staying in two adjacent halls, close to the castle and quay. On the quay you will find the smallest house in Britain! The launderette and leisure centre are on the other side of the estuary of the River Conwy in the town of Llandudno Junction, which is a train ride (or a walk of one mile) away. Change trains at Llandudno Junction to visit the seaside resort of Llandudno. Rising above Llandudno is the Great Orme, a coastal hill which we will have spotted on the previous day's walk. You can take a cable car or tram to the top. Those staying in the Methodist Church Hall will need to clear up the first floor as there is a coffee morning taking place, along with a Meditations Service that we are welcome to attend. We have organised our own pilgrim eucharist in St Mary's Church which is behind the halls.

Time	Miles	Location	Grid Ref
<i>Rise time and breakfast time will be announced the night before.</i>			
09:30 - 10:15	0	PILGRIM EUCHARIST: St Mary's Church, Conwy	SH782775
11:15 - 11:30	0	MEDITATIONS: St John's Methodist Church Hall, Conwy	SH782775

Addresses

Hall: St Mary's Church Hall, Rosehill Street, Conwy, LL32 8LD
 Hall: St John's Methodist Church Hall, Rosehill Street, Conwy, LL32 8LD
 Launderette: Junction Laundry Services, 161 Conway Road, Llandudno Junction, LL31 9EG, Phone: 01492 592555
 Llandudno Junction Leisure Centre: 6G Road, Llandudno Junction, LL31 9XY, Phone: 01492 577925



DAY 12 Wednesday August 23 Conwy to Llangernyw 14.3 miles

Saints of the Day
St John, St Martin

LEADER: Ann Lavelle

Maps: L116 or OL17,E264

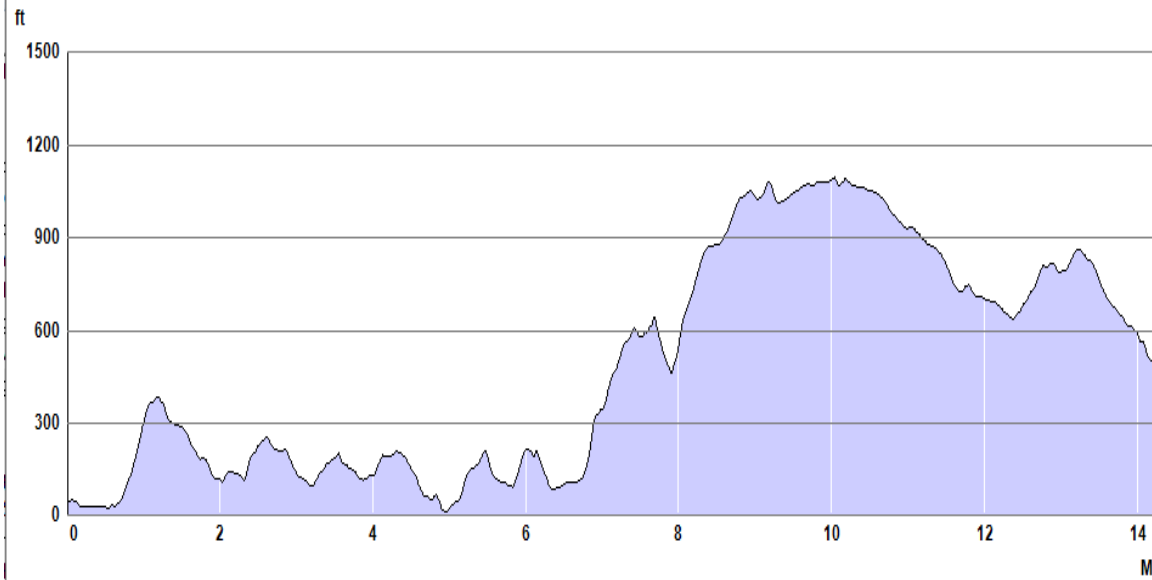
For much of today we follow minor roads as the paths around here are neglected. We head south from Conwy, following the valley of the River Conwy upstream, crossing the river at Tal-y-cafn. Then we head into a sparsely populated area of hill farms. The only church we pass for a prayer stop is next to the pub which is opening specially for our lunch. At the end of the day we walk into Llangernyw on the North Wales Pilgrims Way, a long distance route which starts at Basingwerk Abbey - which we will visit on our last day - and finishes at Caldy Island. We follow parts of it in the "wrong" direction today and tomorrow.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: St John's Methodist Church Hall, Conwy	SH782775
09:00 - 10:00	0	PILGRIM EUCHARIST: St John's Methodist Church Hall, Conwy	SH782775
13:00 - 14:00	6.6	LUNCH: The Bee Inn, Eglwysbach	SH804705
14:05 - 14:25	6.6	PRAYERS: St Martin, Eglwysbach	SH803705
18:10	14.3	ARRIVE: Ysgol Bro Cernyw, Llangernyw	SH875673

