

142. Rhinog Fawr Swimrun

Distance **5 miles/8km**

Ascent **703 metres**

Start/Finish **Cwm Bychan, LL45 2PH**

From the start, take the path signed 'Roman Steps' heading south through woodland and L up the Roman Steps. For the first swim turn L at SH 653302 after 1 mile/1.7km and drop down to the western end of Llyn Morwynion. After swimming the length, turn R and head south-east uphill back to the path. If you decide not to swim you can continue on the Roman Steps path to reach this point. Turn R onto a smaller path to Llyn Du. Swim across or run around to the L and then join the path to the summit of Rhinog Fawr at 720 metres (2.6 miles/4.1km). Return down the same path to Llyn Du. Either swim to the western end or run along the southern shore and then navigate vague paths north-west to Gloyw Lyn. Swim north or run the eastern shore to the northern end. Join the path heading north-east and down into the woodland towards Cwm Bychan and pick up the outbound path to return to the start.

Miles	Km	Directions
0.0	0.0	Follow take the path signed 'Roman Steps' heading south through woodland and left up the Roman Steps. For the first swim turn L at SH 653302.
1.1	1.7	Turn left and drop down to the western end of Llyn Morwynion. Either swim the length or run up the right hand (southern) shore to the eastern end. Turn right and head south back to the path at SH659299.
1.6	2.5	Turn left and follow the path for a short distance then turn right onto a smaller path heading up to Llyn Du.
2.1	3.4	Swim across or run around to the L and then join the path to the summit of Rhinog Fawr.
2.6	4.1	Return down the same path to Llyn Du.
2.9	4.7	Either swim to the western end or run along the southern shore and then navigate vague paths north-west to Gloyw Lyn.
3.6	5.8	Swim north or run the eastern shore to the northern end.
3.9	6.3	Join the path heading north-east and down into the woodland towards Cwm Bychan and pick up the outbound path to return to the start.