



# The Menai Strait, Isle of Anglesey

*“The Menai Strait is a treacherous stretch of water. The differential tides at the two ends of the Strait cause very strong currents to flow in both directions and along with frequently shifting sand banks, makes for one of the most difficult passages of water to navigate in the British Isles. Look out for an array of sea birds and red squirrels along the way.”*  
GRUFF OWEN, WALES COAST PATH OFFICER

### Start and Finish:

Start and end your journey at the Treborth Botanical Garden, Bangor

### Distance:

2 km / 1 mile (circular route)

### Information:

Begin by exploring Treborth botanical garden in Bangor on the mainland side of the Menai Suspension Bridge -it has wonderful paths through the native woodland. Head out of the garden along the drive and go over the Menai Suspension Bridge. Once over the bridge, into the bustling town of Menai Bridge, turn left in front of the Anglesey Arms pub and head down towards the Menai Strait. As you see the water turn right onto the Belgian promenade. Here, enjoy an Augmented Reality experience using your mobile device (smart phone or tablet) with the Wales Coast Path app and the panel to explore the bed of the Menai Strait and see the HMS Conway ship

come to life! Continue down the Belgian promenade and visit the spectacular Church Island before heading back up through Coed Cynrol, a Local Nature Reserve woodland haven for red squirrels and walk back over the Menai Suspension bridge. Why not extend your walk by visiting the Menai Bridge Heritage centre?

### Along the way...

You'll find a number of eating and drinking experiences in this bustling town as well as extensive views of the Menai Strait and the Britannia Bridge, another iconic bridge (vehicular) connecting mainland Wales and Anglesey.

### Plan your visit:

**TREBORTH BOTANICAL GARDEN:** [treborth.bangor.ac.uk](http://treborth.bangor.ac.uk)

**MENAI BRIDGE HERITAGE CENTRE:** [menaibridges.co.uk](http://menaibridges.co.uk)

**PUBLIC TRANSPORT:** [traveline.cymru](http://traveline.cymru)

**TOURISM WEBSITE:** [visitanglesey.co.uk](http://visitanglesey.co.uk)

### Before you leave:

Download the Wales Coast Path app at home to experience the area in Augmented Reality.

