

## Event: Canoeing - North Wales Winter Canoeing Weekend

### Why to go: including information on AOAC-type activities

- White water kayaking.

### When - best time of year :

- November - February

### Where to do activities:

- Rivers Conwy III, IV (V), Tryweryn III/IV, II (IV) Llugwy, II, III, IV
- Other rivers see guides

### Where to stay:

- Canolfan Ffynnon Wen Bunkhouse
- Kate on Tel. 01490420349  
[info@ffynnonwen.com](mailto:info@ffynnonwen.com)

This is a large modern bunkhouse and cost £40 each as B+B for two nights. There is a variety of bed number options, payment on a per person basis. There are no kitchen facilities available for your use. They do good evening meals (one set menu, need to book before weekend) at a reasonable price, so if large group recommend this otherwise drive to the pub. There is large car park (remote from bunk house but well inside farm) and limited parking in the court yard / behind bunkhouse. There is a very large common room and the dinning room is also large.

### How to get there:

- Canolfan Ffynnon Wen, Ffynnon Wen, Ty Nant, Cerrigydrudion, Conwy, LL210RH  
[www.fffynnonwen.com](http://www.fffynnonwen.com)  
[www.fffynnonwenbunkhouse.co.uk](http://www.fffynnonwenbunkhouse.co.uk)

This is on the B road between Cerrigydrudion to Bala (comes out near Tryweryn National White Water Centre)

### Past visits by AOAC

- This trip is undertaken every year.

### Canoeing Information:

**Type of Canoeing:** White water for Intermediate, Leader and Advanced Leader paddlers.

**Grade:** II to V **Access:** see [WCA - Welsh Rivers Guide](#) [WCA Access Reports](#) [UK Rivers Forum](#)

**Release info for the Tryweryn;** <http://www.ukwhitewater.co.uk/waterinfo.htm>

### Forecast

[www.metcheck.com](http://www.metcheck.com)

[www.metoffice.gov.uk](http://www.metoffice.gov.uk)

[www.weatheronline.co.uk](http://www.weatheronline.co.uk) (inc. Latest Rainfall Totals)

**Minimum Level of competence:** Intermediate (3 Star)

**Length of trip:** River description: [UK Rivers Guide](#), [WCA - Welsh Rivers Guide](#)

**Kit List:** [White water touring](#) **Facilities:** Cafe, changing rooms, toilets at the Tryweryn National White Water Centre