About the lunch pub: Normally closed on Mondays and Tuesdays but opening especially for us, the Bee Inn sits in the heart of The Conwy Valley approximately one mile due south of The National Trust's Bodnant Gardens. It is the epitome of a traditional village pub with a simple ethos; great homecooked value for money food and real local ale served in a relaxed and friendly environment.

Addresses
 Lunch: The Bee Inn, Maes Llan, Eglwysbach, LL28 5UD
 Hall: Ysgol Bro Cernyw, Llangernyw, Abergele, LL22 8PW

Profile (Scale 0 to 1500 ft): After crossing the Conwy River, we are in a range of hills with no particular name, outside of any national park, but we still get almost as high as on the day into Conwy, and the total ascent is greater today (must be all those small ups and downs before we cross the Conwy), although the walk distance is shorter coming in at just over 14 miles.



DAY 13 Thursday August 24 Llangernyw to St Asaph 17.2 miles

Saints of the Day

St Bartholomew (feast day), St Digain, St Sannan, St Nefydd, St Mary

LEADER: Louise and John Chenery

Maps: L116 or OL17,E264

We head east through a land of rivers, streams, hillsides, valley farms and hill farms, then descend into the village of Llansannan for lunch. Here we pick up the North Wales Pilgrims Way again, following a river valley downstream. This river does flow through St Asaph, but takes a rather circuitous route so we have to leave it and cut across through more hilly terrain, which eventually gives us great views towards the sea. We cross the same river at Bont-newydd then ascend to our final prayer step at St Mary, Cefn, a church built in a prominent position on high land. After that it is downhill all the way into St Asaph.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:45	0	DEPART: Ysgol Bro Cernyw, Llangernyw	SH875673
09:00 - 10:00	0.2	PILGRIMAGE EUCHARIST: St Digain, Llangernyw	SH875674
12:45 - 13:45	6	LUNCH: Red Lion Inn, Llansannan	SH934658
13:50 - 14:10	6.1	PRAYERS: St Sannan, Llansannan	SH934659
16:30 - 16:50	11.2	PRAYERS: Ss Nefydd & Mary, Llannefydd	SH982706
18:20 - 18:40	14.8	PRAYERS: St Mary, Cefn	SJ018716
19:30	17.2	ARRIVE: Esgob Morgan Primary School, St Asaph	SJ031745

