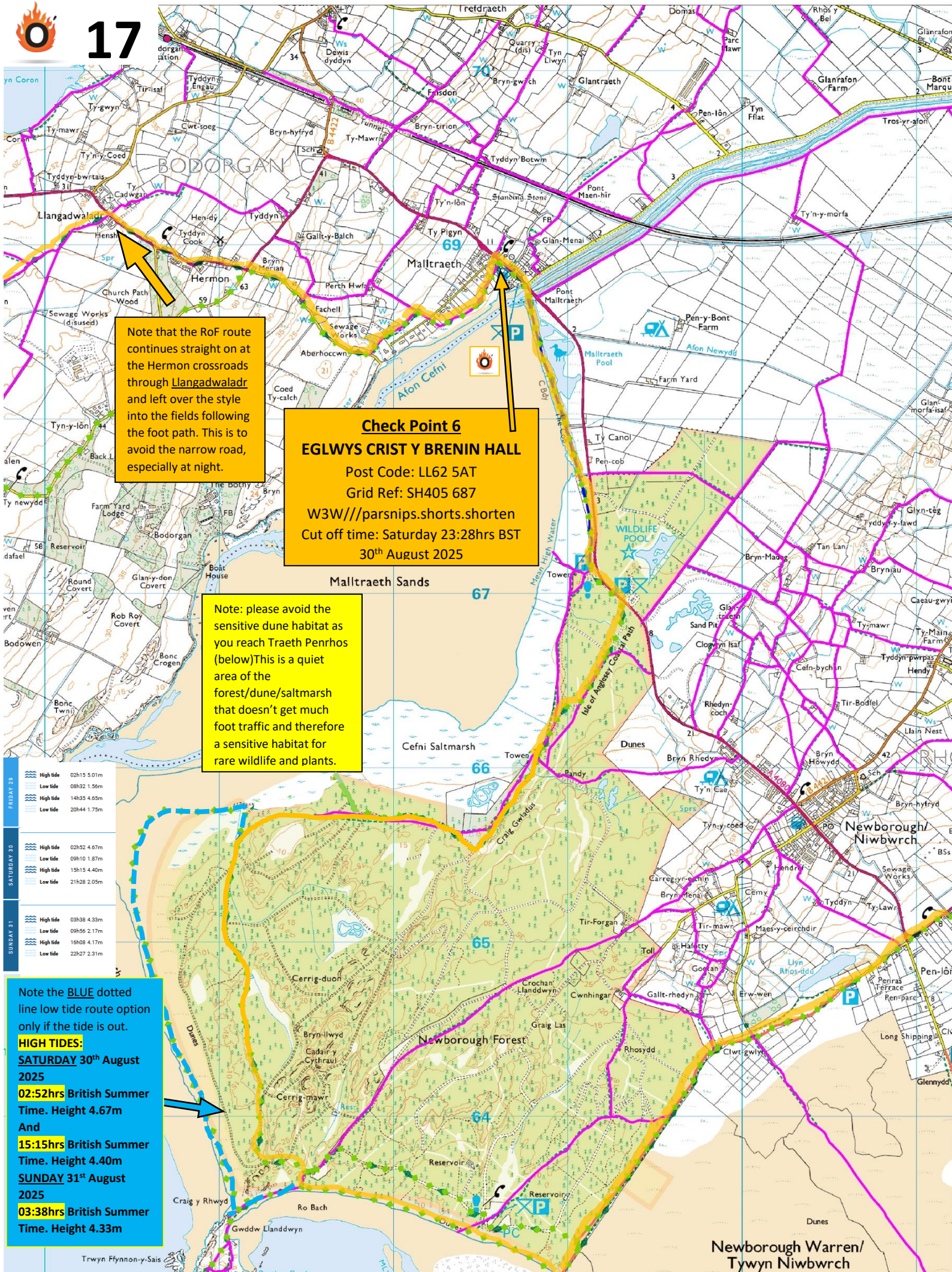




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Note that the RoF route continues straight on at the Hermon crossroads through Llangadwaladr and left over the stile into the fields following the foot path. This is to avoid the narrow road, especially at night.

Check Point 6
EGLWYS CRIST Y BRENIN HALL
Post Code: LL62 5AT
Grid Ref: SH405 687
W3W:///parsnips.shorts.shorten
Cut off time: Saturday 23:28hrs BST
30th August 2025

Note: please avoid the sensitive dune habitat as you reach Traeth Penrhos (below) This is a quiet area of the forest/dune/saltmarsh that doesn't get much foot traffic and therefore a sensitive habitat for rare wildlife and plants.

High tide	02h15 5.01m
Low tide	08h32 1.56m
High tide	14h35 4.65m
Low tide	20h44 1.75m
High tide	02h32 4.67m
Low tide	09h10 1.87m
High tide	15h15 4.40m
Low tide	21h28 2.05m
High tide	03h38 4.33m
Low tide	09h56 2.17m
High tide	16h08 4.17m
Low tide	22h27 2.31m

Note the BLUE dotted line low tide route option only if the tide is out.
HIGH TIDES:
SATURDAY 30th August 2025
02:52hrs British Summer Time. Height 4.67m
And
15:15hrs British Summer Time. Height 4.40m
SUNDAY 31st August 2025
03:38hrs British Summer Time. Height 4.33m

Newborough Warren/
Tywyn Niwbwrch