

## RHINOG ROMAN STEPS

Distance: 5 miles (8km)

Start/finish: Cwm Bychan car park 1.25 miles NE of LL45 2PH

Terrain: Mountain track, path

Toughness: Challenging

Ascent: 576 metres

Navigation: Moderate to challenging

Good for: Wild swimming, ascents, history

Route info: [wildrunning.net/119](http://wildrunning.net/119)

A run in the peaceful Rhinogydd, starting with a climb of the Roman Steps. These are the well-preserved remains of a medieval packhorse trail leading from Chester to Harlech Castle. From start and campsite head S on the footpath through woodland. The steps provide great running as they ascend towards the visible summit of Rhinog Fawr in the south. Follow the N shore of Llyn Du, boulder-hopping to reach a clear path. An enjoyable scramble up a gully takes you to the summit of Rhinog Fawr. At this point, either retrace your steps or continue onwards down vague paths to the western shores of breathtaking Gloyw Llyn, the 'gleaming lake', a perfect pool for soothing weary muscles. Rejoin path N to car park.

Miles	Km	Directions
0.0	0.0	From start head <b>south</b> , crossing stream and ascending through woodland
0.6	0.9	On emerging from woodland, bear <b>left</b> at fork and follow Roman Steps as they ascend <b>south east</b> towards visible summit of Rhinog Fawr, leaving the path <b>right</b> to ascend <b>south</b> past Llyn Du and scramble up a gully to the summit trig point
2.4	3.9	From summit follow vague paths <b>north west</b> and around Gloyw Llyn to its northernmost tip
3.9	6.2	From Gloyw Llyn follow path <b>north east</b> to rejoin outward path, turning <b>left</b> onto this and heading <b>north</b> back to start