



# Snowdonia Mountain Lodge

The perfect setting for individuals,  
group retreats, corporate events or  
work from anywhere!



Wi-Fi



Duty Manager: WhatsApp: 07729 623550  
[snowdoniamountainlodge.com](http://snowdoniamountainlodge.com)



GUEST  
441248602900



AN IDEAL  
SETTING FOR  
YOUR NEXT  
ADVENTURE



A warm welcome from  
all of us at Snowdonia  
Mountain Lodge!  
Whether you're a  
solo explorer seeking  
mountain solitude, a  
family enjoying exciting  
hikes, a yoga enthusiast  
or a colleague on a  
training programme—  
we are here for you.



GUEST  
441248602900

About Us	4
In-room Yoga	6
Site Plan	8
Communal Kitchen	9
Dru Health Store	10
Local Supermarkets	11
Taxi Services	11
Local Walk	12
Local Bus Service	14
Best Beaches	14
Places to Eat	16
Venue Hire	20
World Peace Flame	22
Retreats & Courses	24



## ABOUT US

Here at Snowdonia Mountain Lodge we are so much more than a room for the night...

We are also the home of Dru, a profit-for-purpose yoga community. Specialists in therapeutic yoga, meditation, Ayurveda, and self-development, we are a qualified team with over 45 years of experience providing some of the world's most comprehensive mind-body experiences, programmes and trainings.

And be sure to visit our celebrated World Peace Flame monument and Candle Room, located just opposite the main entrance.

We hope this booklet inspires you to explore our year-round activities designed to help you eat, feel, and live healthier and with greater purpose. Enjoy!



## IN-ROOM YOGA

Enhance your Snowdonia experience with Dru Yoga, and relaxation and meditation sponsored by the Dru Studio.

Combat travel fatigue and prepare for hiking and other activities with our free online classes.

We've even provided a yoga mat for your use!

In clinical trials **Dru Yoga has shown to increase energy levels, reduce back pain, improve resilience to stress and enhance emotional well-being.**

These sessions offer both relaxation and energizing programmes, ensuring you're ready to explore the beauty of the national park.

Scan QR to access  
free classes



dru  
studio

For You

drustudio.com





SITE PLAN

- |   |                   |    |                      |
|---|-------------------|----|----------------------|
| 1 | Ogwen Lounge      | 10 | Fire Pit             |
| 2 | Bedrooms 1-11     | 11 | Dru Tree             |
| 3 | Bedroom 15-20     | 12 | Garden               |
| 4 | Candle Room       | 13 | Snowdon Hall         |
| 5 | World Peace Flame | 14 | Bedrooms 21-24       |
| 6 | Main Hall         | 15 | Accommodation Office |
| 7 | Welcome Centre    | 16 | Bedrooms 26-30       |
| 8 | Stream            | 17 | Dru Café*            |
| 9 | Ty Capel Saron    |    |                      |

OGWEN LOUNGE

You're invited to use Ogwen Lounge, our fully-equipped communal kitchen and dining area located between rooms 2 and 5.

Whether you're planning to cook a feast, make a quick snack, or prepare a picnic, Ogwen Lounge provides all the necessary appliances and utensils as well as a dining table which comfortably seats six. You can also of enjoy your meals in the comfort of your own room.







## DRU HEALTH STORE

We invite you to visit Dimensions in Bangor—**North Wales' most extensive health store!**

Now celebrating 40 years it's an oasis of natural and organic wholefoods, fresh local produce, nutritional supplements and natural remedies.

### Delivery Service

Whenever possible we offer delivery to Snowdonia Mountain Lodge.

Minimum order: £30

Delivery charge: £3

Call and enquire: 01248 351 562

### Browse online selection

[druhealth.co.uk](http://druhealth.co.uk)

### Visit store

15 Holyhead Rd, Bangor LL57 2EG

## PURE MOUNTAIN WATER

Our tap water is fresh off the mountain, tested, treated and filtered to the highest standards and monitored regularly by the local authority.

After heavy rainfall you may notice that the tap water has a distinctive brownish colouring. This is nothing to be alarmed about, it's completely safe to drink. It's a result of water running through the peat on the mountainside.

