

Rainy Days

Sadly the sun doesn't shine every day in Wales, so we've put together some suggested underground / indoor activities in case you don't fancy getting wet!

Adrenaline adventures!

1. Zip World Betws-y-Coed [formerly Adventure Parc Snowdonia], Dolgarrog

Home to numerous weatherproof adventure options including an assault course; climbing walls; simulated caving and high ropes. Check online for activity duration and booking information.

Cafe onsite.

2. Deep Mine walking tour, Blaenau Ffestiniog (located at Zip World Llechwedd)

Travel by cable railway 500 feet down into the mountain to experience the history of the Welsh slate mining industry. Light projection, enhanced reality technology and explosive special effects will transport you to another time and place. The Deep Mine walking tour is approximately 75 minutes long and includes uneven ground and the descent of 61 steps (they are well-lit, grippy and have handrails). Wear warm clothing and sturdy shoes (not sandals). Hard hats are provided. Tours are given in English and Welsh and run every 30 minutes - check online for details. *Zip World Cafe onsite.*

3. Zip World Bounce Below, Blaenau Ffestiniog (located at Zip World Llechwedd)

Unleash your inner-thrill seeker in an enormous underground net adventure as you jump and slide your way through the disused mine at Llechwedd! Participants must wear long trousers and long sleeved tops (no shorts or tee shirts) and trainers (no sandals or bare feet). Sessions last 60 minutes, and spectator tickets are also available. Pre-booking is recommended - check online for details.

Zip World Cafe onsite.

4. Zip World Slate Caverns, Blaenau Ffestiniog (located at Zip World Llechwedd)

Fly, climb and criss cross your way through a unique underground course in a disused slate mine. Your adventure will include zip lines, rope bridges, nets and monkey bars....Participants must wear long trousers and long sleeved tops (no shorts or tee shirts) and trainers (no sandals or bare feet). Sessions last 3 hours. Pre-booking is recommended - check online for details.

Zip World Cafe onsite

5. 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. Pre-booking is recommended - check online for details.

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.

Art galleries.... (see the Art Trail guide for more)

6. Ffin y Parc, Trinity Square, Llandudno

Ffin y Parc - previously set in a Victorian country house near Llanrwst - has now relocated to Llandudno and represents over forty artists who are diverse in their styles and subjects but share strong Welsh roots and connections. Rotating exhibits which change each month.

7. Oriel Mostyn, Vaughan Street, Llandudno

Contemporary gallery and visual arts centre in a striking modern space behind an impressive Edwardian terracotta facade. Six gallery spaces exhibiting the best in international contemporary art and craft, showing artists and makers from Wales and beyond.

Onsite cafe serving light meals, cake and refreshments, or try Providero on Upper Mostyn Street

8. Royal Cambrian Academy, Crown Lane, off High Street, Conwy

Constituted in 1881 by Queen Victoria, the Royal Cambrian Academy is a centre for artistic excellence in Wales. Royal Cambrian Academicians (Members) are practising painters, sculptors, printmakers and architects and the Academy aims to exhibit their work, to promote up and coming artists of quality, to mount historical exhibitions and offer a lively venue for education.

Cafe suggestions: L's Coffee & Bookshop, High Street or The Cheese Room Deli, Rose Hill (cafe upstairs)

9. Oriel Mon, Llangefni, Anglesey

Anglesey's centre for art and history, this gallery hosts a mix of permanent and visiting exhibitions, including by famed Welsh artist Kyffin Williams. *Lovely shop and cafe on site.*

Historic buildings / stately homes...

10. Gwydir Castle, off B5106 between Trefriw and Betws-y-Coed

Gwydir Castle is regarded as one of the finest Tudor houses in Wales; the castle was formerly the ancestral home of the powerful Wynn family. By 1994, the house and garden had fallen into dereliction. Its restoration has taken over twenty years to complete and is still a work-in-progress by its current owners. Deeply evocative and atmospheric, it is a unique experience in country house visiting. Open for self-guided tours 1st April - 31st October, Wednesday to Sunday.

Cafe suggestion: The Old Tannery in Llanrwst or Alpine Coffee Shop in Betws-y-Coed

11. Aberconwy House and Plas Mawr, Conwy (see **Conwy guide for more detailed information)**

Aberconwy House (National Trust) is a 14th century merchant's house and the only one its type to have survived Conwy's turbulent history since then. Plas Mawr (CADW) is one of the finest Elizabethan town houses still intact in the UK today - it has served several purposes since it was built including a courthouse, school and art gallery.

Cafe suggestions: L's Coffee & Bookshop, High Street or Cantin at the Conwy Culture Centre / Library

12. Penrhyn Castle, signposted off A5 and A55 near Bangor

Now managed by the National Trust, Penrhyn Castle was built in the 19th century as fantasy castle on industrial and colonial profits. The unique architecture, opulent interiors and fine art collection sit alongside a history of sugar and slate fortunes, of social unrest and the longest-running industrial dispute in British history.

National Trust cafe onsite

13. Plas Newydd, near Llanfairpwll, Anglesey (take junctions 7 or 8a off A55)

Run by the National Trust, Plas Newydd is an enchanting mansion set on the shores of the Menai Strait with spectacular views of Snowdonia. This elegant house was redesigned by James Wyatt in the 18th century and 1930s interior is famous for its Rex Whistler association, containing the largest exhibition of his works. You may even see a rare red squirrel in the nearby woodlands!

National Trust cafe onsite

Something a bit different...

14. Aber Falls distillery tour, off A55 at Abergwyngregyn between Conwy and Bangor

Shop / visitor centre and tours (book online or phone for times). Their Orange Marmalade gin is Jasmine's favourite and their Rhubarb and Ginger gin is excellent with ginger ale instead of tonic (both served in the Old Ship next door to Crafnant House)!

Nearby Hen Felin cafe is a nice local lunch / cake stop, also on site cafe

15. Penderyn distillery tour, Lloyd Street, Llandudno

New whisky distillery in a converted school. The modern extension is a stunning piece of architecture and is well worth seeing. Tours are available along with tastings, and the large gift shop stocks the full range of Penderyn Welsh whiskies.

Cafe suggestions: Providero, Upper Mostyn Street or Blend, Clonmel Street

16. Wave Garden Spa, Hilton Garden Inn Snowdonia, Dolgarrog

Spa offering a range of experiences from a relaxing thermal journey through pools, saunas and steam rooms to a variety of luxurious treatments. Book ahead.

Restaurant and cafe on site