

● **Distance** 9.8km/6 miles ● **Time** 5hrs ● **Grade** Challenging

MATTHEW ROBERTS



Heading back down towards Minffordd near the end of the walk.

Cadair Idris is Wales' most popular peak after Snowdon – and this walk will show you why. The Pony Path from Ty-nant is the easiest ascent, but try this cracking route from the other side – it's worth the extra effort. Head up to the rock-cradled Llyn Cau and then round the rollercoaster ridgeline above. The going can be steep and rocky – but nothing too airy – and the views are quite simply awesome, taking in the Long Mynd of Shropshire, Snowdon, the Rhinogs, Plynlimon, the Llyn Peninsula and over the sea to Ireland (on a really, really good day). It's magic. Pure and simple.

By Jenny Walters.

1 START

Go through gate in corner of car park (behind public toilets) signposted 'Cadair Idris'. Turn R on Tarmac track, over bridge

and up through gate. Follow track as it swings L in front of a building called Ystradlyn, over a stream, then turn R uphill through gate, again signposted for 'Cadair Idris'. Follow stepped rocky path steeply uphill through woods, through gate in wall on to access land, and along beside a stream to a path junction.

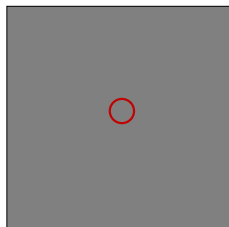
2 900m/1/2 mile

Take L fork signed 'Cwm Cau' (the R fork is where you come back down). The path swings up round to L, then levels out along the L-hand side of valley towards Llyn Cau. Follow to water's edge, ignoring steep path rising to L.

3 2.3km/1 1/2 miles

Retrace your steps about 300m and take that steep path (now on R) up to ridgeline – it's hard going but well-built. At pass, turn R to follow path climbing steadily uphill with Llyn Cau ➤

PLAN YOUR WALK



ROUTE

Terrain Mainly clear paths but rough and rocky underfoot in places; some very steep ascents/descents; route-finding tricky in mist

Stiles 2

Suitable for Experienced hillwalkers

START/PARKING

Minffordd car park, grid ref SH731115

Nearest town Dolgellau

Refreshments None on route

Public toilets In car park at start/finish

Public transport Buses X32/32 Bangor-Machynlleth runs through Minffordd (there are two Minffords on route – you want the one south of Dolgellau on A487/B4405 junction)

MAPS

Ordnance Survey Explorer OL23; Landranger 124

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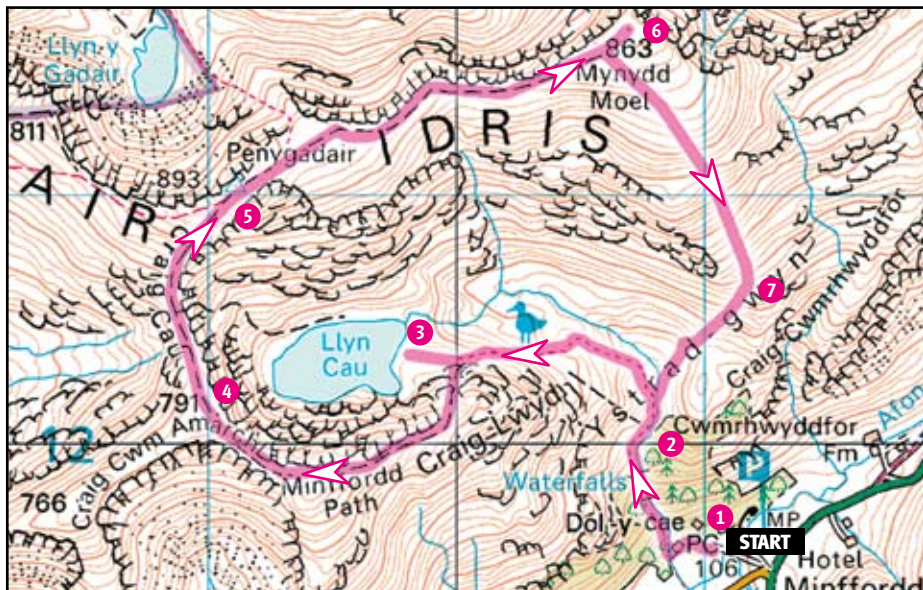


Gwynedd

Cadair Idris

COUNTRY WALKING

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➤ dropping away on your R. Keep going on clear route towards the top of Craig Cwm Amarch. Be very careful on this section in poor visibility – the drop to the lake is precipitous.

4 3.9km/2½ miles

Head over ladder-stile in fence, over peak and downhill to Craig Cau saddle, before climbing up to the summit of Cadair Idris – aka Penygadair. The path can be a little indistinct at times, but cairns mark the way over steep rocky ground to the triangulation point at the top – and those mind-boggling views.

5 5km/3 miles

From summit, follow ridge in an approximately east-north-easterly direction towards Mynydd Moel. The way is clear in good weather but be VERY careful in mist as the drop to the north is sheer. Go over ladder-stile in fence – the peak of Mynydd Moel is just beyond.

6 6.8km/4¼ miles

From summit, return to fence and follow it downhill past two ladder-stiles on R – it's steep and grass can be slippery. Keep heading downhill on clear path, following until it swings R over a ladder-stile over a wall.

7 8.2km/5 miles

Cross stile and follow path downhill until it swings R over a footbridge and then L to rejoin path you came up earlier. Retrace steps down hill, through two gates to Tarmac track and follow it as it swings L and then R back to car park.

Route created using
Memory-Map V5 Wales
– OS 1:50,000

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