

CADAIR BERWYN

Distance: 9.5 miles (15km)

Start/finish: Llandrillo car park, LL21 0TG

Terrain: Road, track, path, moorland, bog

Toughness: Challenging

Ascent: 625 metres

Navigation: Challenging

Good for: Wildlife, ascents

Route info: wildrunning.net/121

The Berwyns are one of the largest areas of upland heath in Wales, carpeted in heather and bilberry. The views from the summit ridge and across U-shaped valleys carved by ancient glaciers are fantastic. Start from pretty Llandrillo, looking L, take the R fork and then second R, following the quiet road to the farm at its end. Continue on the path S through woodland then SE across open moorland, climbing steadily onto the main ridge. Reaching the ridge, turn right and continue to climb, eventually reaching the trig point at the summit of Cadair Berwyn. From summit head WNW on obvious path down ridge to reach stream at Nant Cwm Tywyll before contouring N to return to outward path. Turn L to return to Llandrillo. CAUTION: Stream crossing may be difficult after heavy rain.

Miles	Km	Directions
0.0	0.0	From the car park head south to village centre then left onto B4401. Take right fork, then second right , following lane south
0.5	0.8	At farm join bridleway continuing south through woodland
1.2	1.9	Emerge from woodland, continuing along path heading south east across open moorland
1.6	2.5	At track junction, continue east following river up valley and climbing to reach ridge
3.8	6.2	Turn right at track junction and head south along ridge towards trig point at summit of Cadair Berwyn
4.8	7.8	At trig point (827m) turn right and head west north west on obvious path down ridge
6.6	10.7	On reaching Nant Cwm Tywyll, cross stream and head north on contouring path
7.6	12.3	Turn left onto main path and follow outward route back to Llandrillo