

## Taith Treftadaeth | Heritage Walk

### The Betsi Cadwaladr Trail

A circular walk first through the town, over farmland and moorland to Llanycil returning along the lake and through the town with many stiles. The walk passes various locations associated with Betsi Cadwaladr. There are views of the lake, mountains and "the caves". Part is over farmland. Crossing and along busy roads, children must be supervised. Optional detour to Moel y Garnedd (340m), which adds 1 hour.

Other Trails are available which explore the history of Bala in more detail Bala & Penllyn Tourism Association have checked the information given in this leaflet but changes may occur. You must be responsible for your own safety, please heed warnings, follow the Country Code & see Safety and Conduct information at [www.GoBala.org](http://www.GoBala.org) (information/safety)

Tourist Information:	<a href="http://www.VisitBala.org">www.VisitBala.org</a> or <a href="http://www.visitsnowdonia.info">www.visitsnowdonia.info</a>
Trails Information:	<a href="http://www.GoBala.org">www.GoBala.org</a>

## Plan your Trip

Distance	7½ km (5 miles)
Ascent	180 m (600 ft)
Time	2 - 2½ hours
Map	OS OL23 or OL18
Terrain	Paths, busy-roads, farmland, moorland, many stiles
Start / Finish	The Green car park (Y Grin) SH 929 361
Parking	At start (Pay & Display)
Toilets	Leisure Centre and in Bala
Refreshments	Leisure Centre Cafe and in Bala
Public Transport	<a href="http://www.GoBala.org">www.GoBala.org</a> (Information/Public Transport)
Important	Near fast flowing water, slippery slopes and crossing/ along busy roads, children must be supervised

## The Trail

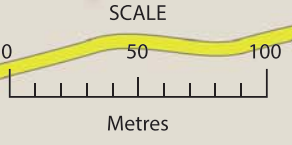
- 1** **START** Go the main road (A494).
- 2** At cross-roads take the A4212 (To Trawsfynydd) passing Christ Church and the secondary school Ysgol y Berwyn which are on the left.
- 3** Opposite "Coleg y Bala", cross A4212, turn left into lane with Bodiwan on the corner.
- 4** At the end of the lane turn right, uphill.
- 5** At the end of a short access road is Penrhiw **A**.
- 6** Bear left onto a waymarked footpath with hedge on left side. Continue on waymarked path over field to a corner stile.
- 7** Go over a stile to pass Craig y Fron **B**, known as "the caves", a stone quarry, then follow a faint path, keeping the caves on your left, continue on waymarked faint path with old wall/hedge on left.
- 8** Pass a ruined building, throu an open gate, then bear right, downhill to and along the fence/hedge on right. At waymarked gate/stile continue passing a white house on right (Hendre ddu) to minor road.
- 9** Turn right onto minor-road for 1km, just before the 2nd cattle-grid, go left on a bridleway that passes through a few trees onto the open moor. On your left is Moel Emoel (north-east) (bare hill) then clockwise east to south-east the Berwyn mountains, the Golf Club ahead and south-west to the Aran mountains.
- 10** As this is open access land (Gwastadros), you can wander wherever you wish to explore the moor - possibly to the summit of Moel y Garnedd (360m) where there are excellent all-round views (this optional detour will add 3km, 100m ascent, & take around 1hr). When you are ready, return to the bridleway & turn right.
- 11** Leave the moorland at a gate onto the access road to Penlan Farm, head towards a track that descends from the farmhouse ahead (Penlan).
- 12** Go through Penlan Farm & go down the lane (way-marked).

- 13** Pass through the next gate and follow the fence on the left-hand side for approx. 75m, then bear right at an opening to follow an old wall/hedge on the right-hand side. Descend to go through a gate and follow the path with the fence/trees on the right-hand side- most likely this path will be wet! To avoid the wet section bear left uphill towards gorse bushes and then right & downhill to the fence. At a way-marked post, bear right to go down a track.
- 14** Descend down a track.
- 15** At the house (Fron Feuno Farm) remain on the track, to pass behind outbuildings. At a junction of tracks (3 wide-gates) continue ahead and after 50m go through a small gate into a wood. Continue ahead with a fence on your right hand side, then meander left along the path downhill. Shortly and before a wide gate bear right, descend steeply through trees, keep right at the fence to arrive at the bottom corner, then leave the wood through a narrow gate onto the access drive (to Fron Feuno Farm). Turn left and go down the drive to the A494.
- 16** After crossing the A494 to the pavement, a short diversion right brings you to Llanycil Church **C**.
- 17** Initially retrace your steps and follow the A494 to Bala, at the Loch Cafe, bear right on to elevated footpath (flood bank) for 500m.
- 18** Turn left (waymarked) to go through a field & bear left onto an enclosed footpath.
- 19** Emerge near a car park (toilets) & go down Plasey St (car park on right).
- 20** At the crossroads, turn right, after a short distance turn left into a square with Thomas Charles' statue **D**.
- 21** Walk back along Tegid St to the High Street. Opposite is the White Lion Royal Hotel **E**.
- 22** Turn right along the High Street passing the Plas-y-n-Dre Restaurant **F** on your left, continue along the High Street to the car park. **FINISH**