## LOCAL SUPERMARKETS

You can purchase groceries in Bethesda village which is 2 miles away if you turn right out of our drive. The closest is a **Tesco Express** which has a free ATM. There is also a **Londis** with a **Post Office** at the far end of the village—the ATM at Londis isn't free but you could try purchasing something small and asking for cash-back at the counter.

## TAXI SERVICES

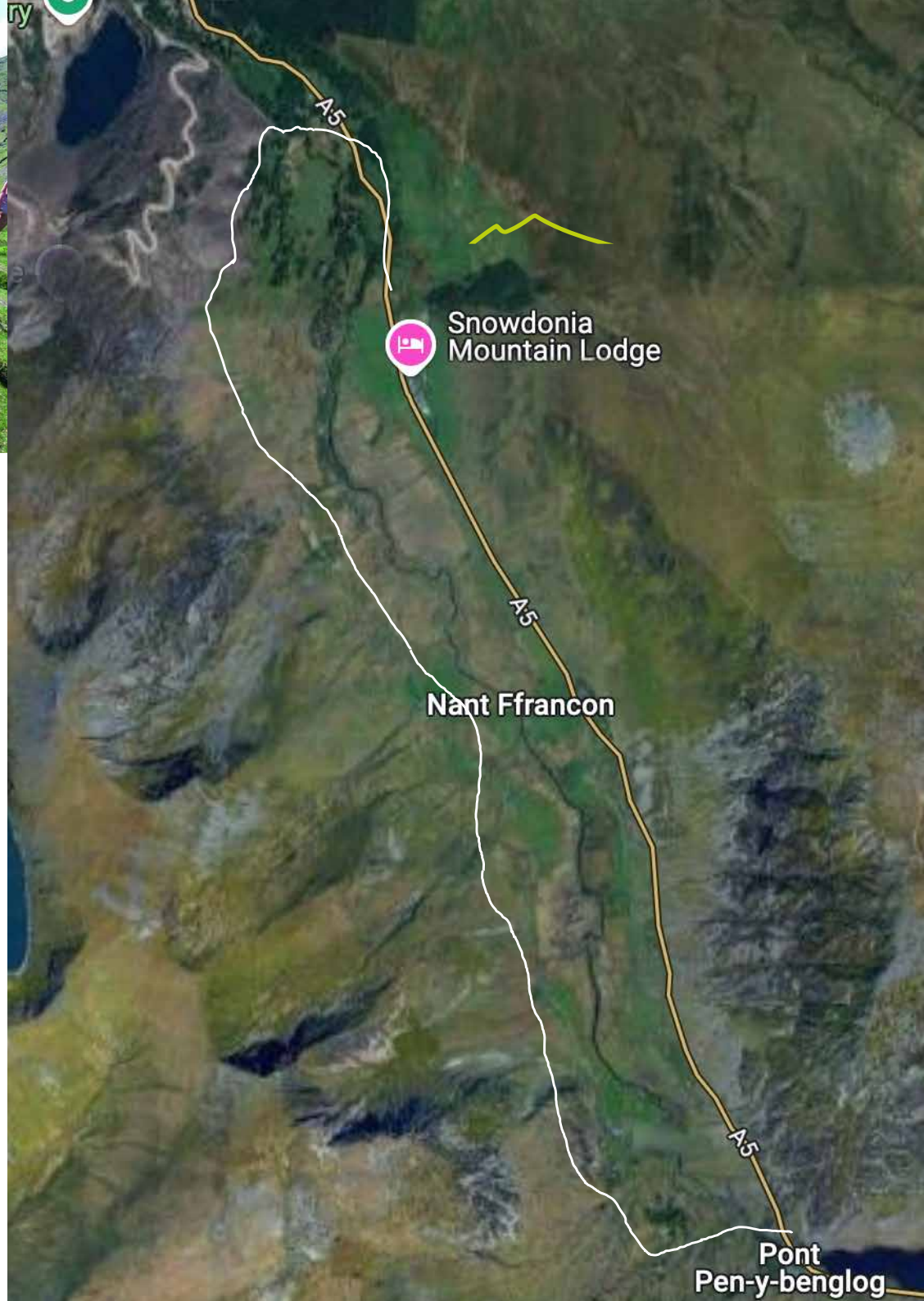
There are a number of local taxi firms, please book with them directly. Unfortunately we can't be held responsible for the reliability of any taxi services and do not recommend any particular firm.