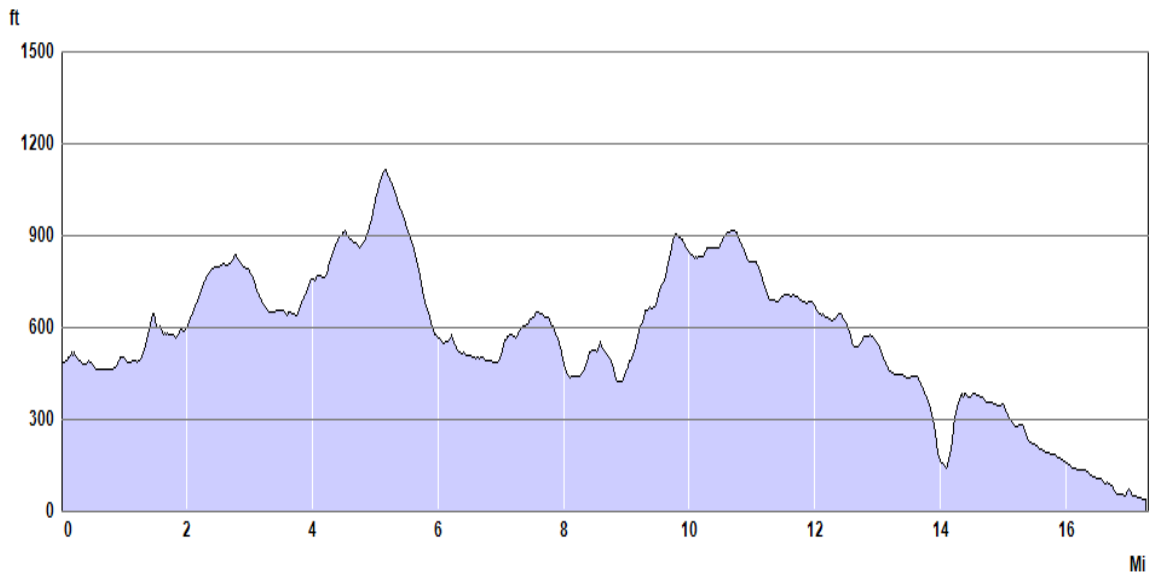
About the lunch pub: For the second day running, the pub opens specially for us, this time for drinks (including tea/coffee) only. It is designated by CAMRA as one of Britain's Real Heritage Pubs because of the architectural features of the interior. "The snug bar in the front room is a wonderful historic space with its curved settle and splendid old fireplace. It is an example of how many traditional Welsh beer houses would have looked in the 19th century."

Addresses

Lunch: High Street, Llansannan, LL16 5HG

Hall: Esgob Morgan Primary School, Ffordd Siarl, St Asaph, Denbighshire, LL17 0PT

Profile (Scale 0 to 1500 ft): An interesting point about today's profile is that our start point is higher than any point of the Anglesey portion of our walk. We reach the 2nd highest point of the pilgrimage before the descent to lunch. This is the 2nd longest day. The total ascent is less than either of the previous 2 days, mainly because of that relatively high start, but this day does have the greatest total descent of any day, almost 3000ft of it.



DAY 14 **Friday August 25** **St Asaph to Pantasaph** **11.5 miles**

Saints of the Day

St Asaph, St Beuno, St David

LEADER: Sue and Fred Adilz

Maps: L116 or E264,E265

St Asaph lies in the Vale of Clwyd, but between St Asaph and Pantasaph stands the formidable Clwydian Range of hills. The morning walk crosses the Vale and slowly climbs these hills, pausing at St Beuno's for respite, before joining Offa's Dyke Path to traverse the top. From here there are magnificent views. Leaving the long-distance path, a gentler descent takes us past Plas Pen Ucha, home of the Liberal MP Sir John Herbert Lewis to the Piccadilly Inn in the village of Caerwys for lunch (pronounced Care-wiss). After lunch, a shorter walk across farmland via a former race-course and over the original Offa's Dyke (far from the path that takes its name) brings us within sight of Pantasaph Friary, which must be approached by road to safely cross the A55. The final route is pleasing and varied; the morning tough, the afternoon gentle. The measured distance is 11½ miles, but with the many stiles, hilly terrain and mud underfoot, feels like 13 miles.

