

<b>Activity</b>	<b>Organiser</b>	<b>Phone</b>	<b>Postcode</b>	<b>Website or email</b>
Walking courses	Plas Tan y Bwlch	01766 772600	LL41 3YU	<a href="http://www.plastanybwlch.com">www.plastanybwlch.com</a>
Guided walks	Antur Stiniog	01766 832214	LL41 3AA	<a href="http://www.anturstiniog.com">www.anturstiniog.com</a>
Mine exploring	Friends of Cwmorthin	01690 348068		<a href="http://www.cwmorthin.co.uk">www.cwmorthin.co.uk</a>
Mine exploring	Bob Field	01766 762765	LL41 4PH	<a href="http://www.caerblaidd.fsnet.co.uk">www.caerblaidd.fsnet.co.uk</a>
Mountaineer (MIC)	Alister Haveron	01766 830511	LL41 3HS	<a href="http://www.dolawel.co.uk">www.dolawel.co.uk</a>
Mountain Walking & Climbing	Chris Boughay	07779 961027	LL41 4TS	<a href="http://www.summitjourneys.co.uk">www.summitjourneys.co.uk</a>
Rock climbing	Bob Field	01766 762765	LL41 4PH	<a href="http://www.caerblaidd.fsnet.co.uk">www.caerblaidd.fsnet.co.uk</a>
Guided Nordic Walking	Catrin Roberts	01766 830568		<a href="mailto:cadwsboltatws@hotmail.co.uk">cadwsboltatws@hotmail.co.uk</a>
Mountaineering Courses	Mike Laing	01766 832120	LL41 4DF	<a href="http://www.snowdoniaclimbing.co.uk">www.snowdoniaclimbing.co.uk</a>
Mountain biking	Coed y Brenin	0300 068 0300	LL40 2HZ	<a href="http://www.forestry.gov.uk">www.forestry.gov.uk</a>
Guided mountain biking	Tyred Out	01690 760181	LL24 0PU	<a href="http://www.tyred-out.com">www.tyred-out.com</a>
Downhill & other biking	Antur Stiniog	01766 832214	LL41 3AA	<a href="http://www.anturstiniog.com">www.anturstiniog.com</a>
Fishing	Cambrian Angling	01766 762401		<a href="http://www.cambrianangling.com">www.cambrianangling.com</a>
Fishing	Prysor Angling	01766 540313		<a href="http://www.trawslake.com">www.trawslake.com</a>
Fishing	Lake Tanygrisiau	01766 830950	LL41 3TP	Lakeside Cafe
Fishing permits & tackle	Gynnuau Penrhyn	01766 770339	LL48 6BN	Penrhyndeudraeth
Fishing permits	Pikes Newsagents	01766 512578	LL49 9LR	Porthmadog
Fishing guide	Trevor Jones	01286 880376		<a href="mailto:trevortrout.nebo@btinternet.com">trevortrout.nebo@btinternet.com</a>
Fly fishing course	Plas Tan y Bwlch	01766 772600	LL41 3YU	<a href="http://www.plastanybwlch.com">www.plastanybwlch.com</a>
Ras y Moelwyn (fell run)	Antur Stiniog	01766 832214	LL41 3AA	<a href="http://www.anturstiniog.com">www.anturstiniog.com</a>
High ropes & zip wires	Go Ape	0845 643 92 15	LL40 2HZ	<a href="http://www.goape.co.uk">www.goape.co.uk</a>
Pony trekking	Eirlys Pritchard	01766 590231	LL41 4HY	Maentwrog
White water rafting	White Water Centre	01678 521083	LL23 7NU	<a href="http://www.ukrafting.co.uk">www.ukrafting.co.uk</a>
Kayaking & canoeing	Padlo Blaenau	01766 830750		<a href="mailto:confluence@hotmail.co.uk">confluence@hotmail.co.uk</a>
Swimming pool	Blaenau Ffestiniog	01766 831066	LL41 3DW	
Sailing	Madoc Yacht Club	01766 512976	LL49 9AT	<a href="http://www.madocyachtclub.com">www.madocyachtclub.com</a>
Rowing	Madoc Rowing Club	01766 810273	LL49 9AT	<a href="http://www.madog-rowing.co.uk">www.madog-rowing.co.uk</a>
Quad trekking	Madog Quads	07511 582079		<a href="http://www.madogquads.com">www.madogquads.com</a>
Golf	Llan Ffestiniog	01766 831829		<a href="http://www.ffestinioggolff.org">www.ffestinioggolff.org</a>
Golf	Porthmadog	01766 512037	LL49 9UU	<a href="http://www.porthmadog-golf-club.co.uk">www.porthmadog-golf-club.co.uk</a>
Golf	Harlech	01766 780361	LL46 2UB	<a href="http://www.royalstdavids.co.uk">www.royalstdavids.co.uk</a>
Golf driving range	Porthmadog	01766 514 225	LL49 9DS	<a href="http://www.porthmadoggolfrange.co.uk">www.porthmadoggolfrange.co.uk</a>
Bird watching	RSPB ospreys	029 2035 3008		<a href="http://www.rspb.org.uk">www.rspb.org.uk</a>
Bird watching courses	Plas Tan y Bwlch	01766 772600	LL41 3YU	<a href="http://www.plastanybwlch.com">www.plastanybwlch.com</a>
Nesting choughs	Llechwedd	01766 830306	LL41 3NB	<a href="http://www.llechwedd-slate-caverns.co.uk">www.llechwedd-slate-caverns.co.uk</a>
Your Welsh Ancestors	Cricieth	01766 547073	LL52 0EG	<a href="http://www.yourwelshancestors.com">www.yourwelshancestors.com</a>

This is not an exhaustive list and, if you are operating in the Vale of Ffestiniog and would like to be listed, please contact [webmaster@Voff.co.uk](mailto:webmaster@Voff.co.uk)