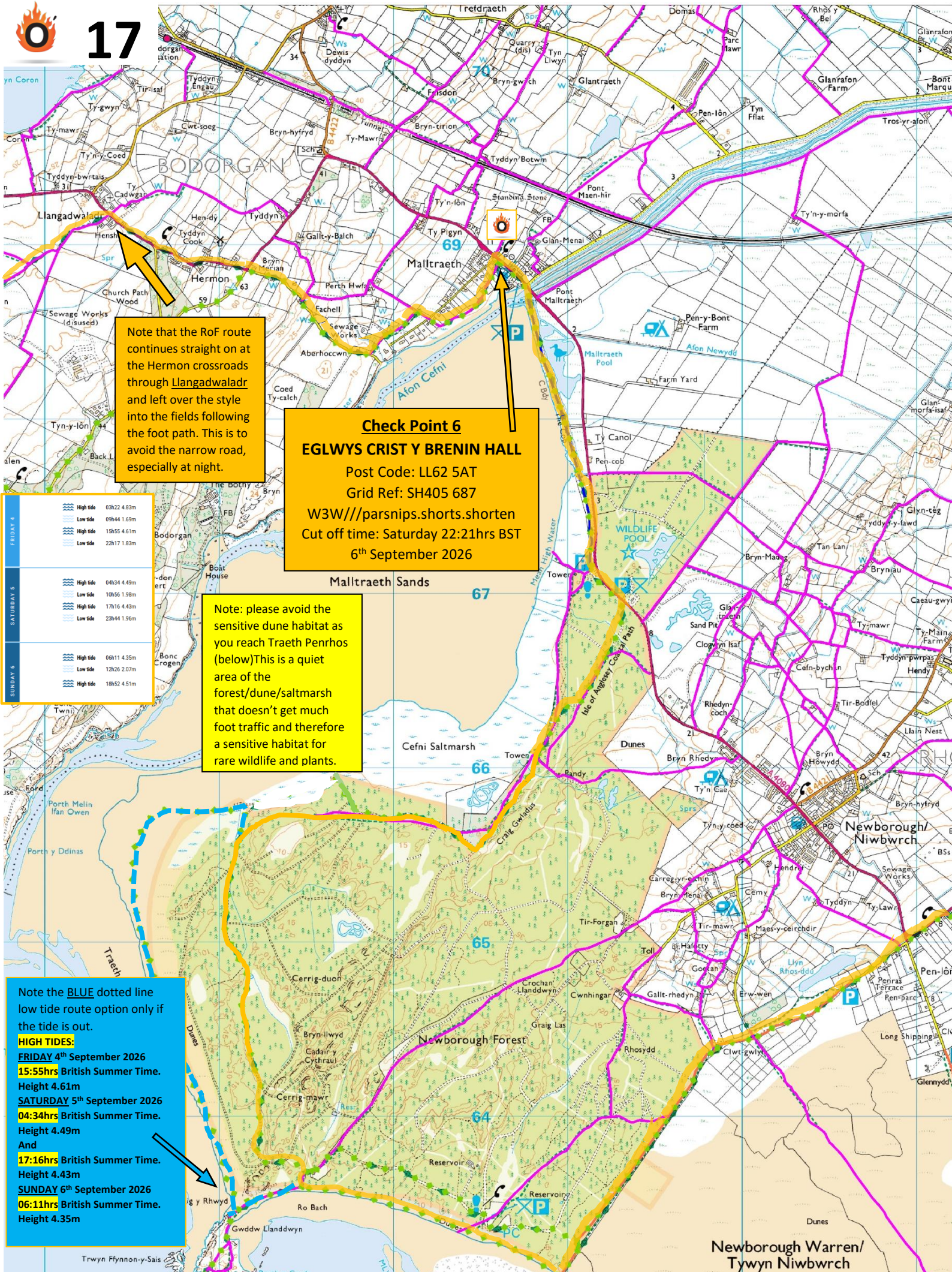




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Note that the RoF route continues straight on at the Hermon crossroads through Llangadwaladr and left over the stile into the fields following the foot path. This is to avoid the narrow road, especially at night.

Check Point 6
EGLWYS CRIST Y BRENIN HALL
Post Code: LL62 SAT
Grid Ref: SH405 687
W3W///parsnips.shorts.shorten
Cut off time: Saturday 22:21hrs BST
6th September 2026

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.

Note the **BLUE** dotted line low tide route option only if the tide is out.
HIGH TIDES:
FRIDAY 4th September 2026
15:55hrs British Summer Time.
Height 4.61m
SATURDAY 5th September 2026
04:34hrs British Summer Time.
Height 4.49m
And
17:16hrs British Summer Time.
Height 4.43m
SUNDAY 6th September 2026
06:11hrs British Summer Time.
Height 4.35m

Newborough Warren/
Tywyn Niwbwrch