

Adrenaline Junkies!

North Wales has lots to offer adventurous thrill seekers! Here are some of the highlights!

1. Zip World

Zip World have a range of adventures at several locations; all have cafes onsite. See their website for full details and bookings.

(a) Zip World Fforest - off A470 between Llanrwst and Betws-y-Coed

Treetop nets, zip lines, the Fforest rollercoaster, Plummet and more. *Cafe.*

(b) Zip World Slate Caverns - Blaenau Ffestiniog (located at Llechwedd Slate Mountain)

Caverns - fly, climb and criss cross your way through a unique underground course in a disused slate mine!

Bounce Below - jump and slide your way underground through a disused slate mine in an enormous net adventure!

Titan - take flight on 3 exhilarating zip lines and soak up the amazing quarry views on your way down the mountain!

and new for 2022... *underground golf* !!!!

(c) Zip World Penrhyn Quarry - off A5 just south of Bethesda

Velocity 2 - the fastest zip line in the world!

Big Red - the ultimate mobile zipping experience!

Quarry Karts - travel down the Penrhyn Quarry mountains on the unique dirt track and enjoy the excitement of twists and turns with incredible views of the Snowdonia mountain range and beyond.

Penrhyn Quarry Tour - relax and enjoy the ride in trucks around the famous quarry site, and soak up panoramic views followed by tea and cake!

2. Go Below - bases at (a) Conwy Falls (off A5 south of Betws-y-Coed) and (b) Tanygrisiau near Blaenau Ffestiniog

Choose one of three underground adventures (varying durations / levels of difficulty) and encounter forgotten deep blue lakes, lofty caverns and ancient mining machinery lying abandoned in the darkness.

Cross zip lines and traverses, climb rock faces and waterfalls, boat across water and abseil off ledges for a thrilling adrenaline rush! Participants are advised to take a packed lunch and wear long trousers and long sleeved tops; full safety kit is provided. *Conwy Falls cafe sells packed lunches; otherwise you can pick up drinks and snacks at the butcher in Trefriw, or at Co-Op or Spar in Llanrwst.*

3. Adventure Parc Snowdonia [formerly Surf Snowdonia] - Dolgarrog

Three activity zones await you - surfing on the outdoor inland lagoon; outdoor climbing wall, pump track and zip line; indoor climbing, 'caving', and assault courses. *Cafe onsite.*

4. RIB Rides - Menai Bridge, Anglesey

A range of exhilarating rides on the sea around Anglesey in Rigid Inflatable Boats (RIBs)! Check online for options and bookings.

5. Cycling and MTB - various locations nearby!

If you've not brought your own bike and kit with you, **Snowdonia Bikes** in Llanrwst and **Beics Betws (a)** in Betws-y-Coed offer hire of a range of bikes to suit everyone, including electric bikes. We are experienced road cyclists and can offer suggestions and advice about local routes! Marked road routes in north Wales include National Cycle Network 5 and 8 and the Dave Brailsford Way.

If you prefer off road / mountain biking there are numerous marked trails within easy reach of us. Closest is the **Marin Trail (b)** in Gwydyr Forest which offers a range of differently graded routes. The start point is off the B5106 just after the turning to Betws-y-Coed from Trefriw (before you reach Gwydir Castle). *No cafe or toilets at the trailhead.*

The **Antur 'Stiniog Trail (c)** at Blaenau Ffestiniog (starting at Lechwedd Slate Caverns) offers 14 downhill mountain bike trails graded green to black and a mountain bike uplift service so you don't have to ride / carry your bike to the trail heads. They also offer mountain bike hire and a fully equipped downhill centre complete with cafe, shop, showers, bike maintenance and bike wash.

Llyn Brenig and Alwen (d) are adjacent reservoirs which offer a number of marked biking / hiking trails around the lakes and through forest. There is bike hire, toilets and a cafe at Llyn Brenig. Follow the brown signs for Llyn Brenig off the A5 at Cerrigydrudian.

6. Quarry Explorer - Blaenau Ffestiniog (located at Lechwedd Slate Mountain)

Explore the slate mountains on a thrilling guided adventure in a 4 x 4 military truck! Grab hold and join a 1.5 hour journey to the top of the Lechwedd's man-made summits, an extreme landscape 1400ft above sea level. *Cafe onsite.*

7. Beacon Climbing Centre - off the A4086 between Caernarfon and Llanberis

Designed, built and used by people that are passionate about climbing, Beacon is the largest indoor climbing centre in North Wales. Suitable for all ages, the centre is designed to cater for all levels, from first experience to elite performance.