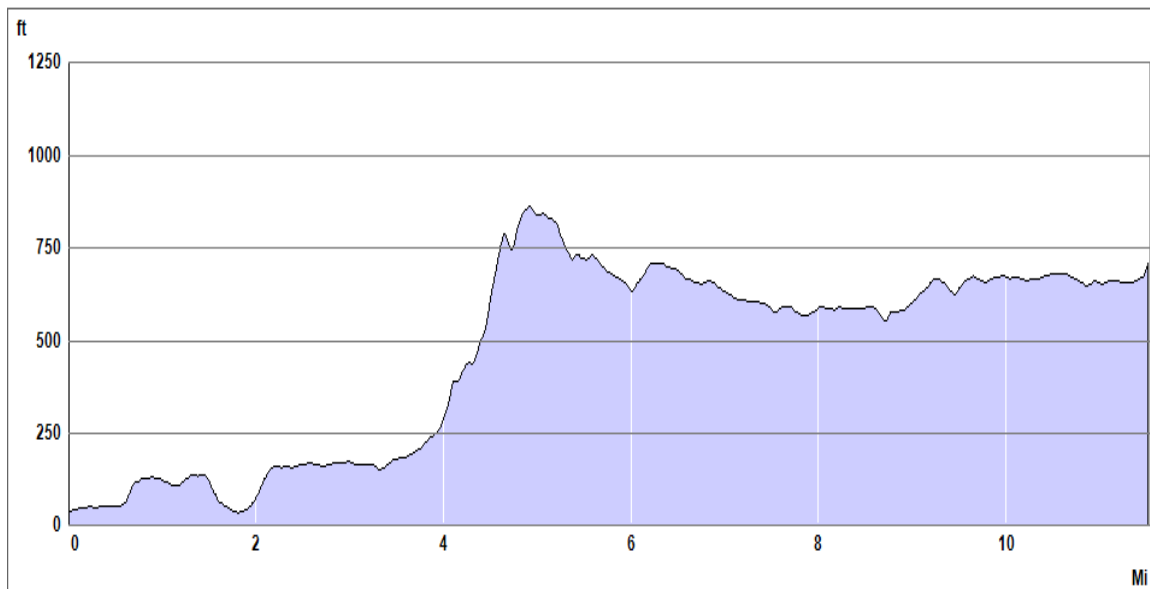
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	DEPART: Esgob Morgan Primary School, St Asaph	SJ031745
09:00 - 09:30	0.7	MORNING PRAYER: St Asaph's Cathedral	SJ039743
09:30 - 10:00	0.7	OFFEREN (COMMUNION IN WELSH): St Asaph's Cathedral	SJ039743
11:45 - 12:05	4.3	PRAYERS: St Beuno's College, Tremeirchion	SJ080742
13:50 - 14:50	8.2	LUNCH: The Piccadilly Inn, Caerwys	SJ128732
16:05	11.4	ARRIVE: Pantasaph Franciscan Friary and Retreat Centre	SJ160759
18:00 - 19:00	11.5	PILGRIM EUCHARIST WITH DECEASED PILGIMS COMMEMORATION: St David's Church, Pantasaph Friary	SJ161760

About the lunch pub: The Piccadilly Inn is open all day, serving food and most welcoming with plenty of room inside and out: patio & garden. Pilgrims may not eat their own food on the premises.

Addresses

Lunch: Piccadilly Inn, North St, Caerwys, Mold CH7 5AW
Hall: Pantasaph Franciscan Friary and Retreat Centre, 5 Monastery Rd, Pantasaph, Holywell CH8 8PN

Profile (Scale 0 to 1250 ft): We start down in the vale, climb into the Clwydian Hills, and then don't descend much. At Pantasaph we are still on high ground, over 700ft above sea-level, easily the highest hall of the pilgrimage.



DAY 15 **Saturday August 26** **Pantasaph to Holywell** **4.8 miles**

Saints of the Day

St Winefride and her uncle St Beuno ; St Mary to whom the abbey was dedicated

LEADER: Ceri Potts

Maps: L116 or E265

This is a gentle morning's walk from Pantasaph into our pilgrimage destination, St Winefride's Well on the outskirts of Holywell. We have a short climb on leaving the friary but soon find ourselves walking through fields with beautiful views of the Dee estuary. We make a stop at the ruins of Basingwerk Abbey which has a visitor centre and café before approaching Holywell from the north-east through the town's heritage park.

