

## YNYS GIFFTAN

North Wales

**Distance:** 4.5 km (2.8 miles)  
**Difficulty:** Easy-moderate  
**Terrain:** Salt marsh, low-tide estuary sand  
**Height gain:** 22 metres  
**Map:** OS Explorer OL18  
**Starting point:** Talsarnau station (GR SH 610 361)

### Highlights

- Swimming in the deep, warm tide pools
- Huge diversity of plants and insects in the salt marsh
- Panoramic views of the majestic mountains of Snowdonia and spires of Portmeirion

### Pubs and cafes near the route

- The Ship Aground, Talsarnau

### Dogs

- Yes

### Walk to Ynys Gifftan

A fabulous tidal walk across the Dwyrdd Estuary to reach this island that sits in the shadow of the mountains of Snowdonia and the spires of the Italianate village of Portmeirion. The walk crosses beautiful salt marsh and expansive tidal sands for the ultimate in wild swim in the sun-warmed pools. It is also possible to explore the beautiful foreshore of Ynys Gifftan

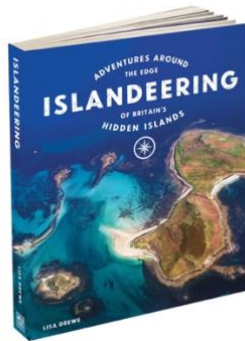
### Directions

1. From Talsarnau railway station platform, turn left at the end of the car park, go through the gates and over the level crossing. Continue north west on the gravel track and after 330m pass through a gate, go over the dyke, and follow the derelict fence line ahead.
2. At the first of the larger meanders in the creek, cross to left of the fence, then after a further 100m jump across the smaller creek.

3. At the main channel follow its left bank to the coast. Depending on the position of the channels, there may be one (at low tide) to cross at the beach. Head 280m across the sands to the rocks at the south tip of Ynys Giffan.
4. Continue around the rocks and pools to circumnavigate the island in a clockwise direction. At the north end a small channel is best navigated on the island side. About halfway down the east coast the ruins of the farmhouse and outbuildings can be accessed via a narrow path through rough vegetation.
5. Cross back from the south tip to the mainland, keeping to the right side of the larger creek and retrace the route to the large white buildings of the station.

*Special notes:* Accessible 2 hours after high tide and up to 2.5 hours before the next high tide. Channels may be deeper after heavy rains in the mountains. Note that the incoming tide fills the channels closest to the mainland first, so even when the sands surrounding the island appear dry you can be cut off, unless you are happy to wade or swim back.

More details of this island and circular routes around another 49 islands of Britain are featured in our book "Islandeering: adventures around the edge of Britain's hidden islands".



*Happy Islandeering*  
Lisa, Charlie and Goose  
[www.islandeering.com](http://www.islandeering.com)