

## The Fforyd - Caernarfon

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### Flat water blasting & freestyle

I've only sailed the Fforyd a couple of times., but had a great sail there today. Its a tidal lagoon just south of Caernarfon works in all wind directions because the land around it is flat. Being tidal it works about 2-3 hours either side of high tide. It is mainly flat but can get some big standing chop in parts especially when wind is against tide.

Its one of the those places that you wouldn't normally go to, however if you want flat water in a NE direction then this is a good choice as there aren't that many spots around that work well in a NE. Lligwy is usually dead on shore, with a massive shore dump.

To get there drive south through Caernarfon, past MacDonalds and over the next roundabout. Take the first right and take the next right (which is about 10 yards on) and follow the road around the coast. You can probably sail anywhere along the straights here but the tidal race is very strong and trecherous. Continue along until you come to a grassy car park/picnic spot on the left, rig up and enjoy