<b>Rapid Ride</b>	07400 459 669
<b>Tacsi Twix Cyf</b>	01248 730730
<b>Pesda Cars</b>	01248 605030
<b>Snowdonia Taxis</b>	01286 872447
<b>Tryfan Cabs</b>	01248 370127
<b>Mark's Cabs</b>	01248 800000
<b>Chubbs Cabs</b>	01248 353535

### Our address is:

**Snowdonia Mountain Lodge**  
**Bethesda, LL57 3LX**





## LOCAL WALK

The easiest walk begins at the main entrance. Turn right, and then take the first left after approximately 200 yards.

This single-track road leads directly to the top of the valley, where you will find a visitors' centre, toilets, and the Ogwen Snack Bar ([ogwen.co.uk](http://ogwen.co.uk)). It's open seven days a week, typically from 9am to 5pm, though it may close earlier.

Pay-and-display parking is available for longer stays, which is convenient if you plan to walk up to Cwm Idwal, a spectacular lake located about 20-30 minutes further uphill.

Do avoid walking through the surrounding fields unless you are following a designated footpath.





Scan QR for T10 Bus Timetable



## LOCAL BUS SERVICE

For foot travellers, the T10 bus offers a scenic connection between Bangor train station and Snowdonia Mountain Lodge.

T10 continues from Snowdonia Mountain Lodge to Betws-y-Coed, providing an opportunity to enjoy the stunning views along the way. A highlight is passing by Llyn Ogwen (two miles from the Lodge), a serene lake with breathtaking mountain scenery. This relaxing bus journey allows you to easily access key locations and attractions without the need for driving or parking.

## BEACHES WE LOVE

### Newborough Beach

This is a great sandy beach near Llanddwyn Island. Much of it is dog-friendly year-round. Combine your beach visit with a walk through the adjacent Newborough Forest for a perfect outing.

### Dinas Dinlle near Caernarfon

This is a pebbly beach that transforms into sand at low tide, offering stunning views of Anglesey, the Llyn Peninsula, and mountains. Great spot for sunsets! Dogs are welcome year-round except for a small restricted area. The nearly 3-mile walk to the end of the beach near Caernarfon Airport offers opportunities for plane spotting and dolphin watching.

### Rhosneigr

On Anglesey, Rhosneigr boasts three dog-friendly beaches:

1. Popular Traeth Crigyll, perfect for paddling and SUP (rentals available)
2. Traeth Llydan, favoured by surfers and swimmers (walks around Llyn Maelog, but no dog swimming due to algae)
3. Quiet Traeth Cymyran, popular with fishermen.







## Places to Eat

While there are plenty of takeaways in nearby Bethesda, *(turn right out of our drive)* here are some of our favourite places to eat.



### LOCAL PLACES

#### Quarry Bar & Grill

1.4 miles, 3 mins drive

Ogwen Caravan Park, LL57 3LQ  
01248 600486

**Weekdays 5pm - 8.30pm**

**Weekends: 2pm - 8.30pm**

Great food and a lovely way to spend an evening with friends. You can walk there in 30 minutes. Book in advance.

#### Moelyci Farm Shop

6 miles, 12 mins drive

Lôn Felin Hen, LL57 4BB  
01248 602 793

[moelyci.org](http://moelyci.org)

**10am-5pm daily**

**Sundays 10-4pm**

A tranquil place featuring a café and shop which can cater for all tastes, and serves good local coffee too. You'll find donkeys, allotments, stunning footpaths and lots going on.

#### Blondin Restaurant

2.5 miles, 5 mins drive

Zip World, LL57 4YG  
01248 601444

[zipworld.co.uk/blondin-restaurant](http://zipworld.co.uk/blondin-restaurant)

Have a coffee and watch the zip-wire. There is a full restaurant as well.