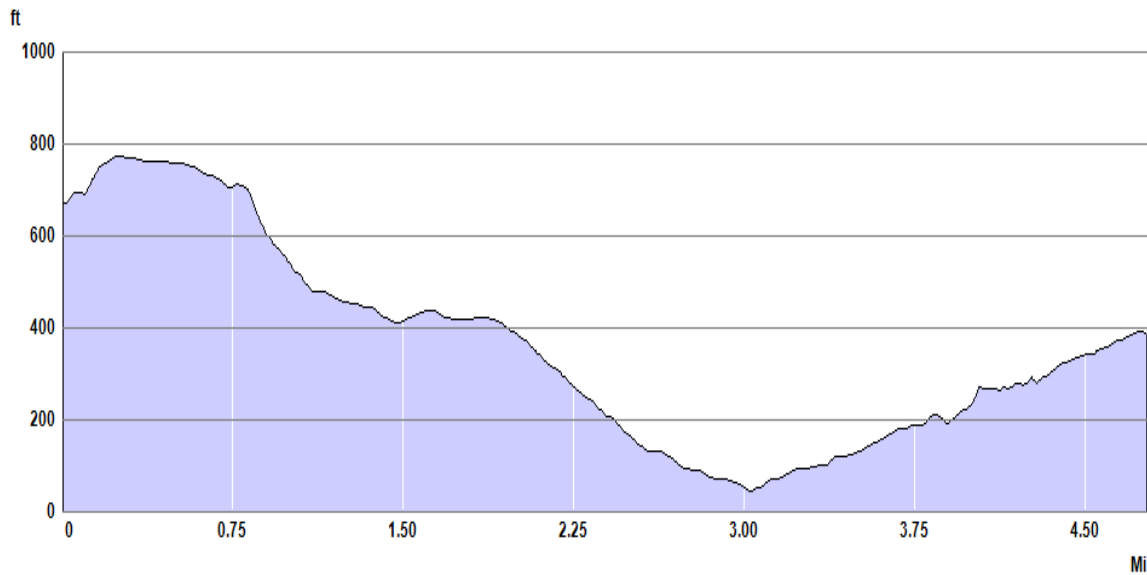
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: Pantasaph Franciscan Friary and Retreat Centre	SJ161759
10:15 - 11:00	3	PRAYERS/REFRESHMENTS: Basingwerk Abbey Ruins	SJ196775
12:00 - 12:15	4.2	PUBLIC DAILY SERVICE: St Winefride's Well, Holywell	SJ185763
12:45 - 13:30	4.4	ARRIVAL SERVICE: St Winefride's RC Church, Holywell	SJ185761
13:45	4.8	ARRIVE AT HALL: St Peter's Church Hall, Holywell	SJ190757
19:00 - 22:00	4.8	MASS AND CELEBRATION MEAL: St Peter's Church Hall, Holywell	SJ190757

About lunch: Pilgrims are free to find their own lunch in Holywell.

Addresses

Abbey: Basingwerk Abbey, Greenfield, Holywell, CH8 7GH
 Shrine: St Winefride's Well, Holywell, CH8 7PN
 St Winefride's RC Church: 15 Well Street, Holywell CH8 7PL
 Hall: St Peter's Church Hall, Rosehill, Holywell, CH8 7TL

Profile (Scale 0 to 1000 ft): Down to the abbey ruins, which are only half a mile from the sea, and back up into Holywell



DAY 16 **Sunday August 27** **Journey Home**

An early rise this morning and we board the coach which takes us to Chester Station, from where we go our separate ways back into our normal lives.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	COACH DEPARTS: St Peter's Church Hall, Holywell	SJ190757
09:30	0	COACH ARRIVES: Chester Railway Station	SJ413670