**START / FINISH**

- |  |   |  |  |
|--|---|--|--|
|  | Dŵr / Aon<br>Water / River                    |  | Eglwys / Capel<br>Church / Chapel        |
|  | Coedwig<br>Woodland                           |  | Safe Bws<br>Bus Stop                     |
|  | Prifordd<br>A Road (trunk)                    |  | Swyddfa Bost<br>Post Office              |
|  | Prifordd<br>A Road                            |  | Safe Trefnadaeth<br>Heritage Site        |
|  | Ffordd B<br>B Road                            |  | Fferylfa<br>Chemist                      |
|  | Ffyrdde Eraill<br>Other Roads                 |  | Canolfan Feddygol<br>Medical Centre      |
|  | Rheilffordd<br>Railway                        |  | Banc<br>Bank                             |
|  | Lwybr<br>Footpath                             |  | Canwio a Cheufadu<br>Canoeing / Kayaking |
|  | Lwybr aml ddefnydd<br>All Ability Footpath    |  | Pysgota<br>Fishing                       |
|  | Parcio<br>Parking                             |  | Hwyllo<br>Sailing                        |
|  | Parcio Ceir a Coets<br>Car & Coach parking    |  | Ailgylchu<br>Recycling                   |
|  | Toiled<br>Toilet                              |  | Di-wifr<br>Wireless                      |
|  | Cawod<br>Shower                               |  | Gorsaf Rheilffordd<br>Railway Station    |
|  | Canolfan Croeso<br>Tourist Information Centre |  | Golf<br>Golf                             |



## Betsi's story

The small town of Bala lies in beautiful surroundings beside Llyn Tegid (Bala Lake), the largest natural lake in Wales. Two hundred years ago, the area was known for its knitted stockings and religious meetings. One of its local preachers was Dafydd Cadwaladr, whose daughter Betsi travelled all over the world and served at the field hospital in Balaclava during the Crimean War.

Born in 1789 on the outskirts of Bala, Betsi's adventurous, restless spirit drove her to leave home as a young girl. She found employment as a domestic servant with a rich family and travelled with them on tours of Scotland, Ireland and Europe. She never seemed keen on the idea of marriage, although she made a promise to marry Captain Harris, a friend of her father. However, he died at sea when his ship, the Perseverance, wrecked on a rock.

Later, she went to London and, after a few years in domestic service, became a maid to a captain's wife on a ship sailing to the West Indies and back. She took work on other trading ships and travelled to Cape Town, Singapore, Calcutta, Sydney and Rio de Janeiro among other places. She changed her name to Elizabeth Davies because her English employers found the name Cadwaladr difficult to pronounce.

After settling for a time in England again, Betsi took up nursing, and when she heard about the Crimean War, she resolved to go out there and care for the wounded, although by now she was in her sixties. She sailed out with other nurses recruited by Florence Nightingale to the Scutari base hospital. Betsi wanted to nurse closer to the battlefield and, without Florence Nightingale's approval, went out to Balaclava military hospital where sick soldiers lived in atrocious conditions with maggots infesting their wounds. She quickly organised the place, instructing orderlies in caring for the men. Betsi took charge of the kitchen but, as she also tended the sick at night, her health suffered because of little sleep. Eventually she returned to England and died in London on 17 July 1860.

Betsi's names lives on as the "Betsi Cadwaladr University Health Board" which is the largest health organisation in Wales.

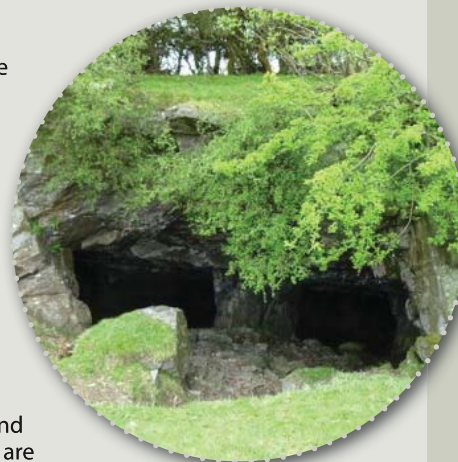
**A** Penrhiw is where Betsi Cadwaladr was born. From the path you can see a memorial tablet on the side of the house which was placed by a Welsh nurse society in 1970.

Betsi's father, who was a farmer as well as a preacher, was from Llangwm near Cerrigydrudion. He married Humphrey Erasmus' daughter Judith and they had 16 children, but his wife died when Betsi was only five years old.

**B** Craig y Fron - when the child Betsi quarrelled with her family, she retreated to a rocky den on this hill where she daydreamed of exotic lands. The huge caverns visible nowadays are from an abandoned quarry.

**C** Llanycil Church (St Beuno) - it is here that Betsi was christened and where her parents are buried. About halfway along the far side of the church, above Llyn Tegid, lies the grave of her father with its inscription to Dafydd Cadwaladr whose daughter Elizabeth Davies was a nurse in the Crimean War. Betsi's father was a great walker and often walked 30 miles, with breaks for sermons, in a day. All his journeys were on foot and he walked twice to London and back.

**D** Thomas Charles' statue stands in the square (Capel Tegid). He pioneered Sunday schools, distributed cheap Welsh Bibles and helped to form the British and Foreign Bible Society after Mary



Jones of Llanfihangel-y-pennant walked barefoot 25 miles to Bala for a bible. Betsi went to school with the sons of the Reverend Thomas Charles.

**E** White Lion Royal Hotel where young Betsi danced at a ball before being spotted by Thomas Charles who sent her home. Reprimanded by her father, she told him her feet itched to dance whenever she heard the harp.

**F** Plas-yn-Dre Restaurant - after Betsi's mother died, she could not get on with her elder sister, who looked after the family. When Betsi was nine years old, she ran away from home to the Lloyd family who lived at Plas-yn-Dre. Mrs Lloyd agreed she could stay and Betsi acquired many useful skills such as cooking, sewing and the English language, which enabled her to find employment in England later on. When Betsi was about 14 years old, she suddenly decided to see more of the world. Although she had just promised to stay at Plas-yn-Dre another 12 months, she collected some clothes and escaped through a window, then walked and hitched rides on carts to her aunt's home in Chester. Betsi was given her coach fare home but, instead, she used the money to travel to Liverpool, where her worldwide travels began.



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