You **MUST** pay for parking using your phone—location code is: Penrhyn Quarry: 71700 (RingGo)

### BETWS-Y-COED

13 miles 22 minutes

#### Plas-y-Brenin

Capel Curig, LL24 0ET  
01690 720 214

[pyb.co.uk](http://pyb.co.uk)

**Café & Bar**

**Mon - Sat 11am - 11pm**

**Sun 11am - 10.30pm**

**Food served from 12:30pm**

**Restaurant 12.30pm - 8pm**

The café has spectacular views over the nearby lake and forest, we visit here a lot to eat, drink and hang out!

#### The Alpine Café

Station Approach, LL24 0AE  
01690 710747

[alpinecoffeeshop.co.uk](http://alpinecoffeeshop.co.uk)

**Mon - Fri 8.30am - 4.00pm**

**Sat - Sun 8.00am-4.30pm**

A delightful dog-friendly concious café. Lots of options and very delicious freshly made food.

#### Hanging Pizzeria

Station Rd, LL24 0AE  
01690 710393

[hanginpizzeria.co.uk](http://hanginpizzeria.co.uk)

**Daily 12.00pm - 8.30pm**

An absolute gem! Fantastic variety of vegan, gluten-free, and vegetarian options, both for food and drinks. The atmosphere is very cozy and homely.



## MENAI BRIDGE

9 miles (20 minutes)

### Dylans

St George's Rd, LL59 5EY  
01248 716714

[dylansrestaurant.co.uk/  
restaurant/locations/menai-  
bridge](http://dylansrestaurant.co.uk/restaurant/locations/menai-bridge)

**All week 11am - 10pm**

Quality dining but always phone ahead to pre-book as they are very popular. Indoor area can get noisy, but the conservatory is quieter.

### Jade Village

Mona Rd, LL59 5EA  
01248715409

Basic Chinese restaurant, good food with many vegetarian options.

### & Caws

Dale St, LL59 5AL  
01248 564056

**Open weekdays only**

Delightful cheese shop and café stocked with local deli products. You can find coffee specialities, wine and toastie sandwiches served by friendly and knowledgeable staff.

## LLANFAIRFECHAN

12 miles, 19 minutes

### Seagrass Beach Café

Promenade, LL33 0BY

**Fri & Sat 9.30am-3pm, 5-8pm**  
**Sun, Wed & Thu 9.30 am-3pm**  
**Mon & Tue closed**

A great choice of tasty food to eat in or take away. Particularly good for brunch.

### Cinnamon Balti

Station Rd, LL33 0AL

Excellent Indian takeaway, you can enjoy it while sitting on the seafront.

## LLANBERIS

8.2 miles, 19 minutes

### Caban

Brynrefail, LL55 3NR  
01286 685500

[caban-cyf.org](http://caban-cyf.org)

**Open daily 9am - 3.30pm**  
**Breakfast 9am - 11.30am**  
**Lunch 12pm - 3.30pm**

A healthy mix of fresh organic products from local suppliers and their own kitchen garden. Wonderful Poblado coffee!.

## BANGOR

8 miles (18 minutes)

### Kyffin Café and Deli

129 High St, LL57 1NT  
01248 355161

**Mon - Sat 10am - 4.30pm**

Bangor's first vegetarian and vegan café. Beautiful atmosphere. Fresh food is made daily from a world food menu, with five main meal choices each day.

### Blue Sky Café

236 High St, LL57 1PA  
01248 355444

[blueskybangor.co.uk](http://blueskybangor.co.uk)  
**Mon - Sat 9.30am - 5.00pm**

A beautiful café with nice interior architecture and a seasonal and varied menu. Plenty of interesting vegetarian and vegan options.

### Clio Lounge

276 High St, LL57 1UL  
01248 364509

[thelounges.co.uk/clio](http://thelounges.co.uk/clio)  
**Wed - Sun 9am-11pm**

Fun place with vegan and GF menus, all allergies accommodated. Satisfying salads, Mezze, vegan 'fastfood' but done really well, yummy desserts.

### Domu

206 High St, LL57 1NY  
01248 521 442

[domukafe.com](http://domukafe.com)  
**Tue - Sat 9.30am - 5.00pm**

The best coffee in Bangor with delicious home-made cakes and treats. Has a couple of savoury options made fresh each day, usually a soup and some kind of vegan stew/curry.

