

140. Cadair Idris

Distance **6 miles/9km**

Ascent **858 metres**

Start/Finish **Ty-nant car park, LL40 1TL**

Leave the car park and turn R onto the road then L onto the Pony Path, heading through some woodland and onto the moor on the north of Cadair Idris. Continue on the path heading south-west around Cyfrwy. Bear L above the cliffs, gaining the ridge above Llyn y Gadair and following this to the summit of Cadair Idris with its trig point and shelter. Our route turns around and tackles the exhilarating descent back down the Pony Path, however you could try a loop of the southern side of the mountain, heading east from the summit to Mynydd Moel then turning R to follow the wall down to the slate clapper bridge over the Nant Cadair at SH 727120. Turn R here and follow the Minffordd path back to the top before returning on the Pony Path to the start. This makes about 10 miles/15km of running with roughly 1700 metres of ascent.

Miles	Km	Directions
0.0	0.0	Leave the car park and turn right onto the road then left onto the Pony Path, heading through some woodland and onto the moor on the north of Cadair Idris. Continue on the path heading south-west around Cyfrwy to a path junction at SH691135 to the west of the mountain.
1.3	2.1	Turn left and follow the Pony Path up above Cyfrwy to the summit trig point.
2.7	4.4	Turn around and follow the Pony Path back to the start.