### Royal Tandoori

111 High St, LL57 1NS  
01248 364664

**Open 7 days, 5pm-11pm**

This our favourite local Indian restaurant and takeaway, the food tastes fresh and the decor is lovely.





## GROUP BOOKINGS

Snowdonia Mountain Lodge is an ideal venue for everything from yoga retreats and extended family holidays to friends' reunions and celebrations.

We can provide the perfect backdrop for a corporate retreat, a space for training programmes, workshops, or groups such as walkers, writers, artists, yoga practitioners and cyclists.

- > Two dedicated halls
- > Outdoor yoga lawn with incredible views
- > Delicious catering options
- > Easy parking
- > Direct access to stunning nature walks
- > Close proximity to Cwm Idwal
- > Unforgettable, breathtaking scenery

## HOST YOUR RETREAT WITH US

Our experienced team and serene setting offer the perfect space for learning, exploration, and personal growth. Allow the beauty of nature and our support to help you create a truly meaningful experience for your retreat participants.

## OUR HALLS

**Main Hall:** Accommodates up to 30 yoga mats or 100 people theatre-style. Features vaulted ceilings, mountain views, stage and a sound system.

**Snowdon Hall:** Perfect for smaller groups of up to 12 yoga mats or 40 people theatre-style. Boasts skylights and direct garden access.

## DELICIOUS FOOD

We serve home-cooked plant-based meals crafted with care. Our experienced cooks create delicious and wholesome dishes with imagination and expertise. We also offer a variety of vegan and gluten-free options to meet special dietary needs with flair and flavour.

Get in touch to find  
out more about a  
group booking



**07729 623550**



**bookings@snowdoniamountainlodge.com**



**snowdoniamountainlodge.com**





**Snowdonia Mountain Lodge is the home of the World Peace Flame (WPF)**—which was created in 1999 when seven flames, lit on five continents, were brought together and united as one.

The WPF has been since passed from candle-to-candle throughout the world. It's been taken to every country and is being lit daily by thousands of people as a dedication to peace. It's also been presented to world leaders and featured in significant global events, a reminder of our potential for unity amidst diversity.



## CANDLE ROOM

**We invite you to light a World Peace Flame in our dedicated Candle Room.** Take a moment to connect with your own inner flame and allow your stay to be a time for inspiration and renewal.

What will your flame represent?

A loved one? A dream? A hope for the future? Perhaps it's a simple wish for peace within yourself, or a dedication to global harmony. The intention is yours to choose.



## HUMANITARIAN PROJECTS



### EDUCATION PROJECTS

Many children in impoverished countries do not have what they need to go to school, so they don't get an education.

The WPF Foundation has distributed over 16,000 education kits (pens, paper, books etc) and also school uniforms, so that more children can go to school. Plus, the charity has covered the cost of education fees for over 200 children and nurses.

### FREE MEDICAL CAMPS

About 31,000 patients have received free medical care in the poorest communities in Gujarat, India. Volunteer medical professionals serve people irrespective of creed and religion. Since the first medical camp started in 2005, well over 2,500 cataract operations have been performed and 8,000 pairs of free spectacles given.

### 'PEACE IN YOUR HANDS'

Children learn maths and grammar in school, so why shouldn't they also learn about peace, friendship and helping each other? 'Peace in Your Hands' is such a tool—a teachers' manual for working with 8-12 year olds. It is completely free for any school to download and use.

**'I used to feel discouraged as a teacher. PiYH takes me back to the passion I felt years ago when I first decided to become a primary school teacher.'** Teacher in NL

Over 80,000 children are now using the PiYH education package.

Teachers report a more harmonious and positive atmosphere in the classroom and that children are connecting with each other and making friends more easily. In The Netherlands, the Ministry of Education has recommended it be delivered to every school with refugee children.

PiYH is also being used in rehabilitation programmes for child soldiers in Rwanda and by 'Women for Peace' who have taken it into Syria.



Whether you're new to Dru, looking for a higher perspective or greater depth in your practice—we have something for you. From ayurveda detox to wild walking and yoga and meditation qualifications, explore our retreats and trainings.

[druyoga.com](https://druyoga.com)

*Explore your Potential*